

# KINGSTON MENCAP Newsletter

The Voice of Learning Disability



## Trustee Committee 2013

**Chair:** Peter Hodges **Vice Chair:** Gill Wood **Minutes Secretary:** Sandy York-Mitchell **Treasurer:** Mary McDonald  
**General Trustees:** Vicky Barley; John Phillips; George Tong

### Dates 2013 Diary



**Carers' Meetings:**  
5th June, 3rd July

**Railway Outing:**  
16th June

**Surbiton Farmers' Market:**  
20th July

**Learning Disability Week:**  
19-25th August

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## Dear Members, Friends and Supporters

I would like to introduce myself, as the new Chair of Kingston Mencap. I took over from Gill Wood at our Annual General Meeting at the end of April. Gill will continue to be a Trustee, and will be our Vice-Chair for the coming year.

Gill will be a hard act to follow, and I am relieved that she will be supporting me as I get to know the ropes. It is a privilege to serve as Chair of Kingston Mencap and I will endeavour to maintain the high standards which Gill has achieved during her time as Chair. We have a strong and devoted team of trustees, plus our administrator Jenny Pitt, who all do their best for Kingston Mencap and our members.

A number of you already know me. I have visited all the Clubs, and I am a regular helper at Seekers. I will continue to do this, and visit all of our Clubs more regularly to keep in touch with all our members.

If you have any queries or problems concerning our work in Kingston, please do not hesitate to contact me and I will do my best to help you. You can see what is going on via our website [www.kingstonmencap.co.uk](http://www.kingstonmencap.co.uk) or visit us on **Facebook**. Please support us whenever you can. I look forward to meeting you all during the year ahead.

**Peter Hodges, Chair**



### KINGSTON MENCAP WEBSITE

Take a look at our brand new website [www.kingstonmencap.co.uk](http://www.kingstonmencap.co.uk). Along with lots of information, there's a photo album, details about all of our clubs and upcoming events, as well as membership and volunteer forms. We would appreciate your feedback and are happy to post your photos to the website. Email [jenny@kingstonmencap.co.uk](mailto:jenny@kingstonmencap.co.uk)

Look for Kingston Mencap on '**FACEBOOK**' AND 'click' LIKE - share in our latest information, news and photos - Tell us what you think.....

### WOULD YOU LIKE TO JOIN KINGSTON MENCAP?

If this is the first time you have seen the newsletter and/or would like to receive your own copy please do let us know so we can send you details on how to join - just £5 per year. We want to reach as many people as possible by email to save time and money and to make sure news gets to you quicker and easier, but we can also send copies by post.  
**TO FIND OUT MORE - Contact: Jenny 0208816 7500 or Email: [jenny@kingstonmencap.co.uk](mailto:jenny@kingstonmencap.co.uk)**

## AGM REPORT



**The Annual General Meeting for Kingston Mencap** was held at Hft Kingston on Friday, 26<sup>th</sup> April 2013. Our guest speaker was Simon Pearce, Executive Head of Adult Care in Kingston (pictured left with Peter Hodges and Gill Wood), and Parliament MPs Warren and Marc. Gill Wood gave her last annual report, as she was about to stand down as Chair of Kingston Mencap after nine years of devoted service to all our members. Gill was pleased to report that our 60<sup>th</sup> Anniversary Year had gone well, with a number of special celebratory events. Gill paid tribute to Heather

Notermans, who was standing down as a Trustee after nine years. Heather had always been there when she was needed! Gill presented Heather with a theatre voucher and flowers in recognition of her hard work as a trustee. Gill also thanked all the Trustees, Club Leaders, Volunteers and our Administrator Jenny Pitt, for their hard work and support during the year.

Gill also thanked her sister, Pat Cox, for all the work she has done over the past eight years, organising Flag Days and raising awareness of Kingston Mencap in the Borough. Pat had decided to step down and Gill presented her with a bouquet of flowers for her commitment and responsibility. Gill went on to present John Diamond with a special Volunteer Award. John is one of our most reliable members. He mans the Drop-in tea bar on Saturdays and takes the Volunteer Register at seekers every Monday. John is a Parliament MP and promotes Kingston Mencap throughout the Borough at every opportunity.

Gill said she had enjoyed her time as Chair, but it was time for a change. She will be staying on as a Trustee for one year to ensure a smooth handover. Peter Hodges thanked Gill for her work as Chair and expressed his relief that Gill was staying on as a Trustee. Peter hoped that she will now be able to enjoy the extra time seeing more of her husband Nick and playing tennis, her favourite sport. Peter gave Gill a present for Nick, in recognition of his support of Gill and Kingston Mencap. He then presented Gill with flowers, and a cheque for £650 (the total of donations given by Members for Gill's retirement) and a silver bracelet. A card, signed by all present, was also given at the end of the meeting. Gill was overwhelmed by the generosity of members and thanked everyone for her wonderful gifts.

The Treasurer's Report was adopted, and Gill thanked Mary McDonald, our Treasurer, for all the work she puts into organising Kingston Mencap's finances. All Nominated Trustees were elected. Our Trustees are: Peter Hodges (Chair), Gill Wood (Vice-Chair), Mary McDonald (Treasurer), Sandy Yorke-Mitchell (Minutes Secretary), John Phillips, Vicky Barley and George Tong. Vicky and George were introduced and welcomed as new Trustees.

After a break, Simon Pearce spoke about the changes that were happening with Adult Care in the Borough, and nationwide. His message was, not to panic. Change is always difficult and urged Members to ask questions if they do not understand what impact the changes may have on them. After a useful question and answer session, assisted by Fiona Connolly, Simon and Fiona were thanked for giving up their time to attend our meeting.

Warren and Marc MPs explained to members about the Safe Places Scheme which is about to be launched in Kingston. Local shops will register to support the scheme and display a Safe Place Logo in their shop windows. Members will be issued with Safe Place identity cards and, if they are out in Kingston and feel unwell, unsafe or need help, they can enter a participating shop, in the knowledge that there will be a trained person there to help. In closing the meeting, Peter Hodges thanked all the guest speakers and members for coming and said that he was looking forward to the year ahead as Chair of Kingston Mencap, with the support of a dedicated team of Trustees .



## DROP-IN

### SATURDAY DROP-IN

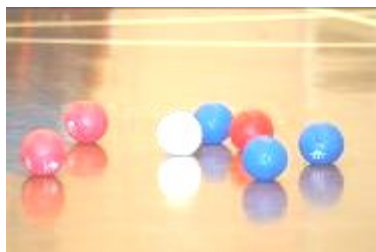
The Saturday Drop-In is held every week (not Easter, Christmas and New Year bank holiday weekends) at Searchlight Community Centre, Kingston Road, New Malden from 12 noon to 3pm and is FREE to attend. There are different activities on offer each week or you can just pop in for a cup of coffee and a chat before going on somewhere else! We have two experienced leaders who run on alternative weeks - Zerrin and Michelle - with support from volunteers. Always make sure you sign in when you arrive. For more information contact Gill Wood on 0775 936 3747.

Saturday Drop-In



### BOCCIA AT THE DROP-IN

After a very successful Boccia coaching session, with Sue Johnson and new qualified coach Alan, pictured, we have now set up three new sessions following members requests. The sessions will start at 12.30 for 1 1/2 hours on the following dates: Saturday 8th June; 22nd June & 6th July. FREE to all who attend - games will depend on the number of people taking part. If successful we can continue to hold on a regular basis, so please let us know.



## STUD FARM

We now have a new 'working garden' at Stud farm. The project workers have been working very hard to prepare this and make it into a proper garden! Kingston Mencap not only have paid £3000 towards the rent again this year, but have donated funds to help pay for this special garden. We have also agreed funds for a garden seat with a plaque to mark our 60th Anniversary. A great place for it to sit! We also had a visit last month from 16 Barclays Bank managers who got their hands dirty and set to work helping out with the garden on a Team Building day.





## SEEKERS CLUB

A big summery hello, from **SEEKERS CLUB!** To start on a very sad note for me, that after three years I have decided to stand down from Mencap and will no longer be running the club after the summer break. It was with a heavy heart that I made the decision but, since moving further away and growing family commitments I felt it was time to step aside for fresh blood! Of course I will stay in touch and be around in other services, and you may see me from time to time hitting the Seekers dance floor...try and stop me!!... I will miss the club but it's not "goodbye" it's just "see you soon".



We had a fantastic session at David Lloyd bowling alley...a very enjoyable evening for all. Back by popular demand was the lovely Helen Watson and her entourage singing and dancing the night away with West End classics, live music and fabulous costumes. The interactive show was thoroughly enjoyed by everyone and, if you missed the love sonnet sang to Dena Russell or the solo performance by Peter Privett, you really missed something special.



Birthday discos are still our favourite calendar event; I say this as we always have an amazing turn out...anything to do with the cake I wonder??? We always theme our evenings and a huge thank you to St Ann's who participate in the theme every month, without fail, year in year out! I love to see us all dress for the disco and honour the theme in the same way, it's a brilliant

commitment to the club...I am digging out my Abba T-shirt for the next disco...are you??

We have a very busy couple of months ahead, we have a sports day event, our annual sponsored walk at Robin Wood farm (a fabulous new location), and my birthday Mediterranean medley all to look forward to. please do check your events calendar for dates and times and keep the ideas for new calendar activates coming in. Unfortunately, with the financial climate being as tight as my 1990's leggings, we could not afford the two club trips this year, so the seaside trip has been postponed in favour of the Marwell Wildlife Park trip on Sunday 2<sup>nd</sup> June. If you are joining us on the day, please ensure you bring plenty of snacks, sun cream and a hat (wishful thinking?) and some extra cash, as you never know if one of those little monkeys will run off with the first purchased ice cream!

We welcome Peter Hodges as, not only a dedicated volunteer and a driver, but now the Kingston Mencap chair, Hoorah!! As if he didn't have enough to do he still is as hands-on as ever; no wonder he has gone grey! I wish a big thank you to the Kingston Grammar School students and teachers who have supported the club for as long as I have been there...good luck in your exams guys. We welcome Jen, a new volunteer, with a huge smile and bundles of energy - just the way we like 'em! I would also like to say a special thank you to all of my lovely volunteers and co-workers for their support and dedication to me and Seekers Club, making it a pleasure to work with you all and regard you as friends. Lastly, don't forget we break up for all of August, when you will return with a new leader and lots of new ideas and exciting calendar of events

Until we meet again....Zerrin x

*We shall be sorry to see Zerrin move on, but many of you will still see her around doing her work. The Trustees thank Zerrin for all she has done to promote Seekers and the work she has done to make it such a popular venue for our members on Monday nights. We shall have a new leader in place in September, when Seekers restarts after the summer break. We can look forward to as much fun as we enjoy at present!*

**Peter Hodges. Chair Kingston Mencap.**





## FUTURE FRIENDS

Future Friends

Since joining Kingston Mencap, as the leader of Future Friends in March, we have moved from our winter home at the Searchlight Centre to Canbury Pavilion. Our Members have been getting arty with glue, glitter and feathers to create individual masks;



dressing up Lady Gaga-style, to film our own pop music video; and creating personalised pizzas, which everyone got to eat afterwards.

We even took the train to London for an eggciting Easter egg hunt, which took us around the Southbank and Royal Festival Hall, with chocolate prizes for all at the end. Of course, Members do not have to take part in all the activities; it is also a chance to socialise, listen to music, make friends and



meet our fabulous team of volunteers. Upcoming sessions will include a quiz night with prizes, a wacky sports day and a riverside pub visit. Danielle

*If you are interested in joining Future Friends, please visit [www.kingstonmencap.co.uk](http://www.kingstonmencap.co.uk) for details. We are always pleased to welcome new Members and Volunteers. The Trustees are pleased that Danielle is getting on so well at Future Friends. We also wish her all the best for her wedding, which is coming up very soon! **Peter Hodges, Chair Kingston Mencap.***

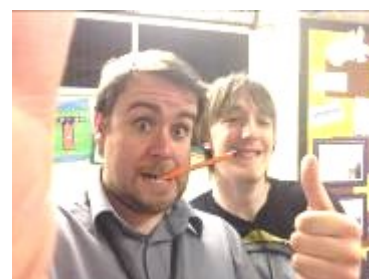
## XPRESSION YOUTH PROJECT



This year has been a busy time for **Xpression**, with a whole load of new members, fun times and lots of change ahead. At the moment the Xpression members are busy beaver away on this year's Xpression production. So, on the 16<sup>th</sup> July this year, parents and carers will once again be invited to come along to Xpression to see the final show in all its glory; it will be great to see you all there! More details will be sent out in nearer the time.

I've had a lot of fun helping to run Xpression over the past eight years, making good friends and having unforgettable experiences in the meantime – including giant chandelier disasters; boats being turned over; muddy protests; great weekends away; parties; and a whole host of laughs. With great regret this term will be my last with Xpression. With the demands of my day job and other commitments, it has been incredibly difficult in the last 18 months to give Xpression the time that it deserves. Xpression has been a big part of my life for the last 8 years, and the hole is going to be a difficult one to fill. I would like to offer thanks all the support that club has received from Kingston Mencap, generous donors, parents, carers, the members and all the dedicated volunteers over the years... You should all be very proud of how far the club has come along.

Don't worry though, the show will go on – Kingston Mencap are working on finding someone who can take the baton and run even further with it. It's been great working with you all over the last 8 years! For now, I'll still be knocking around at Xpression until the end of the Summer Term! Hopefully see you at the end of term party!



*The Trustees wish Dave all the best for the future. Dave has been a stalwart at Xpression and we are very grateful for his enthusiastic contribution over the past eight years. We shall have a new Club Leader for September, when members will continue to enjoy the many activities Xpression provides. **Peter Hodges. Chair, Kingston Mencap***

## HOLIDAY HOUSE

### HOLIDAY HOUSE

The Kingston Mencap holiday house in Christchurch has spaces for holiday bookings this summer and we will also consider weekends if whole weeks are not booked, so please let me know if you want more information or a brochure. The house sleeps 8 people with 5 bedrooms and 3 bathrooms.

Week £440 and Midweek or Weekend breaks £275

The Trustees have been considering the long term prospect of keeping the house and evaluating costs and if we find there are insufficient bookings this year we will have no alternative but to sell and invest how funds in something closer to home!

We would be interested in hearing members views so please let us know if you have any comments or ideas to share? To request a brochure or make a booking contact Gill on [gillcwood@blueyonder.co.uk](mailto:gillcwood@blueyonder.co.uk)



## CARERS

### KINGSTON MENCAP CARERS GROUP

At the next Carers' Group meeting in June, we have invited Neil Roberts from Royal Mencap to talk about individual budgets and employing support staff. Neil will be talking briefly about Individual Budgets but will concentrate on what we need to know about employing individual support staff - this is something that got lost in the last information night, so really felt we should hear more!



The Carers Group meet up at Age Concern on the first Wednesday of the month. Raleigh House, 14 Nelson Road, New Malden KT3 5EA at 7.30pm

### CARERS WEEK 10 - 16 JUNE 2013

Carers Week is fast approaching  
10th to 16th June.

Last year a group of carers went out for dinner - would you like to do the same this year? Please let me know if you are interested so we can make restaurant table booking.

Suggest Wednesday 12th June



## LEARNING DISABILITY SERVICE UPDATE

In March, the Council agreed proposals to move learning disability provider services, currently run by Kingston Council, to a social enterprise company. This includes Woodbury and Chamberlain Way respite service, the Work Activities & Transport service and Kingston Supported Living Service. It does not include the Care Management and Support Brokerage teams which will remain in the Council.



A social enterprise company is a business that works for the good of the people and community it serves. The profits are paid back in to the business rather than shareholders. The staff and services will transfer to a social enterprise at the same time, and people will continue to get the same level of support and go to the same places.

Meetings are taking place with people with learning disabilities, their families and carers, who use these services to ensure they are kept informed. It is expected that the services will transfer to the social enterprise in April 2014.

### Learning Disability Parliament

There is a separate piece of work taking place in partnership with the Learning Disability Parliament. This will look at where and how they could be supported in future to develop and grow. This is an exciting and positive opportunity for these services. It will keep them safe for the future, make them better for the people using them, and save money.

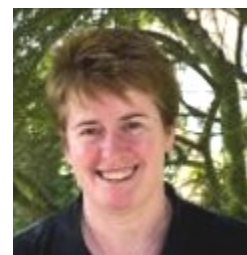
Kingston Council will stay responsible for making sure that:

- people's support needs are properly looked at, provided for and checked regularly
- the services people get are the best quality and good value for money
- people stay safe and well

To find out more about this work, please visit the learning disability website at [www.kingstonld.info](http://www.kingstonld.info). You can also contact Fiona Connolly or Bethan Clarke by email or telephone: [fiona.connolly@rbk.kingston.gov.uk](mailto:fiona.connolly@rbk.kingston.gov.uk) on 020 8547 6021 and [bethan.clarke@rbk.kingston.gov.uk](mailto:bethan.clarke@rbk.kingston.gov.uk) on 020 8547 6646. 020 8547 6021

## SERVICE MANAGER—FIONA CONNOLLY

Fiona Connolly has taken up the role of Service Manager for Transformational Commissioning. Fiona manages the in-house Provider Services, the Parliament and Service, Development in the learning disability service as well as the Kingston at Home project in Older People's service.





# CHILDREN



## INSPIRE PAN DISABILITY MULTI-SPORTS SESSIONS

The Active Kingston Team are running Inspire (Inclusive Sport in Recreation & Exercise) sports sessions for anyone with a disability, aged 8 to 80. You can play various sports such as badminton, hockey, tennis and much more. It takes place fortnightly on a Monday (during school term time), from 6pm-7.30pm at the Chessington Sports centre, garrison Lane, Chessington KT9 2JS. The cost is £4 per session, pay as you go. The next dates are 3rd and 17th June, then 1st and 15th July 2013. Contact the team on 020 8547 5006 or email them at [sports@rbk.kingston.gov.uk](mailto:sports@rbk.kingston.gov.uk) for more details, or visit their website at [www.kingston.gov.uk/sports](http://www.kingston.gov.uk/sports).



## RELAXED PERFORMANCE THEATRE PRODUCTION



### **The Curious Incident of the Dog in the Night-Time**

based on the novel

by Mark Haddon

adapted by Simon Stephens

**RELAXED PERFORMANCE**

**Apollo Theatre, Shaftesbury Ave,  
London W1D 7ES**

**Saturday 22 June at 2:30pm. Tickets £25**

This performance is for people who will benefit from a more relaxed performance environment including people with an Autistic Spectrum Condition, sensory or communication disorders, or a learning disability.

**Suitable for people children aged 11+ and adults.** Contains strong language and emotive, adult themes. The Stalls and Dress Circle are reserved for people for whom Relaxed Performance conditions are essential, and bookings for these areas of the theatre are available exclusively by phone. To discuss your specific requirements, and to book tickets, please contact the Box Office on 020 7452 3961.

## NAS WORKSHOP

### Behaviour/Obsessions/Routines

**NAS Kingston Talk/Workshop by  
Gina Davies**

**Wednesday 3rd July, 11.00am-12.30pm**

**Warren Park (Action for Children Building)**

**Kingston Hill (next to Ladderstile Ride) KT2 7LX**

Gina is a qualified speech and language therapist with over 25 years experience. She has worked with hundreds of children and adults with autism in schools, nurseries and residential settings also directly with families in their homes. Gina is an accomplished speaker with an interactive style and emphasis on sharing information that makes a difference to the lives of those living with and working with autism.

Cost: £5 (payment on the day) If you would like to attend, please RSVP Sian by email: [swapskingston@googlemail.com](mailto:swapskingston@googlemail.com)



## SWAPS DATES AT WARREN PARK—3-5PM

Sunday fun sessions are held each month for children with autism at: Warren Park, National Children's home, Kingston Hill, Kingston

If you want to find out the 2013 dates or how to join SWAPS and to receive up to date news and dates for talks please contact Sian

Palin: **Email: [swapskingston@googlemail.com](mailto:swapskingston@googlemail.com)**



## YORDA ADVENTURES UPDATE



Thanks to the lovely people at Lloyds, pictured left, who helped us with part 3 of the playground build. The Wishing Tree is almost done! We are always on the look-out for volunteers to help build our playground, so do please get in touch.



### HOLIDAY PLAY SCHEME

Our play schemes allow families a few hours break in the day and we try and run play schemes in as many school holidays as possible. The activities are all out and about in the community and as with all our projects, we tailor our plans to fit the young people we are catering for. Keep an eye on our blog for our latest news and join the mailing list to hear when we release dates.

Ages welcome: 5-19yrs

Cost: a donation of whatever you can afford between £1 and £8.

Email: [Laura@yordaadventures.co.uk](mailto:Laura@yordaadventures.co.uk) Tel: 07939844978 [www.yordaadventures.co.uk](http://www.yordaadventures.co.uk)

## NEWS FROM ROYAL MENCAP.....

### NEW CHIEF EXECUTIVE STEPS UP

Mencap has appointed Jan Tregelles, its current director of personal support, to become its new chief executive. Jan first worked at Mencap in 1983 as PA to one of the then directors. She left to pursue a career in housing when in 1997 Mencap asked her to set up Golden Lane Housing, Mencap's housing arm. Since 1997 Jan has held various posts across Mencap; she has been the director of personal support since 2002. Jan said: "Over the coming months I will work with my colleagues to deliver a new strategy focusing on delivering more support to families as well as continuing to provide care and support for thousands of people with a learning disability to live full lives."



### HATE CRIME REPORT

**Victims of disability hate crime are being let down by the criminal justice system, an independent report has found. The joint inspection of the police, probation and crown prosecution service uncovered a lack of understanding of what classifies as a disability hate crime.** It also found confusion around how this type of offence should be recorded and investigated. And said progress to improve victims' experience of reporting offences has been too slow. The report, called *Living in a different world: A joint review of disability hate crime* was undertaken by HM Crown Prosecution Service Inspectorate, HM Inspectorate of Constabulary and HM Inspectorate of Probation.



Inspectors wanted to find out how the police, crown prosecution service and probation trusts deal with crimes against disabled people. This involved reviewing how the three agencies work. Although acknowledging some progress has been made, the inspectors revealed problems in the detection and recording of crimes targeted against people because of their disability. The inspection also found a lack of clarity and understanding as to what constitutes disability hate crime.

#### Recommendations

The report recommends all agencies must do more to ensure that disability hate crime is treated on an equal footing with other hate crimes, and that victims have the confidence to report crimes. It also recommends a common definition that is universally recognised and applied at 'ground level' that is simple to interpret. The report says that the under reporting of disability hate crime remains a significant concern and needs to be addressed with the immediate priority being to encourage more people to come forward to report disability hate crime.

Emma Harrison, Mencap's assistant director said: "This review highlights that victims of disability hate crime continue to be let down at every stage of the criminal justice system. "While we have seen real progress from police forces in some areas, Mencap still hears from too many disabled victims who feel that their reports are not taken seriously or acted upon, and who do not feel supported when giving evidence."



## MENCAP AT DOWNING STREET

People with learning disabilities, their families and carers were joined by Mencap staff at a reception hosted by Samantha Cameron at 10 Downing Street in May, to celebrate Mencap's work with families. It was an opportunity to share the successes of the past year and talk about Mencap's plan to reach a million people, to tell them more about learning disability and the help and advice that Mencap can offer. Jan Tregelles, Mencap's chief executive said: "We know that Mrs Cameron understands the reality of disability. We are very grateful for the opportunity to invite our supporters to Downing Street to celebrate the lives of more than a million people with learning disabilities and their families and friends."



Many of Mencap's ambassadors attended the event, including The Sunday Times journalist Kate Spicer, who's brother Tom has Fragile X Syndrome and featured on the film [Mission to Lars](#). Jodie Whittaker, of Broadchurch fame, was there too. Jodie's nephew has Down's syndrome and plays Leo, a toddler in Emmerdale Farm. David Evans, also known as the Edge, the guitarist in U2, came to the reception with his cousin Ciara Lawrence, who has a mild learning disability and works for Mencap as a celebrity Booker and campaigns assistant. Radio 2 DJ Jo Whiley, sister of Frances, who has a learning disability, was also there in her role as Mencap ambassador and MC of Mencap's annual music nights, the Little Noise Sessions.

## LEARNING DISABILITY WEEK

Learning Disability Week is a week of national campaigning and awareness raising run by Mencap and will take place from 19 to 25 August. Mencap and Mencap Local groups will be working hard during the week to bring people together to celebrate our family life and to develop new, strong family networks in our local communities.

## MENCAP BACKS 'BRITAIN CARES' CAMPAIGN

Britain Cares is a campaign to show the government that people in Britain care about the provision of social care for people with disability. Led by the charity Scope, the campaign asks for people to tell the government that they care, to encourage them to look at how they fund social care in the upcoming Spending Review. Mencap staff in London joined in with the campaign and took photos with signs saying "I care" and "We care" to share on the Britain Cares website. You can view all of Mencap's photos for Britain Cares on Facebook. Photos can be uploaded onto the Britain Cares website, at [www.britaincares.co.uk/photos](http://www.britaincares.co.uk/photos) where they will be sent to your local MP. He or she will then be asked to call on the Secretary of State for Health, Jeremy Hunt, to ensure disabled people have the support they need to live their lives.



## BOCCIA SESSIONS

Boccia is a paralympic sport for athletes with disabilities that have a major impact on motor skills. Boccia is a target ball sport, similar to petanque and bowls. The recent Boccia session at Drop-in recently was a huge success. The Special Olympics organisation is running sessions on a Monday evening at Chessington Sports Centre throughout June and July for members who would like to participate again. Put these dates in your diary: 10th & 24th June, and 8th July. For more information, please visit [www.kingston.gov.uk/sports](http://www.kingston.gov.uk/sports). If you regularly take part in sport, then you might be interested The Active Kingston Card. Visit the website at [www.kingston.gov.uk/finalactive\\_kingston\\_dl\\_6pp\\_d2withlogo.pdf](http://www.kingston.gov.uk/finalactive_kingston_dl_6pp_d2withlogo.pdf) where you can find details on how to receive up to 70% off at local leisure and sports centres.



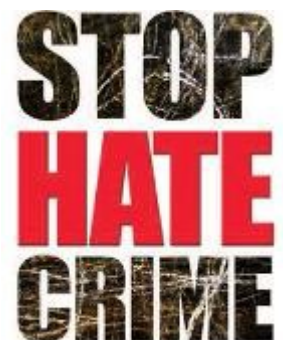
## SAFE PLACES SCHEME

Safe places is a new police-funded campaign coming to Kingston where local shops will put a sticker in the window for people with a learning disability. If you see it, you can go in and ask for help if you need it. There is also a card with a number on that you can call. It's hoped that the stickers will go into 140 shops. Cards are available from Sessions House.



## STOP HATE CRIME HELPLINE

Stop Hate UK is a national organisation working to provide support to victims of Hate Crime, across the strands of Disability, Gender Identity, Race, Religion and Sexual Orientation. The independent charity has launched a new 24-hour helpline service for people who have experienced, witnessed or know someone who is experiencing Learning Disability Hate Crime—you can call 0808 802 1155 for support and information. The helpline is open 24 hours a day, every day of the year. It is free to call the Stop Learning Disability Hate Crime helpline from landlines and most mobiles and the number won't show on a phone bill.



## SPECIAL OLYMPICS SURREY

Special Olympics Surrey is accredited by Special Olympics GB, a UK charity part of a global movement and serves nearly 4 million children and adults with intellectual (learning) disabilities in 229 countries. Our athletes compete locally, regionally, nationally and globally in many sports, year-round.

**Sports on offer include: Athletics; Boccia – Best in the South East; Cycling; Golf – winners in Austria and Macau; Kayaking; Skiing – champions in South Korea; Ten-Pin Bowling – winners in Munich; Tennis**



Twitter: @surreyspecialo  
Facebook: @SpecialOlympicsSurrey  
Get involved at [www.sosurrey.org](http://www.sosurrey.org).



The Surrey branch of Special Olympics was founded late in 2007 and we invite you, athletes, coaches and volunteers, to take part and share the thrill of competing under the Olympic banner. Athletes are given continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of skills, gifts and friendship with their families, other Special Olympics athletes and the community.

Join SOS to engage in year-round sports training and athletic competition in a variety of Olympic-type sport for children and adults with intellectual (learning disabilities). **SOS is competing in the National Summer Games in Bath. Join us 28th Aug – 1st Sept 2013**

For more information visit [www.bath2013.org.uk/](http://www.bath2013.org.uk/)

Visit our website for full event schedules ([www.sosurrey.org](http://www.sosurrey.org)).

## RAILWAY OUTING 16TH JUNE

Join us for a fabulous day out courtesy of the Malden & District Society of Model Engineers. The railway outing takes place at the Thames Ditton Model Railway, Claygate Lane, Thames Ditton, KT7 0DL on Sunday 16th June, 2pm-5pm. Passengers of all ages can ride in the model carriages and there is a specially adapted carriage for wheelchair users. The event is operated entirely by unpaid volunteers and the entrance and rides are free! There will be refreshments plus a raffle. See you there!



## BOOGIE NIGHTS - next one is Friday 5th July 2013

# Disco

## Boogie Nights



Boogie nights are held at:  
Kingsmeadow from 7.30pm to 11pm  
Tickets on the door £5 (carers FREE)  
For more information:

**Melissa Hulbert 07947423083**

**Boogie Nights**  
are discos for adults  
with  
Learning Disabilities  
(over 18 years)

supported by





## LEARNING DISABILITY PARLIAMENT

Kingston Learning Disability Parliament hold 'Open Meetings' every five weeks at Session House. These meetings are a chance for people to meet their MPs and to find out what is important to people with learning disabilities.



10:00



12:30

All open meetings are held at Session House from 10am-12.30pm. The next meeting dates are 7th June and 9th July. As the Learning Disability Service adopts the social enterprise model to improve services, the Parliament will now become independent. To find out more call the office: 020 8547 6645 or email [ldparliament@hotmail.com](mailto:ldparliament@hotmail.com). Sessions House, 17 Ewell Road, Surbiton, KT6 6AF.



## NEW SERVICE OVERVIEW GROUP

As former chair of Kingston Mencap I have been working closely with Kingston Learning Disability Service throughout the difficult period of change and process. I have taken on board and passed on various comments from families and carers and will continue to do this until the social enterprise starts in April 2014, on behalf of Kingston Mencap Trustee Board.

As part of this work I have agreed to chair a new overview group to make sure family and carers' comments are recorded and acted upon. This group will include Parliament MPs, Carers and RBK L.D. staff. Our main task will be to make sure the agreed five-year plan is followed. It is important that this group not only addresses issues, but looks across the whole service to feed back comments and ideas. It will be crucial that you let us know of any issues, however small, so they may be raised at these meetings to ensure there is adequate follow up and/or challenged. Please email Gill Wood: [gillcwood@blueyonder.co.uk](mailto:gillcwood@blueyonder.co.uk) or telephone me on 0208540 1399. **Gill Wood**

## NOTE OF THANKS FROM GILL WOOD

I was totally overwhelmed with the presents, flowers, gift tokens and huge cheque for a weekend holiday as I stood down as Chair at the recent AGM - I can't thank everyone enough who contributed - for your generosity and kindness! For those members who were not there on the evening I was presented with a huge bouquet of flowers, a silver bangle and a bottle of brandy for my husband Nick for his support and a huge cheque for £650 to enjoy a well-earned weekend away I am told! The Parliament MPs gave me a beautiful rhododendron plant, Stud farm/RBK staff gave me a £50 John Lewis voucher and lastly a magnificent orchid from Wing and Vanessa. What can I say but THANK YOU ONE AND ALL. **Gill Wood**



## CLUB LEADER VACANCIES

### Kingston Mencap

**We require new Leaders for two of our popular Clubs.**

**XPRESSION**, for 12-18 year old members. Meets on Tuesday evenings (term time only)

**SEEKERS**, for 18 year old members, and upwards. Meets on Monday evenings, (with a summer break).

**If you are interested, please email [peter.kingstonmencap@gmail.com](mailto:peter.kingstonmencap@gmail.com) for further details. Closing date 21<sup>st</sup> June 2013.**



# SPOTLIGHT: CARERS' WEEK 10-16 JUNE

## Carers' Week 2013

**If you look after a friend or relative in the borough who couldn't manage without your help, join in the celebrations...**

### London Eye

**10am - 3.45pm, Monday 10 June**

View the sights of London from 135m in the air! Places are limited and restricted to carers only.

Bring your own lunch, but transport from New Malden is provided.

To book, call **020 3031 2751**

### Young Carers' PARTY!

**3.30 - 5.30pm Tuesday 11 June**  
Surbiton

Fun time out for 5 - 18 year olds looking after someone at home.

For more information or to let us know you're coming call Diane

**020 3031 2754**

### Picnic in the Park

**12 - 3pm, Wednesday 12 June**

Weather permitting!

Bring a blanket, food, friends & family and join others in the park for the afternoon

For information contact Jo on  
**020 3031 2757**

### Hampton Court by Boat

**10.30am - 2pm, Thursday 13 June**

A great way for carers to take time out. Priority will be given to carers who haven't been on the trip before.

Picnic lunch & boat trip paid for.

To book call **020 3031 2751**

### Family BBQ

**6 - 9pm, Friday 14 June**

Noble Centre, 109a Blagdon Road,  
New Malden KT3 4BD

For all carers (carers friends and family welcome too) to join us for a bite to eat!

For catering, please let us know if you plan to come **020 3031 5751**

### Family Thames Walk

**11am - noon, Sunday 16 June**

Meeting riverside, beside John Lewis from 10.30am, walk starts at 11am.

Bring your family with you for this sociable wander along the Thames.

For information contact Jo on  
**020 3031 2757**

Working in partnership



## MEMBERS' BIRTHDAYS

Happy Birthday to all in APRIL: Sophie Thornton, Linda Goddard, Susan Foster, Jonathon McGrady, George Bowman, Daniel Wolff, Claire Hitchcock, Katie Knowles, Nicholas Sims, Peter Shaw, Malcolm Gubby, Alexander Jubraj, Lawrence Murphy, Owen Hughes, Dexter Hutchinson, Louise Hein, John Diamond, Jack Cherrington, Kiri Mompalao, Amy Fraser

Happy Birthday to all in MAY: Johanna Owston, Eleanor Davies, Natalie Furniaux, Tayler Young, Robbie Furr, Kim Bright, Graeme Green, Margaret Rose, Steven Close, Diana Todd

Happy Birthday to all in JUNE: Marie Gold, Paul Ascot, Laura Hannan, James Cottrill, Carla Curtis, Joshua Peck, Greg Rata, Colin Timbrell, Jehan Din, Lindsay Seal, Maruf Ahmed, Serena Awda, Robert Brent, Martin Dawson, Susie Skinner, Pat Gilligan, Stephen Sinclair, Harry Brennan, Rebecca Alexander, Andrew Miller, Whyne Thibaut, Jack Whelan

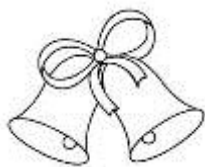


*NB. Sorry if we have missed your birthday but please do tell us so we can put things right.....*

## MEMBERS' NEWS AND OTHERS

### Engagement!

Paul Roberts, a regular volunteer at Seekers has just got engaged to Opi and are busy making plans for their 2013 wedding. Congratulations to both Paul and Opi from all of us at Kingston Mencap.



### Beach birthday! #

Pictured is Helen Lay as she celebrated her 35<sup>th</sup> birthday, dancing 'Sega' on the beach at Mauritius. "It was the best birthday ever," she says.



### Happy 60th Birthday!

Richard Laslett celebrated his 60th birthday in style with a trip on the London Eye! What a view...

Thanks to everyone who has sent in old mobile phones and used stamps.



We particularly need foreign stamps  
Thanks to all who save for us.



KEEP THEM ALL COMING please .....



### Get well wishes

Our best wishes to Kath Gilligan and Brian Rogers, from all of us at Kingston Mencap. Hope you feel better soon.

If you have any comments or suggestions to improve the newsletter or any news you wish to share with other members, please let me know. We are always pleased to hear news from members, friends and supporters.

Contact: Jenny Pitt.....

Email : [jenny@kingstonmencap.co.uk](mailto:jenny@kingstonmencap.co.uk)

Or call 0208 816 7500

Disclaimer:- as far as possible we make sure that articles and information are correct, but do point out that the information and views expressed by individuals or other organisations do not necessarily represent those held by Kingston Mencap. The Editor cannot accept responsibility for any goods or services mentioned in or enclosed in the newsletter.