



Our postal address is 6-8 Mariners Road, Crosby, L23 6SX



Wednesday, 09 December 2020

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Hello everyone,

The most wonderful time of the year is here! Wishing you all a very Merry Christmas from all of our team here at Mencap Liverpool & Sefton. Thank you for another great year, thank you for being wonderful and for keeping the smiles on our faces!

Mencap Christmas Party

Everyone loves a Christmas Party, are you coming along to ours? We also have a Virtual Santa Dash that will be the last activity of the year, before we sign off for Christmas!

Our Virtual Santa Dash will be on zoom this year and everyone is invited, all of our Mencap Friends, staff, volunteers and fundraisers. Join us for a fun dash around the block in fancy dress as a thank you and Merry Christmas to everyone who has supported us through the last 12 months!



Education & Skills
Funding Agency





Christmas Closure and Reopening in 2021

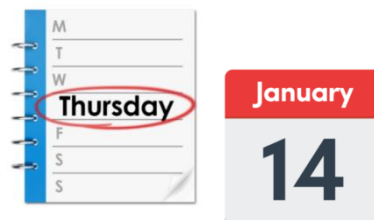
Our last activity this year is the Virtual Santa Dash. This is at 3pm on Friday 18th December on Zoom.



We will be back on Zoom from Tuesday 12th January for Women's Group and Gent's Group.



And on Thursday 14th January for Drop In and Thursday Club.



All codes will be the same, remember to check your Whatsapp and our Facebook page for any code reminders.

The New Year - 2021

In the New Year we will have a new Zoom timetable, we look forward to sharing this with you!

Our 70th Birthday

Mencap Liverpool is 70 years old this December! We cannot celebrate together this year, but we are asking Friends of Mencap to Raise £70, £1 for each year of our existence. Want to challenge yourself and fundraise for us? virginmoneygiving.com/fund/raise70

Mencap Mask's







You may have seen our Mencap Masks, if you would like more details on how to get hold of one please call a member of our team.

Useful Contact Numbers

Over the Christmas period, know there is always someone at the end of the phone. Below are some Useful Contact Numbers.

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:
Samaritans	For their helpline Call 116 123	Samaritans offer emotional support 24 hours a day.
	Marcus Bull Outreach - Sefton 07551 882 455 marcus.bull@mencapliverpool.org.uk	If you need access to the Food Banks or need any crisis support this Christmas.

	<p>Sheldon Griffiths Outreach - Liverpool 07926 657 210 sheldon.griffiths@mencapliverpool.org.uk</p>	<p>If you need someone to talk to or if you need help to get shopping or other essential items.</p>
	<p>Jo Bruce Independence Trainer 07552 345 649 jo.bruce@mencapliverpool.org.uk</p>	<p>Thursday Club Using your tablet Our Facebook page</p>
	<p>Liz Dooley Personal Development 07943 158 114 liz.dooley@mencapliverpool.org.uk</p>	<p>If you want help with mindfulness</p>
	<p>Claire Youds Activities 07552347561 claire.youds@mencapliverpool.org.uk</p>	<p>If you want help getting online</p>
	<p>Charlotte Crowder Group Activities 07519 665 663 charlotte.crowder@mencapliverpool.org.uk</p>	<p>Ideas for exercise at home or healthy eating 'Zoom' socials, Accessible bikes</p>
	<p>Jeanette McHugh Directions Programme 07552 524 162 jeanette.mchugh@mencapliverpool.org.uk</p>	<p>Trip to Blackpool Directions Programme Hospital Passports Grab and Go Guide</p>

	<p>Jacqui Bouch Office Manager 07552 508 839 jacqui.bouch@mencapliverpool.org.uk</p>	<p>If you want help getting online</p>
	<p>Siobhan Waters Development Manager 07552 323 569 siobhan.waters@mencapliverpool.org.uk</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.

Merry Christmas from all of us at Mencap Liverpool & Sefton, we hope you have a magical one and can't wait to see you all in the New Year.

Take care,




Sarah Jones
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