

# KINGSTON MENCAP Newsletter

The Voice of Learning Disability



## Trustee Committee 2014/2015

**Chair:** Peter Hodges **Treasurer:** Mary McDonald **General Trustees:** John Phillips; George Tong; Katy Robinson



### Dates 2014 Diary

**Carers Meal - 11th June**

**Railway outing - 22nd June**

**Thinking Ahead event  
9th/10th July**

**Senior Party - 20th Sept**

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Dear Members, Family and Friends,

Kingston Mencap has a busy few months ahead, and I hope you will be able to support us at as many events as you can. Looking back, our Annual General Meeting on 25<sup>th</sup> April was poorly attended, which was a disappointment to the Trustees, who put a lot of work into the management of Kingston Mencap. We welcomed Bethan Clarke and Chris Jones from RBK Adult Services to talk about the future of the service, it is a shame that their audience was so small, as they had a lot of useful information to report.

Both Sandy Yorke-Mitchell and Gill Wood stood down as Trustees at the meeting; Sandy has been able to offer her considerable experience to the Trustees, and Gill, whom everyone knows, has been a stalwart of Kingston Mencap for many years and is giving herself a break from the many tasks she has performed for Kingston Mencap. However, you will still be seeing Gill around, supporting Kingston Mencap ventures.

You will see elsewhere in this newsletter, in more detail, about the activities our Members have been enjoying, or about to enjoy. Xpression, our Youth Group, have just experienced a weekend away at Hindleap Warren, and we are most grateful to the volunteers who gave up their weekend to accompany them and make sure that they were safe. This was the last main activity for Krystina Crolla-Barker, the group leader, as she is off to Canada to start a new career. Krystina has made her mark on Xpression, and we thank her for all her hard work and wish her all the best for the future.

We are pleased to say that Stephen Cheung has been appointed as the new Xpression Group Leader. Stephen has been a volunteer at Xpression for many years and we look forward to him taking the Group forward. Seekers Club will be holding their Sponsored walk this month, and going on their annual summer outing to the Lions Funfest in Yatley at the end of the month.

Future Friends are back at Canbury Gardens Pavilion, and enjoy a varied range of activities. They started the summer with a Quiz Night to get members thinking!

Finally, I hope that you will be tempted to join us at our annual Train Outing on Sunday, 22<sup>nd</sup> June, it would be good to see you there.

**Peter Hodges, Chair, Kingston Mencap**



### WOULD YOU LIKE TO JOIN KINGSTON MENCAP?

If this is the first time you have seen the newsletter and/or would like to receive a copy, 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 0208 816 7500 or

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

## DROP-IN

### Saturday Drop-In

The Drop-In this year has continued to be the place to be on a Saturday between 12pm and 3pm. We've introduced a monthly Boccia session which is run by our qualified Boccia coach Alan. The session starts at 12.30pm and is proving to be a major hit. We've got some very talented and competitive members who love the game. Bingo has become a weekly activity due to high demand from our members. There are always prizes and it's great fun to play.

We also have all the original activities on the go such as table tennis, basketball, skittles and pool. We have a selection of puzzles and games and there is always a mini art project underway. Alternatively some of our members just want to talk and be with friends. We had a visitor from RHLT recently and she was impressed with our club, particularly commenting on how friendly and chilled it was.

Our parties have been incredibly popular this year with our biggest attendance numbers ever. The last one was the Easter party, this is always a big hit because everyone loves The Easter egg hunt in the garden, we were very lucky with the weather this year.



We must thank our wonderful volunteers, Declan, Beth and Caroline. Paul Brewster who helps with the set up and signing in and John and Gabriel who run the kitchen. They are all amazing!

Also a huge thanks to Gill Wood who does so much for the Drop In, especially on party days.

We hope next year will be as much fun as the last one!

Michelle and Lucy



## SENIOR PARTY 20TH SEPTEMBER



# Senior Party



**Saturday 20th September, 7pm - 10pm**

**United Reformed Church, Malden Road, New Malden KT3 6DR**

**Cost: £10 per person (carers/support workers £5)**

**\* Dress up in red and yellow!**

**\* Live music with B.L.O.**

**\* Food provided**



## RAILWAY OUTING



Join us for a great afternoon with the family!

# Railway Outing

**Sunday, 22nd June**

**at the Thames Ditton Model Railway,  
Claygate Lane, Thames Ditton, KT7 0DL**

**2pm - 5pm**

**Entrance and rides are free!**

## AGM REPORT

We held our AGM on Friday 25th April at Dysart School in Surbiton and were joined by guest speakers Chris Jones and Bethan Clarke from RBK Adult Social Care, who gave us very interesting updates about the changes ahead for the Service and plans for the development of an autism initiative. Gill Wood and Sandy Yorke-Mitchell stood down as trustees and we thanked them for all their hard work and support over the years. There has been a slight delay in the publishing of accounts, but we hope to send them out to all our members in the very near future. We are also keen to recruit new trustees to help us with the running of Kingston Mencap. If you would like to find out more, please email Jenny Pitt Admin Assistant at [jenny@kingstonmencap.co.uk](mailto:jenny@kingstonmencap.co.uk).





## SEEKERS CLUB

Hello to everyone!

With the lovely spring weather with us and the lighter evenings our members enjoyed the Easter egg hunt and then they made some lovely cards to give to their families and friends. In April we also had the 'Seekers Got Talent' competition where the members mostly sang songs. It was a tough decision but the winners were Liu Daley and Louise Monks.

In May we only had two club nights running due to the bank holidays. I hope everyone enjoyed their extra days off! It was our popular Bingo evening again on the 12<sup>th</sup> May and the birthday disco was enjoyed by everyone as usual.

In June we have some exciting events coming up so keep your eye on the calendar. By popular demand we are going bowling again on the 2<sup>nd</sup> at David Lloyd. On the 16<sup>th</sup> we have our annual sponsored walk. The walk takes place at Robin Wood Farm, courtesy of Mr and Mrs McCormack. Many thanks to them for providing the venue. After the walk they have kindly offered to provide a BBQ for us. Thank you so much Mr and Mrs McCormack!



**The Seekers Sponsored walk last year**

includes Dave Hurrell as 'Elvis', marching bands, sideshows, music and lots of fun!

July the 14<sup>th</sup> is our last evening for the summer holidays. Katy, one of our volunteers will be leaving us for university to study drama and dance, but before she goes she will be producing a play with some of our members. All members, families and friends are invited to come to the show which will be held on our last evening.



**Look out for Elvis at Yateley!**

We will all be returning on the 1<sup>st</sup> September with a Welcome Back and Tell Us About Your Holiday evening.

**Best wishes to you all,  
Leeni, Seekers Club Leader**



**Fairground rides at FunFest**



# FUTURE FRIENDS



There has been loads going on at Future Friends this spring. We had a full turn-out for the pub visit to Kingston, where the mocktails were flowing in the new Hungry Horse. We ventured out to London on the train for a fun-filled and competitive Easter egg hunt, stopping for a drink at Queen Elizabeth Hall where we tucked into our yummy Easter egg prizes. Everyone got into teams to enjoy the quiz night at our summer time venue, Canbury Pavillion. Upcoming sessions will include Arts & Crafts, a BBQ and a day trip to Chessington World of Adventures!



**Danielle, Club Leader**



*If you want to join Future Friends, visit [www.kingstonmencap.co.uk](http://www.kingstonmencap.co.uk) for details. We are always pleased to welcome new Members and Volunteers.*

# XPRESSION YOUTH PROJECT



Congratulations to Xpression members and volunteers on another successful weekend away to Hindleap Warren. It has finished off the term with a bang! We had so much fun doing archery, swimming, obstacles, zip wire and many more amazing activities. We learnt team work skills over the weekend which we can continue to use in our weekly sessions. The volunteers put in so much hard work over the weekend that their time and effort should be highly commended and I want to say a HUGE thank you to them for making it a super weekend. We don't thank our



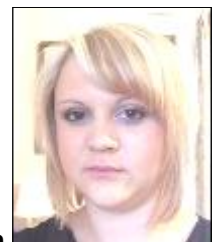
volunteers enough but they are what make the club so special.



This term has seen the start for some new members so we would like to give them a warm welcome and hope that they have enjoyed Xpression so far. We can now all look forward to a summer term of very thrilling new activities such as ice-cream sundae making, treasure hunts and parties galore!

I would like to take this opportunity to say a BIG thank you to all the members and volunteers who have made the last 9 months a memorable experience as my time as Xpression leader. There have been lots of challenges in taking on the role but these have by far been outweighed with pleasant experiences and I have thoroughly enjoyed my time as leader. Therefore as it is my time to say goodbye it's time to introduce you to a new leader, Stephen Cheung. Stephen has been a hardworking volunteer with Xpression for a number of years and he has agreed to take on the challenge as leader. I am sure he will bring new ideas to the group which everyone is looking forward to. Thanks for all your support and I wish you all well for the future.

**Krystina, Xpression**





# CARERS GROUP

## MEETING DATES FOR 2014

**Wednesday 7.30pm-9.30pm at**

**Age Concern, Raleigh House, Nelson Road,  
New Malden, KT3 5AE**

**2nd July; 3rd September; 5th November.**

Mary Macan will continue to facilitate this evening session.



**Hft, Springfield Place, New Malden KT3 3LJ  
Wednesday 1.30pm-3pm**

**4th June; 1st October** No facilitator but a chance to exchange information and ideas in the upstairs kitchen.

**For more information contact Gill on 020 8540 1399.**

## CARERS CONFERENCE 13TH JUNE



**KINGSTON CARERS' NETWORK**  
*Improving the lives of carers in Kingston*



### Celebrate Carers Week

Join us for our first

#### Annual Carers Conference.

An opportunity to get together, share experiences and discuss what matters to you!

**Friday 13th June**

10.00am registration for 10.30am start. Closes 3pm.

See overleaf for booking info and map

**A buffet lunch and refreshments will be provided.**

There will also be a range of information workshops on:

How the benefit changes affect carers and their families

What does the Care Bill mean for carers?

Understanding inheritance tax

Carer involvement in hospital discharge

Carers Companion — reducing isolation

### First Annual Carers Conference

#### Venue

**The Kings Centre**

**Coppard Gardens, Chessington, KT9 2GZ**

**Bus:**  
K4 stops outside.  
71 from Kingston  
465 from  
Kingston/Leatherhead  
467 from Epsom/Ewell  
all stop at Bridge Rd  
roundabout. 5 minute  
walk to the centre

**Car:**  
A3/A243 from north,  
M25/J9/A243 from  
south. At Bridge Rd  
roundabout turn into  
Mansfield Road 5th left  
into Coppard Gns.  
Centre is on the right.  
There is a large car park



**Train**  
Chessington North (0.7m)  
Chessington South (0.7m)  
15 mins walk to the centre

For more information or to book your space, please contact Jo or Kate on

**020 3031 2757 or [info@kingstoncarers.org.uk](mailto:info@kingstoncarers.org.uk)**



Kingston Carers' Network, 109a Blagdon Road, New Malden, KT3 4BD

Registered Charity No. 1151456 Company No. 8376060

## JOIN US FOR A CARERS DINNER ON 11TH JUNE

To celebrate Carers Week (9-13th June), Kingston Mencap are planning a Carers Dinner at The Watchman Pub in New Malden at 7.00pm on Wednesday 11th June. If you would like to join us, please book a place by emailing [jenny@kingstonmencap.co.uk](mailto:jenny@kingstonmencap.co.uk) and send £5 to secure your place - on a first come, first served basis. We hope to see you there!

## STUD NURSERY UPDATE

As the seasons start to change and we all look forward to the long hot days of Summer the service users are working hard at the Nursery. Our Autumn/Winter project of fruit tree planting has been completed and we now have 3 apple trees planted and we hope that the better weather over the next few months will bring them to fruition.



To enhance the look of the fruit trees we have completely transformed the area kindly cleared by Barclays bank volunteers so that we have various beds of lilacs and plants surrounded by lawn against the old wall of the Nursery.



The greenhouses are still under renovation and we are expecting them to be finished by the Autumn which will give us much more room for planting and propagating.


If you are interested in placements at Stud Nursery or any of the work activities projects please contact [Jean.brooks@rbk.kingston.gov.uk](mailto:Jean.brooks@rbk.kingston.gov.uk) or [David.hooper@rbk.kingston.gov.uk](mailto:David.hooper@rbk.kingston.gov.uk)

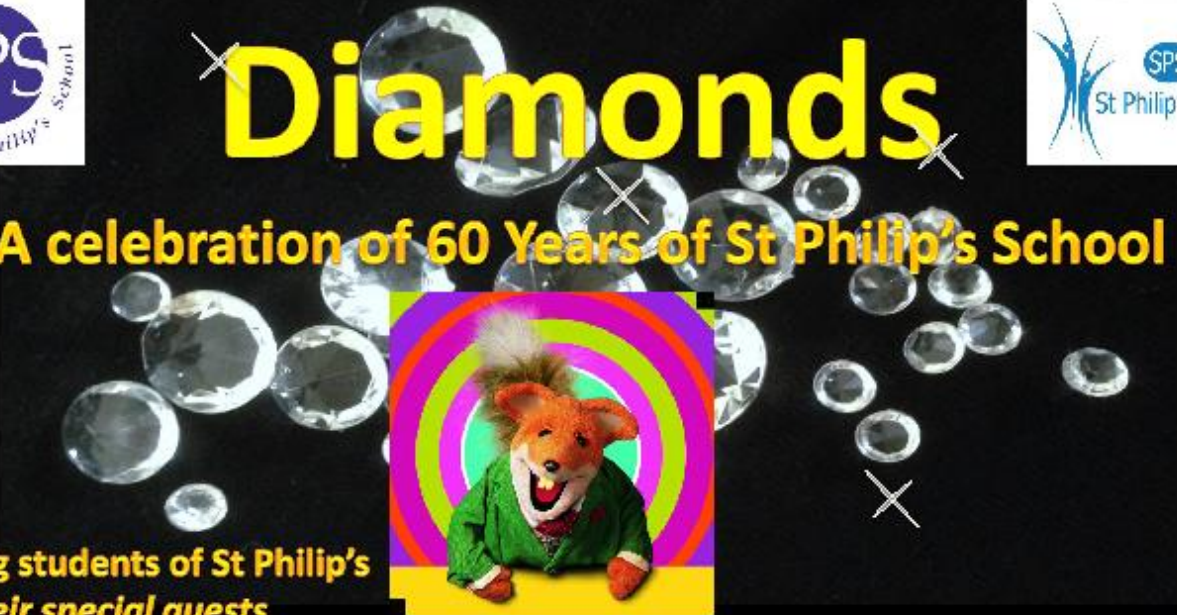


# CHILDREN




## ST PHILIP'S DIAMOND CELEBRATION SHOW





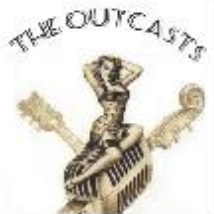
# Diamonds

## A celebration of 60 Years of St Philip's School




starring students of St Philip's  
and their special guests  
**Basil Brush and The Outcasts**  
a leading and local rock 'n'  
roll band

Thursday 12<sup>th</sup> June 7.15pm  
Rose Theatre, Kingston

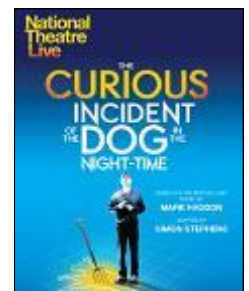


**Tickets only £10 available from 19 May via  
visiting the Rose Theatre Box Office in  
person, online or on 08444 821 556**



## CURIOUS INCIDENT OF DOG IN THE NIGHT-TIME

Selected National Theatre Live venues will be holding relaxed screenings of *The Curious Incident of the Dog in the Night-Time* during June (dates vary between venues). Based on the acclaimed novel, *The Curious Incident of the Dog in the Night-Time* has been hailed by *The Times* as 'a phenomenal combination of storytelling and spectacle'. Relaxed screenings are specially designed to welcome people with an autism spectrum condition, sensory or communication disorder or learning disability into the cinema. They give those, who otherwise might feel excluded, the chance to experience a National Theatre Live broadcast. They have a less formal, more supportive atmosphere to reduce anxiety levels. There is a relaxed attitude to audience noise and movement and some small changes made to the light and sound levels. Please note that relaxed screenings may be referred to as autism-friendly screenings by some cinemas. If you have any questions or need any further information, please get in touch with your local venue or email The National Theatre at [ntlive@nationaltheatre.org.uk](mailto:ntlive@nationaltheatre.org.uk). Full details about these cinema relaxed performances can be found by visiting [www.ntlive.com/access](http://www.ntlive.com/access). You can find your nearest screening by visiting *The Curious Incident of the Dog in the Night-Time* production page and viewing the map listing on the right – relaxed screenings are indicated by a label next to the screening date.

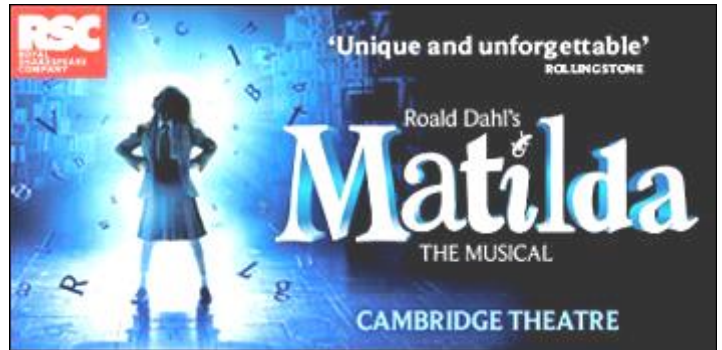




## MATILDA THE MUSICAL

The Royal Shakespeare Company will be presenting a 'relaxed performance' of **Matilda The Musical** at the Cambridge Theatre on Sunday 15 June at 3pm.

The National Autistic Society is working closely with the RSC on this special performance offering full access to the theatre for people with autism and learning disabilities. This first relaxed performance of Matilda The Musical builds on the programme of 'relaxed' performances that the RSC has been running in Stratford-upon-Avon since 2013, when it was amongst the first to adopt and promote the concept. The performance will provide a relaxed environment, with elements of the production adapted to reduce anxiety or stress.



Lighting and sound levels will be adjusted to soften their impact and there will be a relaxed attitude to noise and moving around the auditorium during the performance. Designated 'chill-out' areas will be provided outside the auditorium with soft seating and activities for people to use if being in the auditorium becomes overwhelming for them.

The Royal Shakespeare Company will offer tickets for this performance at the reduced rate of £20, booked through the RSC ticket hotline or in person at the box office. All bookers will be sent a visual story to help them familiarise themselves with the plot, characters and the setting before they arrive at the theatre. Read more detailed event and transport information.

## NAS SUNDAY FUN SESSIONS

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 2014 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 QUIZ NIGHT

### Quiz night

On the 13th June is the Yorda Quiz night at Surbiton YMCA. We are looking for groups of up to 8 people who think they can come along and show us what they are made of. Tickets cost just £12 per head and includes dinner.



It would be great for as many people to come along and support us for these events. If you want to come along to one, the other or both please contact Laura for tickets on 07939844978 or at [laura@yordaadventures.co.uk](mailto:laura@yordaadventures.co.uk).

If you also think you might be able to sell tickets to family, friends or colleges it is also very much appreciated!

**Laura Smyth, Manager**

## NEWS FROM ROYAL MENCAP

### RAISING FUNDS WITH COMPUTER RECYCLING

**Tackling the growing problem of electronic waste is the focus of a new scheme helping to raise funds to support people with a learning disability.** The new partnership between The Royal Mencap Society and the computer recycling company RDC means a percentage of funds will be raised for Mencap each time someone donates their old IT equipment to be recycled. Around 50 million tonnes of toxic electronic waste is generated globally each year but only 12.5% of it is recycled, with old computers making up the bulk of the unwanted items put into landfill sites. Everyone can help raise funds for Mencap - go to the website [www.rdc-cbs.com](http://www.rdc-cbs.com) for details of how to donate your old IT equipment.



Richard Yorke, director of fundraising at Mencap says: "The partnership with RDC will provide an excellent opportunity for people to raise funds for Mencap while combating a worrying threat to the global environment. RDC's donations to Mencap for the old IT equipment they receive from us will help fund our campaigns which have won many victories for people with a learning disability, and also fund our helpline which offers advice and support to people with a learning disability, their families and carers.

### COMPLAIN FOR CHANGE CAMPAIGN



**Mencap supports a campaign to improve health services for people with a learning disability by making it easier to complain.** Too many people with a learning disability are not getting access to the right care and treatment at the right time, leading to avoidable deaths, warns the Parliamentary and Health Service Ombudsman (PHSO). One of the biggest barriers to achieving good care for people with a learning disability was an overall lack of understanding of their needs, according to the Health Ombudsman Service's recent investigations. The Complain for Change campaign aims to make change in health services by showing how making a complaint can make a real difference and sometimes prevent avoidable deaths of people

with a learning disability. Mencap's Death by Indifference campaign has highlighted several cases of poor treatment that led to the unnecessary deaths of people with a learning disability. The Ombudsman's investigations also found alarming gaps in care provided for people with a learning disability, meaning that vital opportunities to prevent their deaths were missed. These included cases where: the patient's condition was not diagnosed quickly enough; proper checks to assess their initial condition were not made; and a patient was deemed too "difficult to assess" meaning their symptoms went unnoticed until it was too late.

Mencap's research found that 75% of GPs have received no training to help them to treat people with a learning disability. It also showed that of 900,000 people with a learning disability in England, only 200,000 are registered with their GPs as having a learning disability. Being registered as having a learning disability with a GP means that the patient will benefit from an annual health check, which can often uncover treatable conditions. Marking the first time that simple and accessible information has been provided for people with a learning disability in GP surgeries on how to make a complaint, the Complain for Change campaign will be promoted in hundreds of GP surgeries across London and nationally with patient advocacy groups, Healthwatch and the local NHS. Research showed that people with a learning disability are one of the groups least likely to raise a complaint with the PHSO. The campaign is part of PHSO's work to make it easier for people with a learning disability to complain.



## BETTER ACCESS FOR VOTING

### Parliamentary Committee hears that voting needs to be made accessible for people with a learning disability.

Mencap spokesperson and Parliamentary affairs assistant Ismail Kaji told a Select Committee of MPs that work needs to be done to encourage and support people with a learning disability to vote in the 2015 general election. Ismail gave evidence to the Political and Constitutional Reform Committee in their inquiry into voter engagement, in what is believed to be the first time someone with a learning disability has given evidence in this way in this Parliament.



Many people with a learning disability face barriers engaging with the democratic process and voting. Less than a third (31%) said that they voted in the 2001 general election - much lower than the population as a whole (59%). Unfortunately, many people with a learning disability don't see the point in registering to vote. They don't think voting will affect their lives or make any difference. "This is bad because many decisions made by Parliament have a huge impact on them like cuts to social care and benefits," says Ismail Kaji. Graham Allen MP, Chair of the Committee says: "One of the reasons is a culture of inaccessible politics. Mencap is calling for parties to consider communicating in a clearer, jargon-free way, which will be more easily understood by people with a learning disability and their families. It is a basic democratic principle that all citizens are able to participate on an equal basis, and people must not be disenfranchised as a result of having a learning disability."

## ALARMING FIGURES ABOUT ABUSE

New figures from the Learning Disability Census 2013 show that people with a learning disability in inpatient units are at high risk of abusive and restrictive practices. Of the 3,250 people with a learning disability in units:

- 56% had experienced self-harm, an accident, physical assault, hands-on restraint or been kept in isolation during the 3 months preceding the census
- 64% had been given anti-psychotic medication on a regular basis leading up to census day
- 60% have been there one year or more
- 71% don't have a plan for their move back to the community.

Despite the scandal at Winterbourne View, the new report shows that in the last 3 years there has been no real reduction in concerning incidents in similar places and the percentages of people experiencing self-harm, hands-on restraint and being kept in isolation are higher. 2,297 of people in these settings have no plan to move out, and recent NHS England data shows the numbers going into these places is twice the number coming out.

Jan Tregelles, Chief Executive of Mencap, and Vivien Cooper, Chief Executive of The Challenging Behaviour Foundation, commented: "We were told that two and half years on from the Winterbourne View scandal, 3,250 people with a learning disability were still stuck in similar institutions. This was shocking enough, but what we have heard today about the actual circumstances of these individuals is profoundly worrying. That some of the most vulnerable people in our society are in settings where they are regularly restrained, over medicated and kept in isolation is utterly disgraceful. In addition, the fact that this appalling 'care' is costing the public purse, in many cases, up to £4,500 per week demands that urgent questions are asked and answers provided. It is not enough for the government to say it should not be happening. It is happening to people's sons and daughters, brothers and sisters and, what's more, people are continuing to go into these places faster than they are coming out. The lack of urgency and action to stop this happening is a disgrace. We demand that the government takes urgent action and we expect to see immediate and real progress."

## FANCY PLAYING DARTS FOR US?

Teams are needed for Kingston Mencap's fundraising darts marathon. All you need is six people - you don't need to be great at darts, just enthusiastic and able to play constantly for two 1 hour turns. We have several of Kingston pubs who are keen to host an evening of charity darts. We will provide the scorers and a time-keeper to help you along and make sure all the teams stick to the rules. The evenings are great fun and help to raise funds for Kingston Mencap, we are keen to include teams without a particular connection to Kingston Mencap as well as ones including members to try to spread the word about the great work we do and get more community involvement in Kingston Mencap.

If you have a team of six and want to know more please get in touch and we'll send you the rules, sponsor forms and sort out a suitable venue (pub!). If you can't make a whole team don't worry, let us know how many you number and we'll put teams of six together with all those who are keen to take part. I've helped to run this kind of event before and found that it gathers momentum over time as more teams are keen to join in. We will get coverage from the local press and have fantastic prizes for the winning teams both for the highest scores and most sponsorship raised. For more details send an email to [jenny@kingstonmencap.co.uk](mailto:jenny@kingstonmencap.co.uk) or call 020 8816 7500.

**George Tong, Trustee and Darts Competition Organiser**

## THETFORD ROAD SPORTS DAY



**Hft  
Thetford Road  
Sports Day**

**Event:** Fun Sports/ Friendship/ Fundraising!

**Date:** 06/07/2014

**Sporting Activities:** 12.30 until 4pm

**BBQ:** 4pm until 6pm

**Refreshments available all day**

**Venue:** Searchlight Youth & Community Centre  
Kingston Road New Malden KT3 3RX



**Entrance Fee:** 50p  
To include Burger or Hotdog!



**Food:**  
BBQ & Beverages



**Sports Activities:**  
Darts Match, Safe Archery, Basketball,  
Football Penalty Shootout, Bowling!



**Raffles, Tombola, Guess the Baby's Name, Guess the Weight, & Other Fun Activities!!**

RSVP – Thetford Rd Office 0208 336 0134








## HFT UPDATE



Hft will be taking part in the Malden Fortnight Carnival Parade on the 5<sup>th</sup> July. There will be a group of around 20 people we support who are busy learning a dance routine and choosing their costumes. See you there!












### 'Cook and Eat' Course

for young people with a learning disability.

**Come along and...**

-  Learn about healthy eating
-  Shop, prepare, cook and eat delicious food
-  Learn how to be safe in the kitchen
-  Learn about other ways to stay healthy
-  Meet up with friends and have fun!



 <b>Who?</b>	Young people with a Learning Disability who are between the ages of 16 and 25 years and who want to learn <b>Kingston</b> more independently and healthily
 <b>When?</b>	Tuesdays, 4pm - 6.30pm for 8 weeks as follows: <ul style="list-style-type: none"> <li>Tuesday's 3<sup>rd</sup> June - 22<sup>nd</sup> July</li> <li>Wednesday's 1<sup>st</sup> October - 26<sup>th</sup> November (no session during half term)</li> <li>Monday's 19<sup>th</sup> January 2015 - 16<sup>th</sup> March 2015 (no session in half term)</li> </ul>
 <b>Where?</b>	Home Farm Trust Springfield Place (Off Kingston Road) New Malden KT3 3LJ
 <b>Support</b>	The course will be run by Home Farm Trust staff with support from RBK Home and Community Support Workers
 <b>Travel</b>	School or college transport may be able to drop young people off at Home Farm Trust. Please contact us if you would like us to try and arrange this for you. (Parents will need to arrange transport home after the session)
 <b>Info.</b>	To join this course, please contact Sarah Lyle (HFT)



**Sarah Lyle**  
 Senior Support Worker - Home Farm Trust  
 020 8942 9769  
[sarah.lyle@hft.org.uk](mailto:sarah.lyle@hft.org.uk)



## SUNDAY LUNCH CLUB

Come and join us at a local pub once a month on Sundays at 12.30.  
 Next meeting on Sunday 6<sup>th</sup> July At The Watchman,  
 New Malden With Melissa

To let me know you are coming call **Melissa Hulbert**  
 Tel: 0208 9429769 Mobile: 07947423083



## LEARNING DISABILITY SERVICE UPDATE

**The work to transfer Kingston Learning Disability Provider Services to Balance, a social enterprise organisation, is well underway.** The services that are currently run by the Council and will be transferring to Balance are Woodbury Residential Care & Respite Service, Kingston Supported Living Service and the Work Activities & Transport Service (including Stud Nursery, Victoria Park Cafe, the Sandwich Business and Gardening Group).



- All permanent staff working in the services will be transferring to Balance on the same terms and conditions
- All office staff will continue to be based at Sessions House People being supported by the services will keep going to the same places and will get the same level of support
- The Council will continue to be responsible for monitoring the quality of the services when they have transferred to Balance.

There will be a five year contract for Woodbury and the Respite Service, with an opportunity to extend the contract at the end of the five years. Kingston Supported Living Service and the Work Activities and Transport Service will continue to be funded on an individual basis through Personal Budgets or council managed services. Over the last two months, managers from the Learning Disability Service and Andrea Biggs and Doug Creswell from Balance have been meeting with staff, people supported by the services and family members and carers.

The aim is that the services and staff will be managed by Balance from 1st July 2014. This is subject to the legal contracts being agreed and signed, so we will write to everyone nearer the time to confirm the date. A project team including colleagues from HR, finance, legal and the learning disability service and Balance are working together to ensure there is minimal disruption to services during the process. We believe this is a positive step for the services involved and are looking forward to working with Balance to ensure the services continue to develop. For more information, contact Chris Jones, Service Development Officer 020 8547 6552 or Jane Wells, Provider Services Manager 020 8547 6518.

## LEARNING DISABILITY PARLIAMENT

**The Parliament has been looking ahead and making plans for the future.** The Parliament wants to become more user-led, reach out to more people and keep working on the things that matter to people with learning disabilities in Kingston like Health, Employment, Transport, and Friendships. The MPs stood down in March at the end of their three years in post. Instead of elections this year, paid jobs called Peer Advocates have been created on the Parliament for people with learning disabilities. The role of a Peer Advocate is to support other people with learning disabilities to speak up and make sure their views are heard. A Peer Advocate is someone who may have experienced similar issues and can use that experience to support others. People who are interested in the job must apply by Friday 6<sup>th</sup> June. There will be interviews after this and then we will let everyone know the names of the successful applicants. There will also be more opportunities for people to do Project Work. Project Workers get paid expenses for their time.

Nicole Marcangelo (pictured right) has been recruited to the role of Learning Disability Co-ordinator. Nicole started in May and her job includes managing the Parliament team and the Reception Team at Sessions House. Nicole will also be working on Pinboard and the learning disability website. Parliament are also very pleased to be working in partnership with Healthwatch to make sure health and social care services are good quality. If you would like to get in touch or find out any more about the Parliament, please phone 020 8547 6540 or e-mail [ldparliament@hotmail.com](mailto:ldparliament@hotmail.com).





# SPOTLIGHT: THINKING AHEAD EVENT

## We're **THINKING AHEAD** Are you?



- Do you have a son, daughter or other relative with a learning disability?
- Worried about what may happen if you're not able to care for them in an emergency or longer term?
- Like to find out about a range of topics such as housing and support, money, and keeping an eye on service quality?
- Want to meet other families, start thinking about making an emergency plan and tell us what help you need to Think Ahead in the future?

**If Yes, then come and join us**

### Wednesday 9th July

10am – 1pm, Kingsmeadow,  
Kingston Road, Kingston KT2 3PB

### Thursday 10th July

6.15pm – 8.30pm, Hook Centre,  
Hook Road, Chessington KT9 1EJ

**Free sandwiches and refreshments**

To book your place call 020 8816 7500  
or email [jenny@kingstonmencap.co.uk](mailto:jenny@kingstonmencap.co.uk)

Free Thinking Ahead guide (worth £10) for  
the first 40 people who book.



foundation for  
people with  
learning disabilities



## 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, Robbie Furr, Kim Bright, Tim Coombes, Graeme Green, Margaret Rose, Steven Close, Diana Todd

Happy Birthday to all in JUNE: Marie Gold, Paul Ascot, Laura Hannan, Richard Shaftoe, 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, Wyne 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 NOTICES

### Sad News

Sadly, Caroline Bradman passed away unexpectedly at the end of April. Caroline was always a chirpy person, who joined in with activities enthusiastically and was a joy to be with. She had a good sense of humour and was loved by everyone. A number of Kingston Mencap Members and Trustees attended Caroline's funeral at the Long Ditton Liberal Synagogue. The synagogue was packed with friends and relatives: the service and the burial were moving occasions, with Geoffrey Bradman, Caroline's father, telling us about Caroline as a wonderful daughter and the joy she brought to the family. Caroline is greatly missed by our Kingston Mencap members, in the knowledge that she is at rest in peace.



**Peter Hodges, Chair**

### Missing Seekers Photo Album

Has anyone from Seekers Club picked up the Club's photo album? If so, could you return it to Shirley Temple as soon as possible? Shirley spent hours putting the album together, with 200 photos going back to 1984. She thought it would be nice for the club to have the photos of old activities and outings going back over the 30 years that she has been involved with Seekers. In the album there are many photos of members and helpers who are no longer with us which makes this album irreplaceable. If you have seen it or know of its whereabouts, please call the Kingston Mencap office on 020 8816 7500 or email [jenny@kingstonmencap.co.uk](mailto:jenny@kingstonmencap.co.uk).



### Facebook and Twitter

You can now follow Kingston Mencap on Facebook and Twitter for up-to-the-minute news! We're 'tweeting' regularly with updates.



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