

KINGSTON MENCAP Newsletter

The Voice of Learning Disability



Trustee Committee 2011/2012

Chair: Gill Wood **Secretary:** Sue Baker **Treasurer:** Mary McDonald **General Trustees:** Claire Alexander; Heather Notermans; John Phillips; Glenna McCulloch; Sandy Yorke-Mitchell; **L.D. Rep:** Kim Bright

Dates for Your Diary



Senior Party
1st October

Flag/Awareness Day
22nd October

Christmas Social
26th November

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Dear Members, Friends and Supporters,

It is now official the Causeway will be closing at the end of October and by the end of the September service users will have transferred to their new service, most people opting to go to Home Farm Trust.

As we move into Autumn we turn our attention to our two main fundraiser events for the year:

Firstly we have **Flag/Awareness Day** on Saturday 22nd October (see page 3)

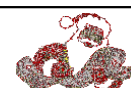
Followed shortly after by the **Christmas Fayre & Social** which this year will be held on Saturday 26th November at the United Reform Church in New Malden. It will be slightly different this year—we will run the following stalls: Tombola; Potluck; Cakes; Christmas cards/paper; Raffle; but this year we will be providing a selection of hot foods to buy at lunch time, followed by Tea and Cakes in the afternoon and Stud Farm project workers will be manning a stall to show off their woodwork items, plants & bulbs.

We will also have some musical entertainment but more news nearer the time. We rely on donations for the stalls so if anyone has any unwanted gifts or a bottle or any new item to donate we would be very pleased to receive any time from now!

For those that regularly purchase **Mencap Christmas** cards I have managed to purchase some old stock at greatly reduced prices, so if you are interested please let me know— £2 per pack plus postage. **Any stock not sold will be available at the Christmas Fayre & Social.**

Let's all hope this Indian Summer continues for many days to come.....
Gill Wood

CHRISTMAS RAFFLE



If you are receiving this newsletter by post, you may also have received 2 books of raffle tickets, or if you receive the newsletter by e-mail, your raffle tickets will be posted to you.

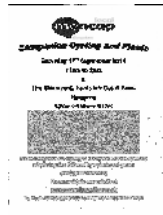
However, in order to save on postage and printing costs, anyone who has not returned their raffle tickets, or has returned them unsold for the past 2 years, will not be sent any this year. If you do not receive any tickets, but would like some, please call Heather on 0208549 7450 or email heathernot@hotmail.com and we will be pleased to send you some.

If this is the first time you have seen the newsletter and/or would like to receive your own copy please do let me know so I 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 by post.
If you no longer want to receive news please let me know so I can take your name and address off the circulation list. Email: gillwood@blueyonder.co.uk or telephone 0208540 1399

Companion Cycling

On Saturday 17th September Kingston Mencap booked 'Companion Cycling' and arranged for volunteers to accompany and support members to take part and experience riding in Bushey Park on the adapted cycles followed by a picnic/games.

Just a handful of people came along and all thoroughly enjoyed their ride, but after consideration we have decided not to hold this event in 2012, as each year less and less people attend so this will be our last visit!



Many thanks to Heather who organised and all the Companion Cycling volunteers who have been so supportive and welcoming over the years.

PARTY on 1st October

The Senior party is being held on Saturday 1st October at the United Reform Church in New Malden, all thanks to the very kind church folk who have made us so welcome!

This is a free event but entry is by Ticket only as we are only allowed 100 people maximum in the hall.

We will have the fantastic **"BLOW"** band and a chicken curry supper with drinks and a Raffle



If any learning disabled member has not received an invite or not returned the reply slip please ring Gill 0208540 1399 who will be able to tell you if there are tickets still available.

60th Birthday Planning Meeting

Trustees, members and friends met up on Tuesday 16th August to talk about how we will celebrate in 2012 - our 60th Birthday.

Lots of ideas and suggestions were discussed with lots of enthusiasm but very few people who would be willing to take the lead, although lots wanted to help and support the events.. With this in mind and after careful consideration, so we are not over stretched, we have settled on the following:

Volunteers Party in January; Country & Western in April; Mini Olympics & BBQ at Smallholding in early June; Malden Railway outing late June; Boat Disco/Fish & Chip supper in July; Celebration Ball in October; Christmas Social end November; Music/Theatre visit to be confirmed.



We want every member to be able to take part in at least one event, including those with PMLD, so will give priority on the Music/Theatre visit

More news and dates in the next Newsletter.....



FLAG & AWARENESS DAY 22nd October

This is one of our main fundraisers and the organiser Pat Cox has been busy for many weeks making sure we conform to the right regulations and have the correct permission in place and also in organising the volunteers and collection venues - a lot of work for one person but Pat is very committed and makes sure everything runs smoothly for Kingston Mencap.

Pat has been very fortunate to have gained good pupil support from Holy Cross and Tiffin schools, which take the pressure off members and families. Each year Pat goes to the schools to gather new support from pupils - no mean task to speak to a hall full of students—but something Pat manages really well as we have had many offers of support this year.

All said many of our own members and families like to support this day and we value this continued support but would please ask that you make sure you go to the appointed place at the right time to help keep things running smoothly.

It would be great to break last year's record but with all the pressures on people it is also a great opportunity to raise the profile of Kingston Mencap locally whilst also raising funds. **I wish you all good luck on the day!**



Holiday House

There have been lots of visitors throughout 2011 but now bookings are slowing up so we are planning to close the Christchurch holiday house at the end of October and re-open in Spring 2012

But if anyone wants to make an off season booking between November and April next year (not Easter) we will delay closure but do let me know a.s.a.p. It can still be really nice in Mudeford and the surrounding New Forest area, less crowded and very pleasant for walking during the Autumn and Winter months.



1 week off season break for £375 including bedding, gas/electric and cleaning
Mid week or weekend off season break £200 including bedding, gas/electric and cleaning

The house is approximately 20 minutes walk to Mudeford Quay and similar to Christchurch town centre, with easy access to Bournemouth by car or bus and there are local shops and supermarkets nearby.

If you are interested in making a booking or want to see a brochure please let me know.

Gill 0208540 1399 Email: gillcwood@blueyonder.co.uk

SEEKERS CLUB

Seekers Club is back from our mini summer break!

We kicked off with our last evening at the Causeway, members were both sad yet excited to leave one place for another, but everyone agreed it was for the best.

Newent was chosen unanimously by members as our new venue last month.

On the 12th September we had our first Seekers Club at Newent and it was great!

With three rooms to spread the club over it really changed the dynamics of how we can spend time socialising. The kitchenette room was used as a quiet room where classic music, magazines and a table top sale took place, the main dining room was used as the main venue for games and bingo and the large garden room was where the movers and Groovers were dancing to CD's of their choice. The vibe and feedback was great, and I know our calendar of events will be so much fun at Newent, I look forward to face painting and photography and therapy nights.

The Events Calendar will be so fresh at our new venue!

We have a busy and exciting agenda in the coming months, October we will celebrate Halloween with spooky craft and fright nights and fancy dress.

The members committee are also due to meet in November to do further club planning



Needless to say Seekers club is blessed with amazing, kind and talented volunteers..... this has never been highlighted more than with our Kingston Grammar school students who have all passed the GCSE's with excellent results - we are very proud as a club to be supported by such smart young adults!

Thanks to Lorna for making the birthday cake each month and all the volunteers who help on club nights, drive the Rakat bus and escort members to and from club—thank you one and all...

Seekers Sponsored Walk

To date we have collected in a magnificent £1210.54 - thanks to all the members and all the family and friends who sponsored.

Pub Quiz

On Sunday 7th August, Paul, one of our volunteers and his girlfriend Opi organised a Pub Quiz at the Cocoanut Pub in Kingston and some of Seekers club volunteers and other members went along to support. £181.00 was raised by the Quiz and Raffle and those taking part received some wonderful prizes including a Headmasters voucher and a tremendous cake from French Patisserie



Paul & prizes



French Patisserie



Quiz Winners

FUTURE FRIENDS update

At the end of August, Future Friends said goodbye to Jill and John Kemp after 4 wonderful years. They will be taking a break to pursue other commitments for a while but we look forward to them visiting us some time in the near future.

Future Friends

I am delighted to introduce myself as the new co-ordinator of Future Friends.

My name is Kirsty Fraser and I have been popping into Future Friends as a drama workshop leader over the years and last year I directed Future Friends Christmas Show. I am really excited to be the new co-ordinator and I am looking forward to an exciting Autumn with Future Friends. This Autumn we will again be meeting at Searchlight Community Centre, Kingston Road, New Malden. We meet on alternate Thursdays from 7.30 - 9.30 and the cost per session is usually £3. I am currently putting together the new agenda and will be handing it out at our next session on Thursday 29th September.

In my first session as the new co-ordinator, I was lucky enough to get lots of help from Future Friends member with ideas for sessions ranging from bowling to a trip to Las Vegas! One thing that will be on our agenda will be the second Future Friends Christmas Show and this year we are going to go the extra mile and combine it with our first Future Friends Art Exhibition! The date, venue and time of this event will be confirmed soon.

If you are aged between 18 and 30 years old and are interested in joining Future Friends please get in touch, we would love to hear from you. We have new contact details, they are:

Address: Kirsty Fraser, 45b Larkfield Road, Richmond, Surrey, TW9 2PG.

Telephone: 07725 562 434 Email: futurefriendskingston@gmail.com

XPRESSION Kingston Mencap Youth Project

We had a fun filled weekend away at Hindleap Warren on the weekend of 23rd September. The member and volunteers had a thoroughly enjoyable time.

It was action packed with lots of new and exciting outdoor activities.

We would like to thank our volunteers for organising this trip and for raising funds to make this happen and also the Kingston Magistrates for their continued support.

Here are some of the photos of us all having some fun!



I really enjoyed the high adventure and obstacle course and it was really funny when my friend got stuck in the tunnel. DAN



My favourite activity was map reading and finding coordinates JP



I liked climbing the wall, it was fun and I had to wear a helmet and harness NATALIE



If you are interested in joining contact: Dave Cafferty 07749 275 425

SATURDAY DROP-IN

The Saturday Drop-In is held at the Searchlight Community Centre, Kingston Road, New Malden from 12 noon to 3pm

Lots of people attend each week and stay for the whole session, whilst other folk pop in for a coffee and a chat before going on to somewhere else...

It is really up to the individual what they take part in, some join the art activity; play a board game; help in the kitchen; or play a game of pool or connect 4; enjoy a football kick around; play basket ball; there is usually something for everyone!

Michelle and Zerrin, our 2 experienced leaders take it in turn each Saturday, supported by our fantastic volunteers who turn up faithfully each week.

The next event is the 'Halloween Party'

Saturday 29th October 12 to 3pm



Tickets £5



for Hot lunch, blood cocktail; games, making cakes and raffle

OR

Tickets £1 if you don't want lunch but would like to join in the fun

For more information or to book a ticket contact:



Gill 0208540 1399 or 0775 936 3747



KINGSTON MENCAP CARERS GROUP

The Carers group meets up on the first Wednesday of the month at Home Farm Trust (HFT) Springfield Place, New Malden at 7.30pm.

Mary Macan facilitates this group and all members are welcome

This is an opportunity for carers and family members to share experiences, information or just to chat about a worry or concern.

Come along and meet other carers and suggest new topics for discussion and share ideas

THERE WILL BE NO MEETING IN OCTOBER

Next meeting date 2nd November 2011

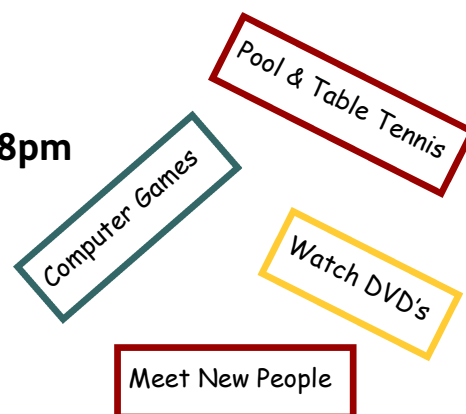
7th December to be confirmed as the 'Carers Christmas Dinner'

Contact Gill Wood 0208540 1399 if you want to find out more.....

YOUR SPACE AT THE FOUNTAIN

A NEW Drop In is starting on Monday 3rd October and will cost £3 per person (please come with your own support if you require it)

- **INFORMATION:** Welmede—Andrew Stride 01932 571444
- **WHERE:** Fountain Youth Centre, 1 Kingston Road, New Malden
KT3 3PE
- **WHEN:**
 - Monday 12 midday—8pm
 - Tuesday 9.30am—6pm
 - Fridays 9.30am—12.30pm
 - Sundays 12 midday - 4pm
- Refreshments available
- Friday morning 10-12 midday ART SESSIONS £10 per person (including drop in fee)
- Monday afternoons 2-4pm XBOX ACTIVE SESSIONS £10 per person



WOMEN'S GROUP— a new speaking up opportunity

I'm writing to tell you about the new Woman's group I would like to set up in Kingston. This will be a chance for women to get together and talk about any issues that affect them such as confidence, health, relationships and safety.

There will be opportunities to invite professionals such as safeguarding leads, health professionals and the police to the meetings to provide information.

I know of several woman's groups already in existence which have become highly successful places for women with learning disabilities to have a voice, gain information meet new friends. There may be chances to visit such groups and invite representatives from them to visit us.

If you support women who may be interested please share this information and if enough are interested in such a group we can set up a date. I would like to know the level of interest and people's availability before I arrange an initial group meeting.

If you could let me know any feedback, that would be great. The meetings would take place at Sessions House.

Any questions, please do get in touch.

Alice Elliott (self advocacy worker Voiceability)

Tel: 020 8892 6559/07505965208 Email: alice.elliott@voiceability.org



CHILDREN



ORAL HEALTH

Sian Palin of SWAPS has booked Fiona Richie to come and speak to us about oral care and to show us some new products that can be used with children who have difficulties cleaning their teeth.



Oral Care is not just brushing teeth!

Education regarding something as simple as mouth care needs to be taught in such a way that carers, teachers and parents understand why there is a need to deliver mouth care and how easily it can be done simply by using the right tools. There are various products available to suit different needs.

It is essential to have easy access to products and to have contact details of people who can offer immediate help and advice.

Not appreciating the significance of greater health problems which a person can develop because of poor or no oral care is essential.

Poor compliancy may be a result of a previous bad experience like a physical restriction or a smell or taste which is too strong. This can also be one of the reasons mouth care is difficult to administer. Perhaps there is a fear of pain or choking and gagging. This can be alleviated by using products which can bypass these issues.

If a person doesn't need assistance let them manage their own care and keep them as independent as possible. Never assume.

Be proactive as this will prevent oral pain or infection further down the road.

If someone doesn't want their teeth cleaned – don't bother - but do try to understand why. A time will come when it has to be done, but it doesn't necessarily have to be first thing in the morning or last thing at night, nor does it have to be in a bathroom or near water. Use your knowledge of the individual to assess when is a good time or where is a good place for them to be relaxed about it. Trust is essential to compliancy and co-operation. Good oral care can still be provided if a person is nil by mouth, excessive drooling, positioned awkwardly, has swallow problems, lashes out or unconscious. Fast cleaning doesn't mean the mouth care is ineffective. Taste can be an issue with some people with autism, if this is the case it is important to ensure that minty or strong flavours are avoided as the taste may feel like a burning sensation.

It is considered to be abuse if mouth care is not delivered to those people in the care of others.

Warren Park-10.30-11.30 Friday 21st October 2011

If anyone is interested in coming just let me know.

Sian Palin

The new Swaps website is now live: <http://www.swapskingston.org.uk/>

SUNDAY FUN SESSIONS

SWAPS stand for South West Autistic Parents' Support Group and they organize Sunday Fun sessions once a month for children at Warren Park on Kingston Hill from 3-5pm

These are free play sessions for Swaps members and are very relaxed with a good range of equipment on offer., including a sensory room and soft play/ball pit room. Parents are responsible for their children—no need to book just turn up!

Date for 2011 : 2nd October; 6th November; 4th December (Christmas Party)

The new Swaps website is now live: <http://www.swapskingston.org.uk/>

AUTISM FRIENDLY FILMS with Odeon

Following on from Dimensions and the ODEON teaming up to host the first 'Autism Friendly Films' across the country **Mr Popper's Penguins**, there has been good response, so this will continue and the next Autism Friendly Film Screening will be **Johnny English Reborn**

What makes the screenings autism friendly?
 The lights will be on low
 The volume will be turned down
 You'll be able to take your own food and drinks
 You'll be able to move around the cinema if you like.

Cinema tickets can be bought as normal from the cinema in your area or online go to

www.odeon.co.uk

Support workers/carers can attend for free with a CEA card.



YORDA ADVENTURES news

Yorda have been as busy as ever this year with their summer play schemes and are now preparing for the latest weekend adventure on 8th/9th October

Yorda have set up a monthly draw which started at the end of September but there are still numbers left so please do support and have a chance of winning some CASH



It works like this:

You give us £5 every month and choose a number between 1 and 100

£1 of your donation goes into the winners fund and £4 to support our projects

If your number is pulled at the end of the month, you WIN!

There is no limit to how many times you could win during the year - EASY

To join up you can pay for the whole year (£60) or you can pay month by month

Entries and payment must reach us by 20th for the draw on the 25th of the month

Tell your friends and family too, because the more people who enter, the more money in the pot

The first draw will be on 25th September 2011

To find out more about play schemes, weekend adventures or to join in the monthly lottery contact:

Laura 07939 844978 or email laura@yordaadventures.co.uk

NET BUDDY

Net Buddy has hundreds of practical tips from parents, carers, teachers, therapists and health professionals.

Find help with brushing teeth, bed wetting, social skills, constipation, respite, care, pad apps, sensory issues, medical appointments, challenging behavior and more.

Go to www.netbuddy.org.uk



NEWS FROM ROYAL MENCAP.....

Housing Benefit

Since July, the Department for Work and Pensions has been seeking views on its plans to change Housing Benefit for people living in supported housing.

Currently, rules around exempt accommodation mean that people with high support needs receive a higher level of Housing Benefit. This is used, for example, to pay for any special adaptations or to enable people to live close to their support networks. The consultation, which comes to a close this October, includes a proposal to replace the exempt accommodation rules with a locally managed housing fund.

The consultation also contains plans to simplify the overall rules around Housing Benefit to make them compatible with the planned Universal Credit benefits system.

To read more go to: www.dwp.gov.uk/consultations/2011/supported-housing.shtml
or to read Mencap's summary of the consultation including an easy read version go to:
www.mencap.org.uk/housingupdates

300 Changing Places toilets

There are now more than 300 registered Changing Places toilets in the UK – the 300th toilet was opened to the public at the Museum of Liverpool on 19 July.

Standard disabled toilets do not meet the needs of all people with a disability or their carers. Changing Places toilets have extra features and more space to enable people with complex disabilities the chance to use toilets in a comfortable and clean environment.

The milestone figure follows a number of recent successes for the campaign, which is run by the Changing Places Consortium and sponsored by Total Hygiene.



A Changing Places toilet is more than just a toilet, this is freedom and dignity for disabled people. Over the next year, students across the UK will campaign for Changing Places toilets to be installed on university and college campuses, as part of the National Union of Students' *Access Challenge* campaign. "The impact of a Changing Places toilet on the quality of life for people with complex disabilities is significant," said Beverley Dawkins—chair of the Changing Places Consortium

Go to: www.changing-places.org

REVIEW OF PERSONAL MOBILITY NEEDS LAUNCHED

The Government is planning to stop paying part of Disability Living Allowance to people living in residential care. A review is looking at how this will affect people.

For more information and to read more go to: <http://lowreview.org.uk>

STAND BY ME

The Stand by me, 3 year hate crime campaign was launched during Learning Disability Week and this first year focused on working with the police.

It was during this week Mencap launched 'Don't Stand by' a report on how the police currently deal with hate crime against people with a learning disability. Mencap called on all police services to sign up to a set of police promises based on the report's recommendations, but there has been a big hold up in London!

But we have now heard the Metropolitan Police have now agreed that local police can sign up and in Kingston this will be happening very shortly.

A meeting is being arranged for the Parliament to attend a 'signing up' with campaigns co-ordinator Caroline Jones and Kingston's Chief Inspector.

To read more go to: www.mencap.org.uk/standbyme or contact Parliament office

INVOLVE ME

A major project to give people with PMLD a voice

Since 2009, Mencap and the British Institute of Learning Disabilities (Bild) have been working on Involve Me, a three-year project on Increasing the involvement of people with profound and multiple learning disabilities (PMLD) in decision making. "It's not just about supporting people to make personal decisions, but about influencing decision makers – for example, by including people with PMLD as representatives on partnership boards," explains Beverley Dawkins, Mencap's national officer for PMLD and chair of the Involve Me steering group.

"Often, when we have convinced people to involve people with PMLD in decision making, they've asked *how* to do this meaningfully. So we hope Involve Me offers strategies for involving people as fully as possible."

Funded by the Renton Foundation, Involve Me used four practice sites to explore creative ways to communicate with people with PMLD, enabling them to influence their support and services.

'Story sharing' is about sharing stories about the experiences of people with PMLD and what is important to them. Creative communication involves using a range of methods, such as art, music, dance and film, to enhance communication. Multimedia advocacy is about using digital photography, digital video, microphones, computers and assistive devices to capture people's choices and preferences. And through peer advocacy, someone with a learning disability acts as an advocate for the person with PMLD. Now, with the project drawing to a close, the findings of the project have been used to shape both recommendations and resources for all those involved with PMLD services.

A practical guide to involving people with PMLD has been produced, and an independent evaluation of Involve Me, carried out by the Foundation for People with Learning Disabilities, includes 16 recommendations for different groups. It is about involving people in all four levels of decision making: personal decisions in everyday life, decisions about their immediate environment (eg. In a group home), community decisions and national decisions."

The project recommends, for example, that local authorities should establish the numbers, needs, circumstances and aspirations of people with PMLD and identify a local PMLD champion.

Managers of services should invest in training about the Mental Capacity Act 2005 and seek advice from speech and language therapists and other specialists about resources that can aid communication.

Mencap are also calling on the government to ensure that the wishes of people with PMLD are taken into account. To read more go to: www.mencap.org.uk/involveme

Kingston Day Services - The Causeway Centre

Closure and a New Beginning

As you read through this edition of the Kingston Mencap newsletter I am sure you are aware that Kingston Day Services based at the Causeway Centre will close on the 31st October and we would have said goodbye to service users who have been coming to our service for many years and to Seekers Club who have met on a regular basis every Monday night at this venue.



But in closure there is always a new beginning

Kingston Day Service staff team have been working hard in conjunction with RBK Learning Disabilities Management teams, Brokerage teams, HFT, Welmede, Enhance-Able and Kingston Mencap to ensure that all our current service users will be enabled to attain for their future a service tailor made on "Personalisation and Putting People First" currently due for completion on 30th September 2011



Following on from recent interviews and restructuring of the current learning disability service provision as from 6th September I have been appointed to the post of Team Leader - Work Activities & Transport Service. In conjunction with my new role I will continue to manage the transition of service users into their new service provision until the scheduled closure.

New beginnings bring challenges that are both exciting and innovative and I look forward to continue working in partnership to provide an innovative work based activity and transport service that provides a 'springboard' for those service users who wish to expand their horizons.



In closing, (if that is not a pun) I am delighted that Kingston Mencap Seekers Club has found a new venue and wish their staff volunteers and members every success for the future.

May I take this opportunity to thank Kingston Mencap for their support of The Causeway Centre and continued support at Stud Nursery and work based activities.



If you have any questions or concerns please do not hesitate to contact me on:
0208547 6652 or email jean.brooks@rbk.kingston.gov

Jean Brooks - Team Leader Work Activities & Transport

The Evening Club & the Putty Potters

Welmede run this weekly club on a Wednesday evening at the United Reform Church, Malden Road, New Malden KT3 6DR (near the Fountain Roundabout).

We meet from 6:30pm to 8:30pm

Tell us what you want from a Social evening; Meet new friends or old; Have your say:

NO MEETINGS : 3rd August; 24th August; 31st August; 14th Sept; 12th October; 9th Nov;

For more information contact Andrew Stride: 07798 641 562



Jurassic Encounter Adventure Golf

This part of 'Putty Potters' meets up at 6.30pm on Thursday with a view to holding a Tournament - date to be confirmed

Practice Sessions: 8th, 15th, 22nd, 29th September and 6th October

Green Master: Robert Smith AND His assistant Paul Littrell

Actual tournament fee £5 per person (all proceeds to BBC Children in Need after covering costs and reinvestment in better equipment for Putty Potters) Navigate a prehistoric terrain with lush greenery, cascading waterfalls and hidden caverns at Jurassic Encounter Adventure Golf.

If you are interested contact Edward Klepp 07877 715 701 or Andrew Stride 07798 641 562



HOME FARM TRUST in New Malden update

The local authority consultation period concerning the future of day services in Kingston has come to an end. It was decided to close the Causeway but retain community based projects at Stud Farm, Victoria Café and Canbury Gardens Café and the authority will also retain responsibility for transport to and from day activities in the short term.

HFT are looking to lease an 8 seated vehicle with wheelchair access so that we can offer all the people we support an equal opportunity of activity options.

As a result of the Causeway closure a lot of people have chosen to come to the HFT resource centre and in response to this extra and diverse demand we will moving back into the Francis Centre and also be providing a 'Changing Places' facility for community use.



We are currently developing a new Programme of activities so that we can deliver as many requests for specific activities as possible, that were suggested at the Open Day on 26th August. People met with Melissa and Sue to discuss and choose groups they would like to join with suggestions of new groups such as Photography and Swimming. We hope to plan more open days in the future to continue to promote all of the great work at the resource centre.

This information has been taken from the 'LinkSS' newsletter for those who have family who attend the HFT day service or live at one of the homes or supported living houses in Kingston or Sutton.

HFT want to improve communications with family members and supporters so if you would like to receive a LinkSS newsletter on a regular basis can you please send your email contact details to the office:

Email chahnaz.el-bikai@hft.org.uk or Telephone 0208942 9769



For information please contact the manager Melissa Hulbert 0208942 9769

BOOGIE NIGHTS

Boogie Nights are held at Kingsmeadow, Jack Goodchild Way, Kingston Road, Kingston KT1 3PB from 7.30pm - 11pm

£5 on the door (carers go free)

Find us in 'Groups' on Facebook: boogienights@groups.facebook.com

Next Boogie Nights are Friday 28th October and 16th December

Contact Melissa for more information: 07947423083



INSPIRE (Inclusive Sport in Recreation & Exercise)

Inspire is open to anybody aged 8 to 80 with a disability and gives you the opportunity to play various sports such as: Athletics; Basketball; Cricket; Tennis; plus more.....

Sessions are held fortnightly in TERM time only at the Chessington Sports Centre, Garrison Lane, Chessington KT9 2JS on a Monday from 6pm -8pm

Cost is £4 per session on a pay as you play basis

Dates for 2011:

3rd 17th 31st October; 14th and 28th November; 12th December

For more information about these sessions please contact:

The Active Team on 0208547 5006

Email Sue Johnson: sue.johnson@rbk.kingston.gov.uk



Learning Disability PARLIAMENT

Kingston Learning Disability Parliament hold 'open meetings' every five weeks. These meetings are a chance for people to meet their MPs and to find out what is important to people with learning disabilities. We speak to people that can change things and MPs work hard to make things better.

All open meetings are held at Session House

Next meeting dates:

18th October; 25th November

Contact: ldparliament@hotmail.com

Marie at the Parliament office: 0208547 6645

Sessions House, 17 Ewell Road, Surbiton, KT6 6AF



LEARNING DISABILITY TRAINING

Learning disability training opportunities for people who work with or provide opportunities to people with learning disabilities in Kingston, including all of Kingston Mencap volunteers:

Total Communications; Valuing People & Personalisation; Empowering Learning; Visual Impairment & Learning disability; Support Planning, Individual Budget and Brokerage; Austistic Spectrum Awareness; L.D. & Mental Health; Learning Disability & Dementia;

For a full list of dates and courses email or telephone number below

These training sessions are free with a sandwich lunch and held at:

Kingsmeadow, Jack Goodchild Way, (off Kingston Road) New Malden (131 bus stop)

If you would like to attend any of the days go to: www.learningpool.com/rbk or tel: 0208547 6092/6046

HOME OWNERSHIP—Housing Options

The 'Home Ownership' event was held on Thursday 8th September at Kingsmeadow. This was led by Alicia Wood who works for Housing Options - a national charity for people with learning disabilities.

Only a small group of people attending but it proved to be a very informative session and was an opportunity to find out more about home ownership for people with learning disabilities, including shared ownership schemes; routes to outright ownership; family investment; inheritance & gifted properties.

There is a lot of information, including fact sheets, quick briefs and other publications and help on the website www.housingoptions.org.uk

You can download Fact sheets and Quick Briefs

For Individual advice or a Housing Option Plan or information about Training and Workshops

Telephone 0845 456 1497 or email : enquiries@housingoptions.org.uk

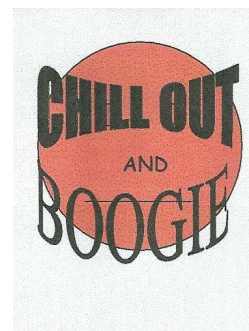
SPOTLIGHT : Parliament's Social Event 23rd September

At the last 'living my life' meeting with senior and team leaders all agreed it would be good to have some social events to give people the chance to make new friends this one being the first.

On Friday 23rd September a free social event was organised as part of the Living my Life project that MPs on Kingston Parliament have been and continue to work on.

Members of the Parliament planned the night and set up a Blind date, a Pub Quiz, a Disco and Chill out area. They also set up a Hobby board where people could fill out form about what they like to do, so that they can find people who like to do the same things. The event identified hobbies and interests and also gave people an opportunity to meet and make friends with people with similar interests, or to meet up with people they have not see for a long time and to develop friendships.

120 people came and there were different things happening throughout the evening with genuine prizes to win, including meals for two at restaurants and theatre tickets.



Here are some pictures from the evening:



Lucky winners of Blind Date won a meal for two at Wagamama's in Kingston, and an afternoon tea at the French Table



Lots of People filled out a form about what they like to do so they can be matched up with people who like the same things.



The Pub Quiz was good fun. Well done to "Dave's Team" who won on a Tie Break Question!



Thank you to Mrs. Gail for...



Great DJ! Another great disco...



Well done to "Dave's Team" who won on a Tie Break Question!

MP's at "The On the Buses Day" 6th Septem-

MP' of the Parliament went to the 'on the buses' day on the 6th September. This was a joint campaign with Transport For All and London Forum for older people to improve people's experience on London buses.

The day went really well and as a result MPs will be going out as 'secret shoppers' on buses in Kingston to find out how accessible and welcoming they are!

We will let you know our findings in the next Mencap newsletter



MEMBERS BIRTHDAY.....

Happy Birthday to all in September: Paul Bassett; Mary Taylor; Catherine Moretti; Marc Long; Adrian Healy; Chris Kettle; Linda Cotton; Gary Gates; Belinda York-Mitchell; Mark O'Rourke; Katherine Morland; Sandra Ormiston; Kayleigh Toogood; Alec Massie; Julia Grevatt; Debbie Cox; John Cottee; Nadia & Megan Farr; Anne Franklin; Kate Lines; Pat Deacon; Thomas Barker; Kevin Summersby; Paul Carslake

Happy Birthday to all in October: Rachel Ugle; Anya Downie; Adam Blake; Matthew Tebb; Malcolm Cox; Thelma Khumalo; Lisa Gallagher; Jane Foster; Molly Haughton; Tomas Cardillo-Zallo; Lana Skinner; John Myatt; Belinda Begley; Lauren Thompson;

NB. Sorry if we have missed your birthday or got the wrong date - do tell us so we can put things right

Members News

FUNDRAISING EVENT

LINDA MAULE, her husband John and son Edward worked so very hard with her 'team' of friends Gill, Martine and Liz to make cards, prints, 3D flowers, jewellery and much more for the 'Paperworks' fundraiser held over the 17th and 18th September weekend.

This Fundraising Event, by invitation only, was an enormous success and raised a whopping £708.50 for Kingston Mencap

I would like to take this opportunity of thanking Linda and all her friends for their dedication, exquisite cards and detail.

Thanks to Edward for showing us around and John for the coffee and biscuits. Linda thank you so much from us all!



Welcome New Members

Chris Bryant
Stephen Burningham

Get Well Wishes to Mary Taylor

Sandra Reed is organising a 'Christmas Event' at the Dittons Legion on Saturday 17th December with Barry Stevens who performs songs from Westend shows
Tickets £5 to include light supper
To book a ticket or for more information contact Sandra 07792 289 719

Philip Hitchen, one of the Parliament MPs, rang to raise an issue about Com Cabs not recognising the postcode at Kingsmeadow for some people when they order cabs home from an event. eg Boogie Nights. If you have also found it difficult can you let me know as Com Cabs do not recognise that there is a problem and the more names I have the better! Ring Gill 0208540 1399

Thanks to everyone who has sent in old mobile phones and used stamps.
We particularly want foreign stamps
Thanks to all who save for us



If you have any comments, ideas 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: Gill Wood 0208540 1399
17 Oakway, London SW20 9JE
gillcwood@blueyonder.co.uk

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.