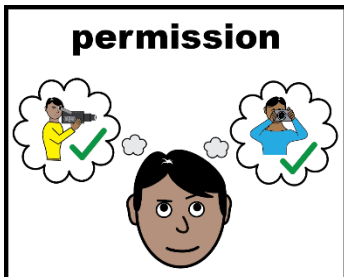


# Genesis

Orwell Mencap

6 Wright Road, Ipswich, Suffolk, IP3 9JG  
Tel: 01473 723888  
Registered Charity Number 1117888



Good news! We have a new Facebook page. If you want your picture on the page you need photo consent. If you would like a consent form, you can see Chloe in the admin office or email [cappleford@orwellmencap.co.uk](mailto:cappleford@orwellmencap.co.uk).



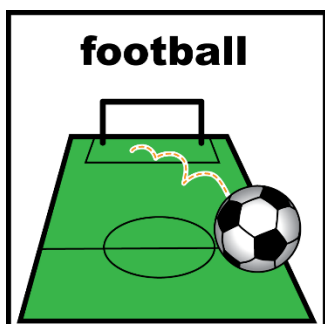
We have a new CEO called Rob. He started at the beginning on April. Say hello to Rob if you see him. He likes gardening, golf and rugby.



There are Zoom calls on a Wednesday at 1:30pm. We do fun things like baking and games. Email [sarah@orwellmencap.co.uk](mailto:sarah@orwellmencap.co.uk) if you are interested in joining in.



People are starting to get their second COVID-19 vaccine. If you have any worries, you can talk your local doctor who will be able to advise you.



There are some disability football taster sessions which are free to attend. The youth session is April 10<sup>th</sup> 10-11am and the adult session is April 15<sup>th</sup> 5-6pm. You can book at <http://www.itfctrust.co.uk/> .



We would like to see your photos from home! Show us all the interesting activities you are doing at home. We would like to put them on our Facebook page. Email them to

[cappleford@orwellmencap.co.uk](mailto:cappleford@orwellmencap.co.uk) .