



Friends and Relationships Champions Newsletter



December 2011 to January 2012



Cinema Club - Fancy a night out? How about food, a film and new friends?



Lancaster Vue: Meeting at the Yates Pub, Church Street 5pm, when you arrive look out for the organisers Karina, Paul and Amy.

For information contact Amy 07930389041



Next dates for Lancaster:

Tuesday 13th December 2011

Tuesday 10th January 2012



Cinema Exhibitors Association card -
CEA Card enquiry line: 0845 123 1292



The information needed is proof of Disability Living Allowance or Attendance Allowance. A passport sized photo, payment of £5.50 processing fee.

There is also a part to complete if you are registered blind



Morecambe Apollo: Meeting at The Station Pub, Central Drive, Morecambe, 5pm, when you arrive look out for your hosts Nichola and Gemma. For information contact Nichola on 01524 418309



Next dates for Morecambe:

No Cinema Club in December 

Tuesday 24th January 2012




Friends and Relationships Meeting

Greaves Park, Lancaster – Thursday 26th January 4.30-5.30pm then a buffet of chips and sandwiches, £4.25 each. Ring Sue at Haven on 01524 418309 to order your buffet and book your place by Tuesday 24th January.



Trimpell Disco – 18th December with buffet and 15th January at the Trimpell Club, Out Moss Lane, Morecambe 7pm-9.30pm Entry £4 Contact Laura Crackle for details on 07717 150135



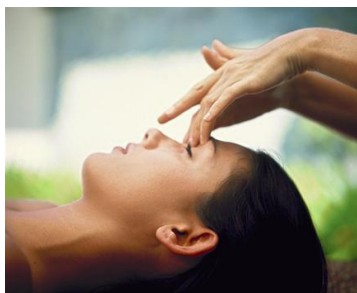
Shaping the Future – Tuesday 20th December at Friends Meeting House, Meeting House Lane, Lancaster 2pm-4pm. Meet some friends, have a chat, a brew and Christmas fare! For information contact James Hughes on 01772 561323 



Getting it Loud in Libraries – Music Gig on 29th December 'Hobbie Stuart' at Lancaster Library £5.00 (supporters go free)



Lancaster Library - Drop In Session to learn how to get started on the Internet and email Thursdays 2-4pm Free!



Complementary Therapies - ONE VOICE

**St Leonards House, St Leonards Gate,
Lancaster Aromatherapy Massage, Indian
Head Massage, Reflexology**

One Voice have a therapy room which provides a relaxing and tranquil environment. Treatments are available for carers, people with disabilities and health conditions. Complementary Therapies have numerous benefits including improving physical and emotional well-being and aiding relaxation. Treatments are available on Fridays and cost £10. To book an appointment please contact: Lezane Myall (BA, Dip SW and Registered with the Federation of Holistic Therapists)

Tel: (01524) 34411 Email: lezane.onevoice@btconnect.com



Mencap –

**Panto in Preston - Aladdin 11th
December**

Panto in Lancaster - Cinderella 19th December

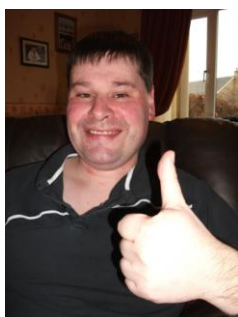
Wednesday Club Xmas party 14th December

Music Night Xmas special 17th December

Tuesday Club Xmas party 20th December



**Pool at Squires - Meet at 11am on Fridays
at Squires in Lancaster. Look out for Paul
and Wayne. Pool is £6 an hour for a table,**



**if two people share the table it costs
£3 each, if you want to play doubles
its £1.50 each. For more information
please contact Wayne on 01524
66760 or Paul on 01524 69235.**



Line-dancing - Vale of Lune Rugby Club
Wednesday 2-4.30pm £2 per person and at
Church of Ascension Hall, Torrisholme
Mondays (excluding Bank Holidays)

7.45-10pm £3 per person. Please contact Derek Robinson
for more information auder8@msn.com



Friends and Relationships Champions
Newsletter – Would you like to get this
newsletter emailed directly to your inbox?
Please get in touch with Amanda if you would
like to go on our mailing list.

Amanda.Topps@lancashire.gov.uk or 01524 586182



If you would like to give feedback about the
Cinema Club, REDS Dining or REDS Revolution
Speed Friends please contact Amanda.



If you would like to do a review and tell us
about a local event or activity you have been
to please contact Amy on 07930389041



Find out how you can join in the North
Lancashire Learning Disability Partnership



Look at our website: <http://www.northlancslinks.net/>



Email: Amanda.Topps@lancashire.gov.uk



Telephone Amanda: 01524 586182