

# Genesis

## Orwell Mencap

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 Registered Charity Number 1117888

### Message from the Chief Exec

Hello and welcome to the September newsletter. Over the next coming weeks, we are reintroducing the activity timetable for the benefit of our customers, and more changes are happening over the coming months as we look to reopen the social club and diner.

We are hoping to start work on the refurbishment of the pottery room the week commencing the 13th of September, as this will become our brand new personal care room which will offer three individual care facilities. This, along with the other changes we are implementing, are just part of our programme to provide higher standards of care for all of our customers. Thank you for taking the time to read about what's going on at Genesis Orwell Mencap and we appreciate your support.

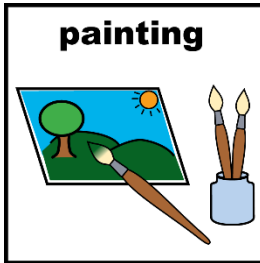


We are starting to activities that we did before lockdown. Below is a timetable to show you what might be on each day. It is your choice which activities you want to do, and your support worker will talk to you before to find out what you would like to do.

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>9:00am</b>	Art group Communication group Intensive interaction	Men's cooking group Karaoke Garden group	Group meal Funky Junk Nostalgia group	Wikid drums Art group Garden group	Drama group Karaoke Intensive interaction
 <b>12:00pm</b>	Lunch	Lunch	Lunch	Lunch	Lunch
 <b>1:00pm</b>	Party songs Baking group Sports group Art group	Movie and popcorn Men's group Baking group	Sports group Yoga Board games and puzzles	Baking group Zumba Quiz	Pampering group Movie and popcorn Communication group



In August, we were treated to delicious ice creams and lollies from the ice cream van! We hope everyone enjoyed their cool treat, it was the perfect way to end a lovely day.



We have had some great designs for our mural design competition and everyone has worked really hard on their entries. We are almost ready to start painting them on the wall. The wall has been painted white by the trustees, so we hope everyone is ready to get painting their designs.



Well done to Leah who recently completed her Level 3 in Understanding Mental Health!

We have also got lots of lovely new Support Workers starting soon so look out for all of them as we give them a warm welcome to the Genesis family.



Later this month we have some people coming in to volunteer to tidy up the garden. If you see them make sure you give them a big wave as they are very kindly helping us to make the garden look nice again.

**Low Sensory Day Sunday 5th Sept**



**Cinema Club**

**The Lego Movie**  
All ages – Rated U  
100 minutes  
Adjusted lighting and reduced sound  
11am  
Book [here](#)

The Suffolk Archives are holding a FREE Lego themed low sensory day on Sunday the 5th of September. They will be showing The Lego Movie with adjusted lighting and lower volume, and they have lots of Lego to build with and Lego themed crafts that you can make. You can book on their website, and the day is open to families and carers.



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) .