

ARUNDEL ROAD, GREENSLEEVES, 4 MILL ROAD & THE HIVE Newsletter Winter 2020/21

Welcome to Eastbourne & District Mencap Newsletter.



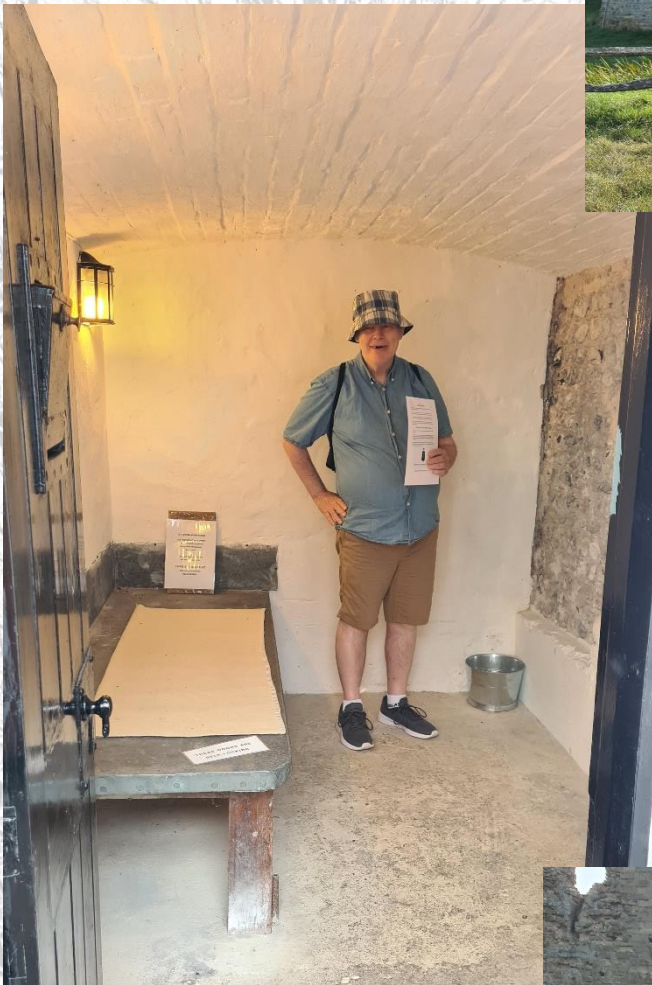
Please remember that regular handwashing is very important and we must all still continue to do this.



Seasons Greetings to you all from Eastbourne Mencap

News from 4 Mill Road.

Mill Rd service users have been out and about lots lately. Here are some photos from a trip to Pevensey Castle. Looks like it was great day out.



Pevensey Castle



Mill Rd held a fancy-dress party for Halloween this year.

Look how great they all look in their costumes!



Halloween Party



Piers has been busy practising his table tennis skills and is getting extremely good at it now.

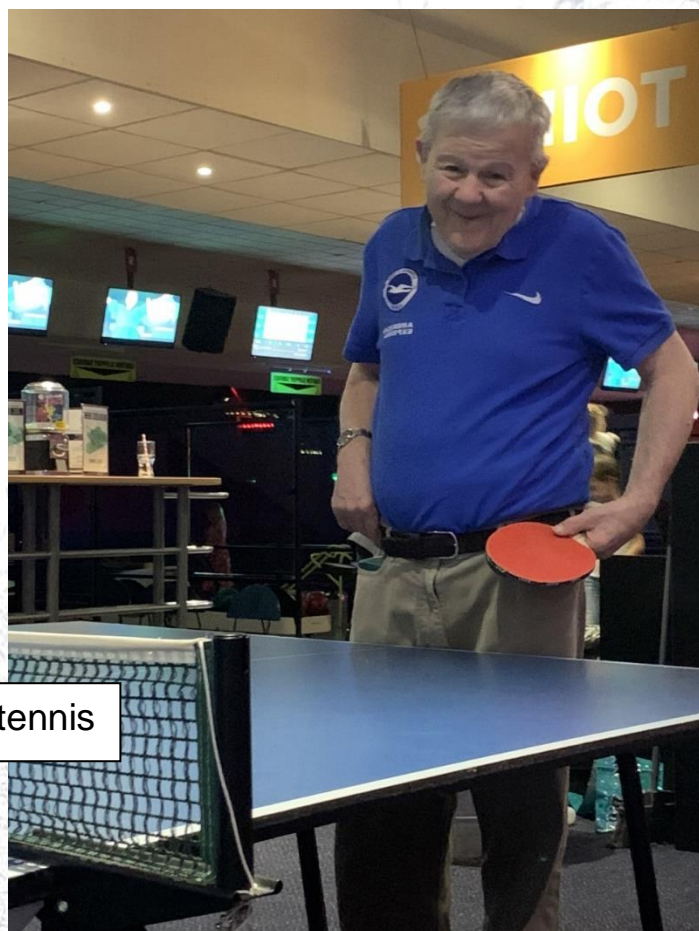
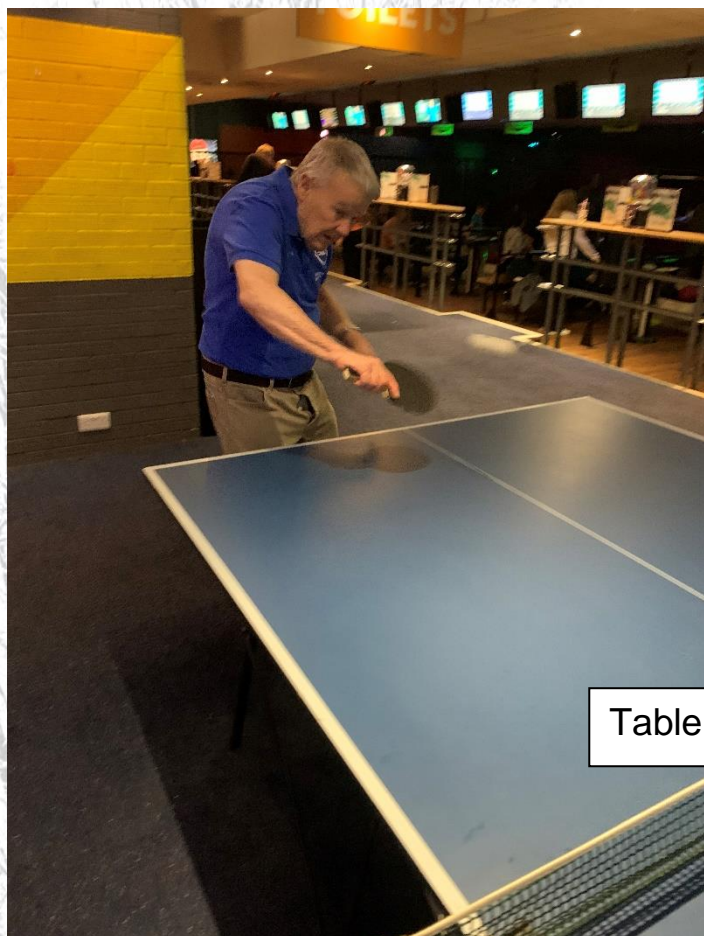


Table tennis

Kelly also enjoys her table tennis, this is a brilliant activity to take part in.



News from Arundel Rd.

We have been very busy having new Kitchens fitted at Arundel Road and are very happy with the results. We just have to decide on the colour of the walls. Thank you, Martin, Ross & Graham, for all the hard work that has gone into this.

Here are a few photos:



Main Kitchen



Residents of Arundel Road have been keeping to local outings and still enjoy regular walks to the park and Russell loves to go and see the horses nearby.

Gary has started to attend PHAB club at The Archery and is loving his Wednesday evenings out. The first night was Fish & Chip supper, lucky Gary.



Wednesday evening Phab Club



Arundel Rd held a Halloween party and had great fun eating and enjoying party music with lots of Halloween themed activities.



Halloween Party



Residents are enjoying their regular walks to town to purchase snacks and toiletries. Nicki really enjoys going via the station and seeing the trains and counting the dogs she passes on her trips out.

Nicki helping the staff do her washing.



Carla & Yvette playing throw and catch in the lounge.



Russell with his birthday cake

News from Greensleeves.

The residents got very involved in decorating the Xmas tree and advised on what they wanted to see around the house.

Photos below of the Greensleeves residents preparing Christmas cards etc.



Card Making





More Card making



News from the Hive.

Defiant sports came to The Hive and had a great workshop, it looks fab.



Archery at The Hive



The Hive held a very successful and enjoyable Halloween Disco with DJ Mikey Reynolds.



Halloween Disco at The Hive



The Eastbourne Mayor joined us to launch the "New Leaf Cafe" social enterprise project. Our service users prepared and served a delicious lunch for our local community attending the event!



**eastbourne
mencap**

The New Leaf Cafe
Every Thursday 11am - 1pm
Drop in for tea, coffee and cake

An Eastbourne Mencap social enterprise catering project led by Clare Hackney-Ring

eastbournemencap.org.uk



The Hive service users are taking part in the "Christmas Tree Festival" which will be held from 4th to 10th December in St. Saviour Church, South Street in Eastbourne.

It would be great to see you there and check out this unique Christmas Tree extravaganza!!!



