



# Wirral Mencap Newsletter



December 2025  
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## Thank you for an amazing 2025!

We want to say a big, warm thank you to all our members and supporters for everything you have done this year. 2025 has been a brilliant year for Wirral Mencap, and it is all because of you.

Your support has helped us run lots of fun events that made a real difference to our members.

We loved seeing everyone enjoying the Easter Raffle, the Photography Exhibition, Bananas Bingo, the Spring Party, the Dog Show, the Comedy Night, Vale Park Funday, our tea parties, and so many other activities.

Every smile, every laugh, and every moment of friendship was possible because of your kindness, your time, and your encouragement. Thank you for being part of our community and helping us make this year so special.

As we look forward to a new year together, we want to wish you all a very Merry Christmas and a Happy New Year.

We hope you enjoy a peaceful, joyful Christmas with the people you care about.

We hope to see you all at our Christmas Party!



## Do you know someone who is a STAR?

We have so many amazing people at Wirral Mencap, and next year we will celebrate them at our STAR Awards Party on Thursday 16th April.

The STAR Awards (Showcase Talent, Achievements & Recognition) is a joint event with Autism Together, celebrating autistic people and people with learning disabilities.

We are telling you now so you can start thinking about who you want to nominate.

Nominating someone simply means saying, "I think this person deserves an award because..."

There are 5 award categories:

Personal Achievement

Co-Production

Creative Spark

Positive Attitude

Star Award

Nominations open on 5th January 2026.

You'll be able to nominate in several ways from an easy-read form, voice note, or video so everyone can take part.



# Information, Advice and Advocacy Update

## I'm In Challenge Event

We took part in the I'm In Challenge with National Mencap. The I'm In Challenge is to raise awareness of the Learning Disability Register. Benefits of being on the register include annual health checks and free flu jabs. For information on how to join call our office on **0151 666 1829**.



## Next Steps Event at Clare Mount School

Josh and Wirral Mencap staff went to the Next Steps event at Clare Mount School. Josh talked to students about his experiences whilst on the Gateway Award. We also shared information about some of the other things we do including social clubs, courses, fundraising events and information, advice and advocacy support.



## Make It Better Meeting

Our next Make It Better meeting is on **Thursday 4<sup>th</sup> December, 1pm to 3pm**. Join for Christmas nibbles, all welcome! Call to tell us you are coming on **0151 666 1829**.



## Empower, Advocate and Transform Launch Event

In November, Wirral Mencap held our EAT launch event. The event was exciting and full of energy. People with lived experience, including people with learning disabilities and parent carers, joined professionals to share ideas.



We celebrated co-production. This means working together as equals and making decisions together. We will be co-producing our EAT project. We will decide what to work on together. We talked about the co-production work we have already done, including creating easy-read materials and training.

We are thrilled to have National Lottery funding to support this work. If you have lived experience and want to get involved, call our office on **0151 666 1829**.



# Fundraising Highlights

## Last Chance for Christmas Prize Draw Tickets!

There's not long to go until our Christmas Prize Draw winners are revealed. Buy your tickets before Friday 12<sup>th</sup> December for a chance to win one of these fabulous prizes...

- ★Spa day for two + treatment at Craxton Wood Hotel
- ★Luxury Christmas hamper
- ★£50 Off Peak Luxury voucher
- ★Theatre tickets plus much more!



We will announce the winners live on Facebook on Monday 15<sup>th</sup> December.

## Comedy Night

We had an amazing time at our Comedy Night Thursday 2nd October! Did you join us?

A massive well done and thank you to our five comedians: Ruthie, Michael, Ian, Jim, and Anna.

And an extra well done to our winner, Anna Pluck, who also raised a whopping £515!

Thank you very much to Alan McAleavey who took some brilliant photos for us on the night.

And thanks also to our t-shirt sponsors: Vigo It Solutions, Tyres 4 U Wirral Limited, and Mmunic Ltd.

Finally, a shoutout to Jack Miller who led the workshops and entertained us on the night.



## Bananas Bingo

In November, we celebrated our best Bananas Bingo yet! 🍌🎉

As always, thank you to Sue and her team of friends for helping to run the event and making it so special.

Ann and Alan came for the first time in a while, and they told us, "We thought it was a great night. We have really missed coming along."

We raised £715 on the night - thank you!

See you all at the next one! 😊🍌



## New event in 2026!

We are pleased to share a new and exciting fundraising event in 2026!

On Sunday 8<sup>th</sup> March we are hosting a fundraising lunch at Thornton Hall Hotel to celebrate International Women's Day. You can expect a three-course meal, an arrival drink, and an afternoon of entertainment with some special guest speakers.

Tickets for the event will be available soon.



## Supporter Spotlight

Our supporter spotlight is shining on... Wallasey Lions Club!

Wallasey Lions Club has provided us with lots of support over the years.

More recently, they donated £1,000 to us at their 50<sup>th</sup> annual charter dinner.

And they have pledged £500 towards our Big Give Campaign.

We were so sad to hear that the club will be closing next year and would like to thank all past and present members for their generous support.





# Highlights from our Fundraising Committee

We are sharing some of the highlights from our Fundraising Committee over the past year!

Nicola swam half a mile in her local swimming pool and raised £205!

Ken organised a Coffee Afternoon and invited his family and friends.

He raised £140.



Alex took on an abseil down Liverpool Cathedral and raised an incredible £585!

Several members have also been volunteering at our events and gathering raffle prizes. Thank you Ken, Jimmy, Arnie, Helen, Anna, and Ian!

Our last meeting of 2025

will take place on

**Thursday 18<sup>th</sup> December!**



Would you like to support Wirral Mencap?

From fundraising to volunteering, there are lots of ways you can support us!

As an independent charity, we rely on your help to continue our work, every bit of support truly matters.

## How to support Wirral Mencap

### Donate a raffle prize

Bring us your unwanted items to use as prizes for raffles and tombolas.



### Host a fundraising event

You can host your own coffee morning, party, race night... whatever you like to raise funds for Wirral Mencap!



### Buy something from our wishlist



Regular donations help to keep our services running.

### Volunteer

We need volunteers to support our events and social clubs!



### Sign up to our lottery

Take part for just £1 per week. 50% of funds go to Wirral Mencap!



### Make a regular donation

Regular donations help to keep our services running.



### Become a member

Get involved in the Wirral Mencap community for as little as £5 per year.



### Take on a challenge

Sign up to take on a sponsored challenge and raise funds for Wirral Mencap. Or create your own challenge!



### Sign up to our newsletter



Keep up to date with our courses, events, workshops, and more.

### Scan for more information



### Follow us on social media



Wirral Mencap



wirral\_mencap



Wirral Mencap



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## Festive Word Search

Find the hidden Christmas words...forward, backward, up, down, and diagonal!

Words to find:

SNOWFLAKES

TINSEL

PRESENT

LIGHTS

CAROLS

HOHOHO

STOCKING

ANGEL

NOEL

YULETIDE



# Gateway News



Our Friday group recently made some delicious homemade healthy smoothies; they went down very well! They learned about the importance of the coloured labels on food. The group are in their final year now known as gold plus at Wirral Mencap. The group was recently told the news that they next May they would be volunteering at Nest Gardens for 8 weeks.



The Tuesday group recently completed several weeks of drama sessions and produced a play in house.

There were some excellent acting performances and a great spirit among the group.

A huge thank you to Becky, who works with our groups and does a fantastic job!



The Wednesday group have recently been taken part in some ICT sessions that the group have really enjoyed, they also attended a few sessions of boxing a few weeks back that helped with co ordination and fitness using the exercise machines.

Our Thursday bronze group started on the 4<sup>th</sup> of September; we have 6 new members in this group.

Over the last few months, they have got to know one another, engaged in mixed sports, created some fantastic artwork, learned about healthy living, and visited several museums.

We are really pleased with how they are developing



Goodbye to Dave! Dave leaves Wirral Mencap in December to follow his dream! Dave said 'As some of you may have heard, I have decided to leave Wirral Mencap to focus on a dream I've been working toward for several years. I wanted to dedicate more time to it. It has been an honour to work for Wirral Mencap over the past 11 months. I'd like to sincerely thank the parents and carers for their kindness and support during my time here. Dave'



## Gateway Spotlight



My name is Gemma and I joined Wirral Mencap in May 2025.

I am already close to completing my Bronze Independent Gateway Award because I stay busy with lots of activities! I enjoy arts and crafts, reading, music, walking and swimming. I've taken part in the Oliver McGowan training and completed the Fraud and Scams course.

I've got some exciting challenges ahead, including moving into my own flat and travelling to The Gambia next year and I cannot wait!

# Social Clubs



## Crossbow

Christmas is nearly here, and the Crossbow calendar is packed with festive fun!

Enjoy films and quizzes to get into the Christmas spirit. Crossbow closes on 17th December and reopens on 7th January.

In the new year, join Rhythm Reaction for a drumming session and take part in Unwanted Gifts Bingo, bring any unwanted presents and play to win new ones!

Don't forget some spare change, more tickets mean more chances to win!

- Wednesdays 7pm to 9pm
- The Liberty Centre, Whetstone Lane, Birkenhead
- £2 entry (cash only) No need to book - carers come free!



## Whats coming up at Crossbow!



December 3		Boxercise	Back by popular demand! Our old friend Alicia returns from her travels and is ready to give you a <a href="#">work out!</a>
December 10		Crossbow Christmas Cinema	Cosy up with a festive classic to get in the holiday spirit  We will be screening: Elf
December 17		Festive Music Quiz	Think you know your Wizzard from your Slade? Prove it in our <a href="#">Just For Fun</a> team quiz!
December 24		No Crossbow Merry Christmas!	Merry Christmas to everyone at Crossbow!
December 31		No Crossbow	See you in <a href="#">2026!</a>  Happy New Year to everyone at Crossbow
January 7		Drumming	Start your year with a bang!  Drum along to <a href="#">well known</a> songs with Rhythm Reaction
January 14		Do Your Own Thing	Chill out with friends, listen to music, bring and share your games or arts & crafts supplies, or just sit back and have a coffee!
January 21		Unwanted Gifts Bingo	Bring your unwanted Christmas presents and donate them to our prize fund! Don't worry, we won't tell!

## Come to our Lunch Club!



Our new venue, Rek 41, is already a hit with members.

It's fully accessible, has a free pool table, and a well-stocked refreshment counter.

It's also just a few steps from the Wirral Mencap office, making it easy to join other activities like our Health Awareness Club.

Our final Lunch Club before Christmas is on 15th December and will feature a Festive Music Quiz!

**Rek 41, Market Street Every Monday 12-1.30pm £2 (cash only)**

**No Need to book - carers come free! Just bring your lunch and have a chat to friends!**



## Pub Night

Our Pub Nights at The Swan have been a big hit, with members enjoying drinks, food, and plenty of laughs together.

Everyone is welcome, it's a great chance to meet new friends. If it's your first time, don't worry, Erin will be there to greet you and introduce you to the group.

Our first Pub Night of 2026 is on 8th January, before we return to our usual schedule on the first Thursday of each month.

### Pub dates for your diary:

- 4<sup>th</sup> December
- 8<sup>th</sup> January
- 5<sup>th</sup> February
- 5<sup>th</sup> March



The Swan,  
Prenton  
7pm-9pm  
Free to attend



# Dates for your diary...

**SAVE  
THE DATE**

December

2

## Big Give Campaign Opens

Christmas starts here. Our Christmas campaign page will be open from 2<sup>nd</sup> December - 9<sup>th</sup> December. Visit our website to find the campaign page. All donations will help fund our social clubs!



December

5

## Christmas Party

Get your dancing shoes ready. Join us for Wirral Mencap's Christmas Party on Friday 5<sup>th</sup> December from 7pm. St Anne's Parish Centre. Get your tickets from the office or online:



December

7

## Santa Dash

Take on the Santa Dash to raise funds for Wirral Mencap. Sunday 7<sup>th</sup> December, 9:30am. Search Santa Dash Liverpool to sign up. Let us know if you are taking part and you will get your own fundraising pack and sponsorship form.



December

15

## Our Christmas raffle will be drawn at Lunch Club!

You can come along in person or watch the draw live on our Facebook feed to see if you're a winner. Good luck!

**RAFFLE**

December

24

The Wirral Mencap Office will be closed for the Christmas period from 24<sup>th</sup> December.

We hope you enjoy the festive season and we look forward to seeing you in the New Year!



January

2

Wirral Mencap is open again for the New Year!

We can't wait to welcome all our members and supporters back. Here's to another great year together!



February

6

## Race Night

Save the date for our first fundraising event of the 2026. Join us for another Race Night at A&K Community Hub in Birkenhead. Tickets will be available soon for just £5!

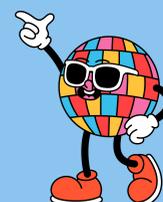


February

11

## Valentines Disco

Join us for a valentines disco!  
The details will be confirmed soon, so watch this space!  
Keep the date in your diary as you won't want to miss this!



March

8

## International Women's Day Lunch

Put the date in your diary! We are hosting our fundraising lunch on Sunday 8<sup>th</sup> March at Thornton Hall Hotel. More information will be available soon.



## A big thank you to....

Cook Legal for their generous donation of £100 in support of Wirral Mencap.

Thank you to Craxton Wood Hotel, Everyman Theatre, OffPeak Luxury, Artisan Gelato, Aubergine Café, and O2 Academy Liverpool for generously donating prizes for our Christmas Prize Draw.

A big thank you also to the Johnson Foundation who have offered a £2,000 donation to our Big Give Christmas campaign.

THANK YOU!



To Reed Foundation for generously pledging £1,000 of champion funding to the campaign. Thank you.

Reed Foundation

Thank you to Aspect Electrical Services, Mmunic Mail, Wallasey Lions, Wallasey Rotary Club, and North Wirral Round Table who have each pledge funds for the campaign.

A huge thank you to Wallasey Lions Club who have donated £1,000 to support Wirral Mencap's work in the local community.

And to the Amelia Chadwick Trust for a donation of £500.

Thanks also to the following who have generously pledged funds to support our Christmas Party - Rotary Club of Birkenhead (£100), Wirral Council Household Support Fund (£1,890), and Chrimes Family Charitable Trust (£1,000).

Thank you to our regular donors; Daphne Trivett and Sue Gladden.

Thank you to everyone who has bought a ticket for our Christmas Prize Draw. Special thanks to Helen and Loyd who have sold £105 worth of tickets!

**Thank you all for your support.**

Call us on 0151 666 1829 to get involved with our fundraising!

## Community Connections

Do you know someone who works for Argyle Taxis?

We want to work with local businesses to improve accessibility and inclusion, and to look for new fundraising opportunities.



Many members use Argyle Taxis, so we would love to chat with them about how they can get involved with Wirral Mencap.

If you think you can help, call us on 0151 666 1829 or email [info@mencapwirral.org.uk](mailto:info@mencapwirral.org.uk)

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