

WE HOPE YOU ALL HAD A HAPPY EASTER AND THAT THE COLD ISN'T GETTING TO YOU TOO MUCH. HERE'S HOPING WE HAVE SOME SUNSHINE SOON AND IN TIME FOR THE WHITSUN HOLIDAYS.

SWIMMING

ST JAMES STREET, LARGE POOL

Only 50p per person.

HOLIDAY SWIMS: Wednesday 29th May 12.30pm-1.30pm.

AFTER SCHOOL SWIMS: Continues after Easter every Wednesday during term time, all from 4.00pm-5.00pm.

FAMILY SWIM: Last Sunday of every month with dates coming up being 28th April, 26th May & 30th June. 2.00-3.00pm

ADULT & PRE-SCHOOL SWIMMING

This continues in the Summer resuming on April 25th and continuing on 2nd, 9th, 16th & 23rd May. After Whitsun holidays, dates are 6th, 13th, 20th & 27th June and 4th July. Any youngsters on inset days or no longer in the school system are very welcome. **Free of Charge to all.**

Following your feedback from our last newsletter and due to low numbers attending, our Thursday swims will cease following the Summer Term.

WHITSUN HALF TERM

Wednesday 29th May

Family Swimming at St James Street Pool, 12.30-1.30pm just 50p per person.

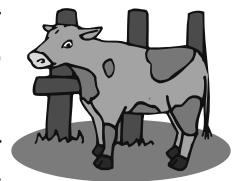
Thursday 30th May

Day trip to **The Bath and West Show.**

More than just an agricultural show, the Bath and West show, is a fabulous day out for the whole family, lots and lots of animals to see, 100's

of stalls for shopping, shows to sit back and watch, science and sports areas, and of course a mini fairground for the children. If you haven't been before then this event is a must, and let us take the stress and strain out of the day by organising your tickets and getting you there on our coach.

Prices are £18 per adult age 16+, Children age 5-15 are £4 each, and children age 4 and under £2 each. This includes entrance and coach travel. Coach arrangements will be confirmed nearer the time, as this trip isn't as straight forward as normal, but expect to leave Taunton/Bridgwater at 8.30am and for the return journey we will leave the Show at 5.30pm. **Closing Date 15th May.**



Thank you all for your replies regarding our annual Carers' getaway. You all indicated that Cardiff is still a favourite destination. So that is what we shall do.

Can we apologise to you all for the time it has taken to announce these dates. Our regular hotel, The Mercure Cardiff Holland House Hotel can offer us good rates as long as there is nothing else big happening in the city on our booked weekend. Unfortunately Rugby is playing a big part of the calendar in Cardiff during November. Our hotel contact has been working hard to secure us our usual rates, however on this occasion she is unable to do so, hence why our prices are higher this year. We hope this won't discourage any of you, and as always if paying in full presents a problem we are happy to accept regular instalments.

Our Carers Weekend to Cardiff has been booked for 15th - 17th November

For those of you who are unaware, The Mercure Holland House Hotel is a 4* luxury hotel with a restaurant, bar, as well as a spa, swimming pool, sauna and jacuzzi. The Spa offers a wide range of pampering treatments and hotel residents usually obtain a discount. The shops in Cardiff city centre are a short walking distance away as well as The Millennium Stadium and the Motorpoint Arena.

The cost of this break will be:-

£155 each if you want a single room

£100 each if you wish to share a room. Please tell us who you are sharing with. (Double, Twin or Triple)

These prices include:-

Return coach travel

Overnight accommodation x 2 nights

Breakfast on each morning

Access to all hotel facilities

Coaches will leave Wellington at 9.15am, Taunton 9.30am and Bridgwater 10.00am and will return at approximately 5.00pm on Sunday.

To secure your place, we are asking for a £30 per person deposit to be paid by **17th June**. Further instalments will be required by 9th September and 14th October

CARERS SUMMER DAY OUT

Taking place on **Monday 8th July**, we are giving you the choice of **Bristol's Cabot Circus or Ikea**. Coaches will pick up from Wellington, The Skylark at 9.15am, Taunton Football Ground at 9.30am and Bridgwater Bus Station at 10am. We will then head straight for Cabot Circus for those of you wishing to spend the day in Bristol. If you prefer to go to Ikea, then stay on the coach and that will be the next drop off point. We expect to be in Bristol at 11ish and Ikea around 11.30am. In the afternoon the coach will collect again at 3.00pm at Ikea and 3.30pm at Cabot Circus, returning home around 5pm. If you have any youngsters that have broken up from college then they are very welcome too. This trip will cost **£6 each**. Please book your place and indicate your destination on the reply form with a closing date of **17th June**.



NEW!!!

100 CLUB

Many of our longstanding members will remember that we held a 50/50 club, this ceased a couple of years ago, and we didn't find a replacement at the time. Well here it is now.....



- ◆ You purchase one number (or more!) at £10 each, paid annually.
- ◆ You encourage all of your family and friends to purchase one number (or more!) at £10 each, paid annually.
- ◆ There will be 11 monthly draws where 2 numbers will win £10 each.
- ◆ In June 2014 there will be a grand draw where your number could win you:-

| | |
|-----------|------|
| 1st Prize | £120 |
| 2nd Prize | £80 |
| 3rd Prize | £50 |
| 4th Prize | £30 |
- ◆ Total value of cash prizes is approx. £500
- ◆ If you have a lucky number and wish to have this number assigned to you, please let us know. (subject to this number being available)
- ◆ The 100 Club will be launched at our AGM and therefore the first monthly draw will take place in July.

Terms and Conditions

- ◆ The prizes shown are based on a membership of 100. The number and/or values of the prizes may be adjusted slightly so that 50% of the ticket money will be paid in prizes, therefore may go up or down.
- ◆ £10 per number payable once each year.
- ◆ Participants must be aged 16 or over, but if you wish to purchase a number in your child's name please put your child's name in brackets on the reply form
- ◆ A member's number may win only one of the 11 monthly draws.
- ◆ All numbers will be placed into the grand draw.
- ◆ Prize winners will be announced in each Newsletter.
- ◆ In the event of any dispute the decision of the Promoter shall be regarded as final.
- ◆ Registered under the Lotteries and Amusements Act 1976.

Participation in this scheme will go towards our volunteering and participation scheme so could also win you FREE TRIPS FOR A YEAR!!!

Stay and Play

A new venture for ESCAPE and is aimed at pre-school children with additional needs and their pre-school aged siblings, with of course their parents or carers



We aim to provide support and a listening ear in a safe and welcoming environment, with other parents in similar circumstances. We have access to play equipment but not to any specialist equipment so feel free to bring along anything that will support your child during play.

These sessions aren't solely for ESCAPE members so if you know anyone outside of ESCAPE that may benefit then encourage them to come along.

WHERE :- The Village's Children's Centre, next to Creech St Michael Primary School, TA3 5QQ

WHEN :- 22 April, 20 May, 17 June & 15 July

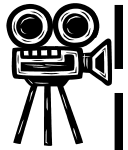
FROM :- 1.30pm-3.00pm

If a success further dates will be published at a later date.

Carer's Corner

Movie Magic –

This will continue during the coming months, so we will keep our eyes open for some good box office movies, and notify you all nearer each time, via email and our weekly news emails.



Coffee Hotspots



Our first Coffee Hotspot went with a representative from the newly formed Compass Carers who were seeking our views on how they can

help you.

Hotspots are a chance to catch up with your Escape friends, enjoy a natter and maybe a naughty sticky bun. Pre-school aged children are always welcome.

Future Hotspots will be again be advertised via email and on the Weekly News emails.

Do keep checking your emails regularly, to keep up to date with all of our news

ESCAPE'S ANNUAL GENERAL MEETING

Wednesday 5th June

10.00-12 noon (Meeting starts at 10.30am)

North Street Congregational Hall, Taunton
(Opposite Debenhams)

Tea and coffee will be supplied

Plenty of time for chat after the meeting

Please indicate your intention to come, or send you apologies on the reply form.

CONTACT US Tel: 01823 256841

cathy@escapesupportgroup.com
help@escapesupportgroup.com
sara@escapesupportgroup.com

Office is open between 9.30am -11.30am Tues -Thurs (term time only)

3 Discovery House, Cook Way, Bindon
Road, Taunton, TA2 6BJ

www.escapesupportgroup.com

APRIL 2013 REPLY FORM

Family name _____ Tel No. _____
Address _____ Email _____

Bath & West Show - Thursday 30th May - Closing Date 15th May

No. Adults (age 16+) _____ At £18 each
No. Children (age 5-15) _____ At £4 each
No. Children (age 4 & under) _____ At £2 each

Preferred Pick up Point Taunton/Bridgwater*

Wheelchair position req. Yes/No*

Bridgwater families - Are you able to travel to Taunton if we are unable to run a Bridgwater Pick Up Yes/No*

(Pick up details will be informed via email nearer the time)

Cardiff Carers Weekend - 15-17 November - Closing Date 17th June

No. attending _____ @ £100 each (£155 if single room)
£30 per person deposit required with booking.

Please state names:- _____

Please tick your rooming requirements

Single _____ Double _____ Twin _____ Triple _____

Sharing with _____

Pick up point Wellington/Taunton/Bridgwater

Annual General Meeting - Wednesday 5th June

I/we* will/will not* be attending the AGM

Carers Summer Day Out - Monday 8th July - Closing Date 17th June

No. attending _____ at £6 each Destination - Bristol ___/Ikea _____

Pick up point Wellington/Taunton/Bridgwater*

Wheelchair position req. Yes/No*

*Please Delete as Applicable

100 Club Membership

Please give contact details for every number you wish to purchase. Don't forget anyone can purchase a number, so talk nicely to family friends and colleagues, anyone who wishes to support our fantastic charity.

First number purchased at £10

Name _____

Address _____ Post Code _____

Favourite Number ____

Second number purchased at £10

Name _____

Address _____ Post Code _____

Favourite Number ____

Third number purchased at £10

Name _____

Address _____ Post Code _____

Favourite Number ____

Forth number purchased at £10

Name _____

Address _____ Post Code _____

Favourite Number ____

Fifth number purchased at £10

Name _____

Address _____ Post Code _____

Favourite Number ____