

Dear Member/Carer,

At our last two Committee Meetings we have been discussing the "Big Plan" from Royal Mencap Society who have been generating the new plan for some time and are now telling everyone about it. The Saffron Walden Committee like the Big Plan and would like to share the ideas with you. We would also like to know what you think. You can pass your comments on to any of the members or myself. Telephone numbers are at the end of the Newsletter.

Here are the **Vision, Mission and Values of the Royal Mencap Society** (Saffron Walden is affiliated to Royal Mencap).

Our vision

Our vision is a world where people with a learning disability are valued equally, listened to and included. Our challenge, alongside people with a learning disability and their families, is to make this world a reality.

Right now, people with a learning disability face inequalities in every area of life. We need to tackle the issues head on through tireless campaigning and the delivery of high quality support and services to the people who need us.

Our mission

Mencap's mission is to transform society's attitudes to learning disability and improve the quality of life of people with a learning disability and their families. Our big plan is divided into five priorities. These are the areas of life we want to have the biggest impact on, the areas where there is the most need to see change for the better.

- *Raising awareness and changing attitudes*
- *Making a difference to the lives of people with a learning disability here and now*
- *Supporting friendships and relationships*
- *Improving health for people with a learning disability*
- *Giving children the best start in life.*

Our values

- *We are Inclusive. People with a learning disability are at the heart of everything we do*
- *We are Trustworthy. When we promise something, we don't let people down*
- *We are Caring. We treat everyone with respect and kindness*
- *We are Challenging. When we see things that aren't fair we will campaign until we see real change*
- *We are Positive. We never stop believing in a better future and we celebrate what we are proud of now*

Please let us know what you think!

Events

There was a good turnout for the latest disco at Swards End Village Hall on 28th May. As always Jean Sewell and her team organised a very successful evening with great dancing with DJ Josh. Thank you Jean!

Future Events

Posters for our next Disco on Saturday 20th August at St Marks' College 6.00-9.30pm have already been distributed thanks to Janice Harding at Copy Cats.

Early notification of a new event coming up in October. The Rock Choir at St Mary's Church Great Dunmow will be providing an entertaining evening on Saturday 29th October from 7pm onwards. This wonderful event will involve audience participation and we will be joined by members from Braintree Mencap and Grove Cottage Bishop Stortford. Jane Bailey will be organising our tickets and free transport. More details will be sent out nearer the time but save the date!

Older Carers Group

This group of parents with sons and daughters living at home meet once a month. They discuss issues and provide support for each other. If you are interested in coming along, please contact Jean Sewell on 01371 871637.

Fundraising

We have had three recent highly successful events raising funds for our Society.

1. Clavering Open Garden/Plant Sale

A cloudy start to the day which improved as the day progressed as did the funds! The amount raised was **£860**. A huge thanks to Carol Wilkinson and her Clavering friends for helping to raise this fantastic figure.

2. Street Collection in Saffron Walden - 9th July

A team of 27 volunteers helped to raise **£869.81**. Another great amount and thank you to everyone who gave up an hour [or even two!] to collect donations from Saffron Walden's Saturday shoppers.

3. Cake Stall - Boots 2nd July.

A team led by Jacquie Lucas helped raise another **£313.89**. Many helpers including Jane Bailey and Jacob Nash, who also did some busking!

These events not only generate much needed funds but also raise the profile of Saffron Walden Mencap in the local area. Thank you to everyone who gave their support.

We do have a fundraising committee who will be planning more fundraising events. If you would like to help at a future event or join the committee please do contact me.

Side by Side Club

The weekly club is having its last session on Wednesday 17th August, when Lizzie Hannington, our leader, is leaving. We say goodbye to Lizzie and thank her for playing a huge part, along with Allison Smith, in creating a lively exciting group for the members. Lizzie has established a successful club and should be truly proud of her achievement. We wish her well for her future.

I am delighted to announce that Margaret Sargent has been appointed as the new leader starting on 7th September when the Side by Side Club commences after the summer break. Margaret has great experience and already knows many of our members.

The Side by Side Club is every Wednesday from 7pm to 9pm at the Salvation Army Hall, Abbey Lane, Saffron Walden CB10 1AG

Best wishes

Patrick Draper

(Chair of SW Mencap) (01799 521598)

Saffron Walden Committee

August 2016

<u>Bailey</u>	<u>Jane</u>	<u>01799 540700</u>	<u>Secretary</u>
<u>Bailey</u>	<u>Patrick</u>	<u>01799 540700</u>	<u>Membership Secretary</u>
<u>Capper</u>	<u>Jennifer</u>	<u>01799 523805</u>	
<u>Charity</u>	<u>Andrea</u>	<u>07795483674</u>	
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