

Thursday, 12 November 2020

Hello!

**HAPPY HALLOWEEN**



The festive season is upon us and we have a fun packed zoom calendar ahead.

Over the next few months, we have lots planned, Halloween marks the start of the festivities, the exciting run up to Christmas and this year there is plenty to get involved with! Now is a time to take advantage of being at home tucked away from those cold winter nights and what better way to spend them than online with our Mencap family, we are looking forward to heaps of festive fun and hope you are too. After all, 'Tis the season to be Jolly!

## Things to look out for and look forward to.

Our Annual General Meeting (AGM) is taking place on the evening of Thursday 26<sup>th</sup> November and we are excited to look back on how much we have achieved in the last year. What are your highlights? This year has been a whirlwind, with lots of change, but one thing we cannot wait to shout about is how fabulous you have all been.



Have you been involved with our online sessions? If you want to join in, please contact Jo Bruce. Join in with our Workshops, Socials and stay connected online with one of our tablets. For more details call 07552 345 649



Education & Skills  
Funding Agency



## Autumn Sessions

We have some new sessions running this Autumn, all the zoom codes and information on these sessions are shared on Whatsapp and on our Facebook page, make sure you are following us at Mencap Liverpool.



**AUTUMN SESSIONS**  
**Mencap Zoom Thursday's**

- 10am Mencap Members Voice  
zoom ID: shared with individuals
- 10am Directions Easy Read Training and Checking  
zoom ID: tbc
- 12 noon Thursday Drop In  
zoom ID: 922 9452 0242
- 3pm Directions Group  
zoom ID: 971 1174 4842
- 6pm Sefton Group Social  
zoom ID: 954 9046 7302

local mencap Liverpool & Sefton  
Directions How to & Register Home



**AUTUMN SESSIONS**  
**Mencap Zoom Friday's**

- 10am Zumba with Lewis  
zoom ID: 912 2003 0915
- 4pm Sing a long with Marcus  
zoom ID: 925 5942 3632

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**BONFIRE NIGHT ON ZOOM**

Thursday 5th November 2020 - 7pm contact Charlotte for code and for what supplies you will need for this awesome evening!



Please contact Charlotte Crowder before this event for the Zoom Code on 07519 665 663

## Fundraising

We have lots of Festive Fundraisers coming up and we would love you to get involved. As well as it being Christmas, this year Mencap Liverpool is 70 years old, we may be inside, but we are still going to celebrate in style online! Keep your eyes peeled for our 70<sup>th</sup> Birthday Appeal and be get ready to get active, creative and have lots of fun with our challenges.

## Easy Read Information

Remember to visit our website for up to date information on COVID-19 at, <http://www.mencapliverpool.org.uk/covid-19/> or give one of our team a call if you have a question.






## Keep in touch

Contact us by:

- Ringing us or sending a text message (see below)
- Sending us a message on our Facebook page at Mencap Liverpool
- Sending us an email [contact@mencapliverpool.org.uk](mailto:contact@mencapliverpool.org.uk)
- Posting a letter to:  
Mencap Cottage House, 6-8 Mariners Rd, Crosby, L23 6SX (we will collect the post once or twice a week)

**Our office number isn't working, but you can call, text or WhatsApp any of the staff team on the numbers or email addresses below:**

Hello	My name and number	You can call me about:
	Marcus Bull Outreach - Sefton 07551 882 455 <a href="mailto:marcus.bull@mencapliverpool.org.uk">marcus.bull@mencapliverpool.org.uk</a>	If you need someone to talk to or if you need help to get shopping or other essential items.
	Sheldon Griffiths Outreach - Liverpool 07926 657 210 <a href="mailto:sheldon.griffiths@mencapliverpool.org.uk">sheldon.griffiths@mencapliverpool.org.uk</a>	
	Jo Bruce Independence Trainer 07552 345 649 <a href="mailto:jo.bruce@mencapliverpool.org.uk">jo.bruce@mencapliverpool.org.uk</a>	Thursday Club Using your tablet Our Facebook page
	Liz Dooley Personal Development 07943 158 114 <a href="mailto:liz.dooley@mencapliverpool.org.uk">liz.dooley@mencapliverpool.org.uk</a>	If you want help with mindfulness

	<p>Claire Youds  Activities  07552347561  <a href="mailto:claire.youds@mencapliverpool.org.uk">claire.youds@mencapliverpool.org.uk</a></p>	<p>If you want help getting online</p>
	<p>Charlotte Crowder  Group Activities  07519 665 663  <a href="mailto:charlotte.crowder@mencapliverpool.org.uk">charlotte.crowder@mencapliverpool.org.uk</a></p>	<p>Ideas for exercise at home or healthy eating  ‘Zoom’ socials,  Accessible bikes</p>
	<p>Jeanette McHugh  Directions Programme  07552 508 839  <a href="mailto:jeanette.mchugh@mencapliverpool.org.uk">jeanette.mchugh@mencapliverpool.org.uk</a></p>	<p>Trip to Blackpool  Directions Programme  Hospital Passports  Grab and Go Guide</p>
	<p>Jacqui Bouch  Office Manager  07552 508 839  <a href="mailto:jacqui.bouch@mencapliverpool.org.uk">jacqui.bouch@mencapliverpool.org.uk</a></p>	<p>If you want help getting online</p>
	<p>Siobhan Waters  Development Manager  07552 323 569  <a href="mailto:siobhan.waters@mencapliverpool.org.uk">siobhan.waters@mencapliverpool.org.uk</a></p>	<p>If you want to get involved in fundraising</p>

**Remember, please ring us if there’s anything we can do to help.**

**Or you can ring if you just want someone to talk to.**

Take care,



A handwritten signature in black ink, appearing to read 'Sarah Jones' in a cursive style.

**Sarah Jones**

Chief Executive,

M: 07540409912

[Sarah.jones@mencapliverpool.org.uk](mailto:Sarah.jones@mencapliverpool.org.uk)

