

## **Regional Weekend at Lambon (79), May 9–12, 2024**

Each regional weekend is a time for sharing, joy, and good spirits!

Around 90 people gathered at the Lambon site in Deux-Sèvres (79), enjoying four sunny days together.

The programme reflected the spirit of the Fazilleau family, who organised the weekend with the help of 10 volunteers.

Some families arrived on Wednesday, but the weekend officially began on Thursday evening with a welcome drink hosted by the association—a warm and friendly moment for everyone to connect.

On Friday morning, there was free time to visit Celles-sur-Belle, including a treasure hunt and optional activities such as archery with one of the volunteers. In the afternoon, both children and adults took part in an introduction to Brazilian music with Taptapo Sambalek. In the evening, a reception was offered by the caterer, followed by thank-you speeches, the announcement of the next regional weekend in Brittany, the presence of Mr Vallade, a generous donor, and an update on the DADFMS. The evening ended with a concert by the band MELTEM, who got everyone—young and old—dancing and singing.

On Saturday morning, there were presentations by laboratories on low-protein foods and amino acids. There were also workshops, including bracelet-making with a volunteer and an introduction to origami led by the MACHI family. In the afternoon, the group headed to the Marais Poitevin for a boat trip.

On Sunday morning, everyone shared one last breakfast together before saying goodbye and heading home.

