

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:
 2nd October, 6 November

Senior Party:
 14th September
Stud Farm Open Day:
 18th September

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Hello to all our Members and Readers!

I hope you have been enjoying the summer break. The sunshine seems to have made people a lot happier, despite all the day to day problems that many of us face. We have had some changes since our last newsletter, but firstly I would like to mention the Seekers sponsored walk, which raised over £2000.00, and Lee Martin, who raised over £700.00 for us by running in the British 10K run in London, on 14th July. Well done and thanks to everyone!

Xpression has said goodbye to Dave Cafferty after eight years of devoted service and he will be missed. We say 'Hello' to Krystina Crolla-Barker who takes over from Dave in September. Members have already met Krystina and we look forward to Xpression thriving under her experienced leadership. We also welcome Lucy Freud who has joined Michelle Kitch in running the Saturday Drop-in. Lucy is already known to many of our members and we know she will be made welcome by the members who Drop-In on Saturdays.

In July, Seekers Club said goodbye to Zerrin Izli. Zerrin had successfully run and promoted Seekers Club, making it so popular that we now have around fifty members attending each Monday evening. As I write, we have not yet replaced Zerrin, but we are hopeful that we will have made an appointment before they start back on 9th September.

I have become involved with the Older and Vulnerable People's Housing Strategy Project Board which is researching housing requirements and provision in Kingston for the future. Some of our members will be invited to take part in a survey. It would be very helpful to the Project if you can spare time to speak to one of the interviewers. I will keep you informed about the Project and its findings.



Thank you for all your support throughout the year, it is most welcome by our Trustees and our Members. If you are not yet a Member, please consider joining us: it's only £5 per year and you know the money will be well spent. I look forward to seeing some of you at the Senior's Party on Saturday, 14th September. (Tickets still available!)

With my best wishes, 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 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

SPONSORED WALK



Congratulations to all who took part in our annual sponsored walk. It took place at Robin Wood Farm on 1st July - thankfully the weather was perfect. The traditional barbecue and drinks were on hand to keep the walkers going as they did their laps.

Last year's total of £1782.87 was well and truly beaten as a whopping £2,342.82 was raised - well done everyone! This money will allow us to continue with our special events at Seekers Club, which we can all enjoy. Many thanks to Pat Cox, who dealt with the money in her usual efficient

way; it is not an easy task collecting the sponsorship money from so many people.

SENIOR PARTY 14TH SEPTEMBER




Kingston Mencap Senior Party

Saturday 14th September
7pm - 10pm

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

Cost: £5 per person (support workers free)

* Dress up in red and blue!

* Hot food

* Live music with B.L.O.

Please email jenny@kingstonmencap.co.uk or call
020 8816 7500 to order your tickets and
for more information.

If you haven't already done so, book your ticket for our annual Senior Party on Saturday 14th September, 7pm-10pm at the United Reformed Church, Malden Road, New Malden.

Tickets cost £5 each
(support workers go free).

There will be hot food, live music from B.L.O and lots of fun. Contact Jenny Pitt on 020 88167500 or email jenny@kingstonmencap.co.uk to book your tickets.



CLUB EQUIPMENT

Wanted!

We constantly need more equipment for our Clubs as existing items become old and unusable. We often replace them with new, but it becomes very expensive.

Do you have any unwanted board games, puzzles, dominoes, Connect Four etc? We also need sports equipment like racquets, table tennis bats and balls of all types.



If you have any of the above, or something you think would be useful, in reasonable condition, we would be very pleased to hear from you.

Please contact Peter Hodges:

peter.kingstonmencap@gmail.com

STUD FARM NURSERY OPEN DAY 18TH SEPTEMBER

Don't miss the Stud Farm Open Day on Wednesday 18th September. It will be on from 10am-3pm. There will be many items for sale, like potted plants, vegetable plants, bedding plants, flowering baskets, house plants, handmade bird boxes, bat boxes, bird feeders and planters, made from salvaged wood. Refreshments will also be available.

Goodbye Stella!

We have said goodbye and happy retirement to Stella this summer who has worked so hard — we will miss her! She has retired from the Work Activities and Transport Service after 25 years working for Kingston Council. It's without doubt that the enduring success of Stud Nursery and the opportunities it offers to people with learning disabilities is down to her commitment.



SEEKERS CLUB

You will have read that we said goodbye to Zerrin Izli in July. Members will miss her and wish Zerrin well in her new job at Hft. We hope to have appointed a new leader before the new session starts in September. Even if we haven't found a new leader, Seekers Club will start as planned on Monday, 9th September, with a full programme of activities. What a great response we had for our fundraising sponsored walk. More than £2,000 was raised, which will go towards subsidising our outings and events. Pat Cox is a star, collecting all the money from so many people!

We have really settled in to Burlington School, which offers us plenty of space in a safe environment. We shall be welcoming a new group of volunteers from Kingston



Grammar School in September. Their involvement is valuable to Seekers and, we hope, inspirational to them as well. It is good to see young people helping our Members' enjoyment of Seekers Club nights.

Now that we regularly have 50 Members attending, the need for volunteers is even more important to our Members' safety and wellbeing. New volunteers are always welcome. Please contact Peter Hodges if you



Seekers trip to Marwell Zoo

are interested in joining our band of volunteers on peter.kingstonmencap@gmail.com. Application forms and information are available on the website at www.kingstonmencap.co.uk.

Our first guest appearance of the new session is the ROCK CHOIR who will be entertaining us on Monday, 30th September. Make sure you come along to join in the fun!



SATURDAY DROP-IN

The Saturday Drop-In is going well and runs every week at Searchlight Community Centre, Kingston Road, New Malden from 12 noon to 3pm. It is free to attend. Boccia sessions with Alan will be starting back in September if folk want more. We welcomed Lucy as a new alternate week co-ordinator on 3rd August and Michelle is still great support and running on alternate weeks. Thanks to all the hardworking volunteers, especially Declan and Beth. Contact Gill Wood on 020 8540 1399 for more information.

Saturday Drop-In



FUTURE FRIENDS

Future Friends

Future Friends have been having lots of summer fun!

We've been getting competitive at our wacky sports day. There was some sizzling food, a chance for a good chat and giggles at our BBQ. So many prizes at our Bingo night, that everyone went home a winner! We've been to the Rotunda in Kingston for a game of bowling and most



recently we had an awesome night of karaoke! We are looking for more volunteers, know someone? Get in touch!
Danielle

If you are interested in joining Future Friends, please visit www.kingstonmencap.co.uk for details. We are always pleased to welcome new Members and Volunteers.



XPRESSION YOUTH PROJECT



Before I introduce myself I would like to say goodbye and more importantly thank you to Dave for all his hard work over the last 8 years to develop Xpression into what it is today and for an amazing last term leading the group. The group finished with an amazing performance including acting, dancing and singing! And a presentation for the three leavers which was emotional to say goodbye, but exciting for them to move onto new things.

I would like to now take the opportunity to formally introduce myself as the new Xpression leader. I'm Krystina and I am very happy to be taking over and I know how great Dave was so I have a big act to follow. I want to thank Dave, the committee, the volunteers and not forgetting the members for welcoming me to xpression and making me feel at home straight away. There are lots of fun activities already a bed for next term and I have received lots of new ideas for new and wonderful things to plan for the future! I hope that together we can continue to have fun, grow and make new memories! I can't wait to start the new term and I will see you all there! **Krystina**



HOLIDAY HOUSE

HOLIDAY HOUSE

In June a decision was taken to put the Holiday House in Christchurch on the market. The trustees have been considering and evaluating costs and long term plans, and this was agreed would be the best possible action.

It is been on the market for two months now and although there has been lots of interest and comments coming back complimentary, it has not sold!

We have reduced the price slightly and will continue to keep on the market but at the same time will still be letting to members.

If anyone wants to view a brochure or book a week £440 or weekend or midweek break £275 please let me know.
Gill Wood gillcwood@blueyonder.co.uk 0208 540 1399.



CARERS' GROUP

KINGSTON MENCAP CARERS GROUP

There will no meeting in September but on 2nd October Daniel Sheridan will be giving a talk on Wills and Trusts.

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. Contact Gill Wood on 020 8540 1399.



AUTISM BOARD

You may have been asked about you what you think of the new plan in Kingston on Autism. The plan aims to improve services and support for adults with autism spectrum conditions, including Asperger syndrome.

You can find out more about the Plan at www.kingston.gov.uk/draft_autism_strategy

If you did not attend the workshops but want to share your views, you can complete the survey online. Visit the website at www.kingston.gov.uk/draft_autism_strategy.

Your comments will be taken on board. A meeting called the Autism Board will be set up to make the plan happen! If you want to be involved in the Autism Board call 020 8547 6537 for more information.

SAFE PLACE SCHEME



The Safe Place Scheme was launched on the 25th July in the Bentalls Department Store by Warren Day and Marc Burge, Kingston Learning Disability Parliament, the Borough Commander Glenn Tunstall and Councillor Mary Heathcote, disability champion. A Safe Place is a place for people with learning disabilities to go if they ever feel unsafe or need some help in the community.

The Safe Place Logo will be displayed in shop windows. Safe places will be across Kingston and here is a list of the place you will find them in:

Bentalls Centre: Starbucks, Austin Reed, WHSmiths, Fat Face, Regis Hairdressers, Clinton Cards and Esprite

Eden Walk Shopping Centre: Hawkins Bazaar, Punky Fish, Eden Jewellers and Cheeky Pea café



Your Safe Place Pack

If you or anyone you know you would benefit from joining the Safe Place Scheme, you can get your pack from:



Sessions House
17 Ewell Road
Surbiton

To find out more you can call the
Parliament office on



020 8547 6540

PARTNERSHIP BOARD

Learning Disability Partnership Board – Monday 9th September 2013, 10am – 1pm

The Partnership Board is co-chaired by Philip Hitchen (Member of the Learning Disability Parliament) and Fiona Connolly (Commissioning Manager Adult Social Care). It is a forum to find out what is happening in learning disability services locally and nationally and a place where you can have your say. It is an open meeting so everyone is welcome.

On the agenda this September : Kingston Parliament, Quality Support Event and Support Worker Promise. Open Space: Fiona Connolly Update, Warren and Mark Safe Places, First Route – Open Day, Tenant Meetings. Stay Up Late. Plus information on Putty Potters and how to join. The meeting is at Kingsmeadow, Jack Goodchild Way, Kingston Road, KT1 3PB finishes and finishes with a sandwich lunch.

Please contact Dawn Ross if you plan to come along – 020 8547 4703 or Dawn.Ross@rbk.kingston.gov.uk

CHILDREN

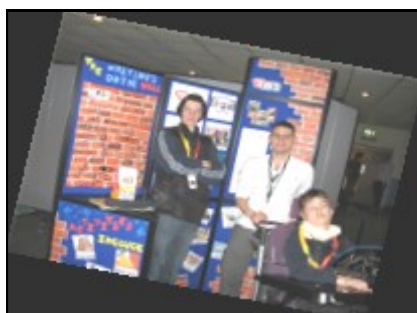


TAG YOUTH CLUB FOR DISABLED TEENAGERS

TAG youth club aims to empower and optimise the potential of young people who have a disability between the ages of 15 and 25 who either live, learn or earn in the Royal Borough of Kingston. This is achieved through a range of work, at both the youth centre and in the community; youth workers support young people through informal and experimental learning in order to gain knowledge, skills, make informed choices and to assist in their personal development. The club treats all young people fairly and equally as individuals and aims to provide young people with a safe, caring, well equipped environment which is accessible to all young people who wish to attend, giving them the opportunity to participate in personal and



social development, activities including arts, drama, music and sport.



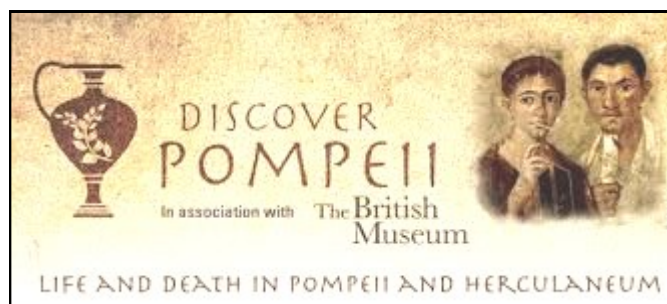
Friday nights, 7.30pm-9.30pm
Devon Way Centre, Chessington
KT9 2RJ. £2.50 per session (sessions may cost differently depending on the activity). Contact Giles Hobart on 07950 411 743 or email tagyouthclub@hotmail.co.uk



FREE TICKETS FOR POMPEII EXHIBITION

Life and death in Pompeii and Herculaneum - free tickets available
Exhibition runs until 29th September

The British Museum is presenting an exhibition on the cities of Pompeii and Herculaneum, sponsored by Goldman Sachs. The first such major exhibition in London for almost 40 years, it will bring together over 450 fascinating



objects, both recent discoveries and celebrated finds from earlier excavations. Many of these objects have never before been seen outside Italy. The exhibition will have a unique focus, looking at the Roman home and the people who lived in these ill-fated cities. Goldman Sachs has donated a 1,000 tickets for the exhibition to the The National Autistic Society for distribution to our members and friends. If you would like to apply for free tickets, please telephone the British Museum helpline Ticket Desk on 020 7323 8181 and quote NAS Pompeii offer.



EARLY SUPPORT FILMS FOR YOUNG PEOPLE

A series of films that answer the questions that every young person has at some point wanted to ask, has been made freely available online by Early Support. Early Support is a Government-funded initiative. The new films are aimed at disabled young people, who provided the content and who appear on-screen sharing their opinions and experiences. However, the themes will be of interest to any young person who is struggling with issues such as how to say 'I love you'; getting work experience; and sex and relationships. The films, made for Early Support by the young people's group EPIC, young people from Tor View Community Special School and film-makers Youth Friendly, aim to give young people the information they have said they need, in a format that they find easy to digest. The Early Support films are available on the Early Support YouTube channel. Visit www.youtube.com/EarlySupportEngland.



NAS SUNDAY FUN SESSIONS

NAS Kingston-Sunday Fun Sessions, Warren Park 3-5pm.
No need to book just turn up.
Next sessions are 8th September, 6th October, 3rd November and 1st December (Children's Christmas Party).



YORDA ADVENTURES UPDATE

Our new adventure playground build has been one of the biggest tasks ever worked on by Yorda and so many truly amazing people. We have built a fantastic playground together that the young people who attend Yorda Adventures will hopefully enjoy for many years to come.



What's new?

The Sunken Trampoline — a wonderful toy that is perfect as a chilled rock in the sunshine or a massive energy burst of bouncing. Due to it being sunk into the ground it means that getting on and off the trampoline can be done with relative ease and is accessible for all. The Chair Swing is perfect for relaxing whilst watching everyone else around you. Furthermore, in comparison to nest swings which are often found in public play parks we are able to get every single child on and off the swing with very little moving and handling.



The Tipi—we were very lucky to have received a donation from the Kingston Boxing club that has allowed us to buy the tipi. As well as providing a space for some alone time for the children who need it, we also plan on holding group sessions in there.

We are very lucky at Yorda Adventures that there are so many people willing to help us and wanting to raise money for us in so many ways. Jess Noble ran the London Marathon in order to help raise money for Yorda. She was amazing in her running efforts and managed to raise a whopping £1870.68. Thank you very much Jess!

Email: Laura@yordaadventures.co.uk Tel: 07939844978 www.yordaadventures.co.uk

Editor's note: Kingston Mencap donated £1,000 towards the new adventure playground.

NEWS FROM ROYAL MENCAP.....

RETURN OF THE COMEDY SPECIAL



Mencap's Big Comedy Special returns with big comedy names including Jo Brand, Jessica Hynes, Omid Djalili, and Richard Herring

Mencap is pleased to announce a heavyweight line up for the Big Comedy Special, planned to take place on Wednesday 2 October 2013 at The Hammersmith Apollo, London. The comedy marathon includes funny favourites Jo Brand, Jessica Hynes, Omid Djalili, Richard Herring, Andrew Maxwell, Jon Richardson, Susan Calman and Wendy Wason. Further guests are still to be announced.

All proceeds from the event will support Mencap's continued work supporting people with a learning disability to live their lives the way they want to, campaigning for equal rights and providing support for families and carers. Jo Brand said: "Once again I'm really looking forward to being part of the Mencap Big Comedy Special. I have worked with adults and children with a learning disability since the age of 17 and it's a charity close to my heart."

PROVIDING SOCIAL CARE HAS ECONOMIC BENEFITS

A recent study has revealed that investing in social care prevents disabled people falling into crisis, and as a result, leads to substantial economic benefits to the tax payer. Mencap, Leonard Cheshire, Scope, Sense and National Autistic Society commissioned the in-depth study, which was independently led by the research company Deloitte. It establishes that every £1 spent on services, like support in the community, housing and communication support, generates benefits to people, carers, local and central government worth an average of £1.30.

The study comes as the social care crisis debate about who receives care and how it's funded continues to make the headlines, with the government's Care Bill being scrutinised in Parliament. The study analysed the four distinct services which are used by disabled people who need a lower level of care – which is often just a few hours a week and could help with budgeting and timekeeping. The economic benefits would come from preventing people's needs escalating and having to rely on more costly public services. As well as advice and support for everyday activities from budgeting, and communication to help in the home increases quality of life and engagement with society. While reduced dependency on family members and carers can enable them to return to employment.



In January this year, the same five charities revealed that care for disabled people was underfunded by £1.2 billion. In a report called The other care crisis they found that more than 100,000 disabled people will be left without access to basic care to help them eat, wash or leave their homes if the government fails to underpin its social care reform by making sure all those who need support get it.

RAISING SIGHTS FOR PMLD

Mencap and the PMLD Network have produced a series of how-to guides and films to help local areas meet the needs of people with profound and multiple learning disabilities (PMLD), funded by the Department of Health. The guides are aimed at families, commissioners and others who are responsible for supporting or developing services for people with PMLD.



What is Raising our Sights?

In 2010, Professor Jim Mansell published a report called Raising our sights, which looked at services and support for people with PMLD. In the report, Professor Mansell outlined what needed to change to improve the lives of people with PMLD. These how-to guides focus on his key recommendations.

How-to guides and films

There are 10 guides on a range of topics, which outline what good services and support for people with PMLD look like. Each guide has a section which will help families and others to challenge and campaign where people with PMLD are not getting the right support. There is also a commissioning guide which tells commissioners how to make it happen. This includes checklists for commissioners on each of the topics.



There are six films that accompany some of the guides, which beautifully illustrate the importance of making these changes, and the impact that the right support can have on the lives of people with PMLD and their families. You can download guides from the Royal Mencap website which include information on advocacy, communication, health and housing. Visit www.mencap.org.uk and look in the All About Disability section.



R-WORD CAMPAIGN

Words that upset people with a learning disability should not be used. Over the next few months Mencap will be starting a new campaign which aims to stop people who use words like 'retard' in the media.

We know that when words like 'retard', 'spastic' or 'mong' are used they offend people with a learning disability and yet we hear them all the time on the television, radio and in the newspapers. We think this is wrong - in the same way that using racist, homophobic and sexist words is wrong. We want people to stop using these words.

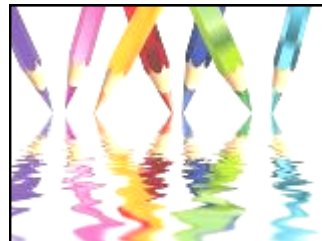


If you hear or see words being used that are offensive to people with a learning disability on the television, radio or in the press please let us know. E-mail us at: rword@mencap.org.uk

NEW DROP-IN — YOUR SPACE

New Malden Drop-In - 'YourSpace'

Come and visit us at our new Drop-In. We are at the United Reformed Church, Malden Road, New Malden, KT3 6DR. It costs £3 per person (carers go free) Please come with your own support if you require it. We are open on Mondays: 9:30am- 2:30pm and Fridays: 9:30am-12:30pm Refreshments included. **Art Session:** Friday Mornings 10am-12pm (£10 per person including drop-in fee.). For more information, please call: 01932 571444



NX GENERATION CLUB—FOR YOUNG ADULTS AGED 18+

The Nx Generation club meets every Friday night at The Dickerage Sports & Community Centre, Dickerage Lane, New Malden, Surrey KT3 3EQ. The club is on from 7:30pm - 9:30pm and costs £10 per person. Activities include floodlit five-a-side football, tennis, sate park, pool and snooker, table tennis, Wii & PS3. Other activities: Recording studio and Driving simulator. As a group we also enjoy a night out each month, to a local theatre, pub or to play tenpin bowling. If you are interested in joining, please contact YourTime Team 01932 571666.



INCLUSIVE CYLCING & RAMBLING



Pedal Away with 'Wheels for All'

FREE Inclusive cycling in Kingston



What?

Inclusive cycling session with a range of adapted bikes for almost all needs and abilities



Who?

For disabled children, young people and adults, their families and carers. Places must be booked.



When?

Wednesdays 24th July - 11th September 2013
1.30pm - 3.30pm



Where?

Kingsmeadow Athletics Track, Jack Goodchild Way,
422a Kingston Road, Kingston upon Thames, KT1 3PB



To book



Matthew Wing, 'Wheels for All'
07790 757216
matthew.wing@cycling.org.uk

Rambling Walks around Kingston

All of the walks are level and people of all abilities are welcome. We currently rotate our four walks and meet every week, weather permitting.

Cost: No charge

Day: Wednesday

Time: 2pm - 3pm

For more details, call 020 8547 3227



Promoting cycling for all - www.cycling.org.uk
Registered Charity No. 1003309 VAT No. 673 668 294 A Company Limited by Guarantee Registration No.2618968



KINGSTON CINEMA CLUB

The Cinema Club meets at 2pm on the first Thursday of every month at the Odeon Cinema, The Rotunda, Clarence Street, Kingston, for a bite to eat and to see a film. Tickets cost £5.85 per person (free for support staff). Food and drink will cost extra. Support is also available at extra cost should you require it. Upcoming dates are 5th September, 3rd October, 7th November and 5th December. For more information and details, please contact Mair Collins on 07889 088 436.



CLIVE EVENT - NORTH FINCHLEY, 8TH NOVEMBER

Clive Club Night, Friday 8 November, 7 – 11pm, £5, ages 13-25

It's all about the music! Clive returns with another fun-packed club night for young people with learning disabilities. Bust out some moves on the dance floor, take to the stage and wow the crowd, or just kick back in the chill-out room. Parents and carers can relax too in their own space and enjoy a complimentary drink. Call the Box Office on 020 8369 5454 for more information. For online bookings, visit www.artsdepot.co.uk. Arts Depot, 5 Nether Street, Tally Ho Corner, North Finchley London N12 0GA.



BOOGIE NIGHTS 12th SEPT & BARBECUE 8TH SEPT

Hft presents:

BOOGIE NIGHTS

THURSDAY 12TH SEPTEMBER
7PM – 12:30AM
AT THE HIPPODROME, KINGSTON
1 ST JAMES RD KINGSTON UPON THAMES SURREY KT1 2AH

2 Rooms of
Dance, House, Pop
and Cheese

TICKETS £5
SUPPORT STAFF £5
PAY ON THE DOOR



Boogie Nights is a disco run by adults with learning disabilities but all friends, family and support staff are welcome!
For any further information contact
Melissa on 0208 942 9769



To get hold of a ticket for Boogie Nights at the Hippodrome, call Melissa on 020 942 9769. Tickets cost £5 each.

hft
Creative Ideas
Fulfilling Lives

Tickets £5

Barbeque

Join us for food
fun and music

Sunday 8th Sept 12–3pm

At Hft Resource Centre,
New Malden KT3 3LJ

To book a ticket contact
Melissa on 0208 942 9769

LEARNING DISABILITY PARLIAMENT

Kingston Council has been looking at how the Learning Disability Parliament could be best supported to develop in future. A report is being written about what the Parliament do, what the role of MPs is and what organisations there are outside of the Council that do similar things.

The Council, the Parliament and the staff think that MPs should be paid for what they do, that the Parliament could be more user-led and could be stronger if it is outside of the Council.

The Council will work with the Learning Disability Parliament to choose an organisation that can support it to develop.

It is really important that the Parliament keep enabling people to have a say and speak up about all of the issues that affect them and the services/support they get. This work is about making the Parliament stronger. The parliament holds Open Meetings every five weeks at Session House, from 10am-12.30pm. To find out more call the office: 020 8547 6645 or email ldparliament@hotmail.com. Sessions House, 17 Ewell Road, Surbiton, KT6 6AF.



WEIR ARCHER ACADEMY SESSION—21ST SEPTEMBER

Weir Archer Academy will be holding an Open Training Day for people of all ages and abilities to come along and try different sports including athletics, archery and cycling on Saturday 21st September. It will be at Kingsmeadow Athletics and Fitness Centre, 422a Kingston Road, Kingston Surrey KT1 3PB, 10am-5pm. Lunch and refreshments will be provided. If you would like to come along please register your interest by 10th September by sending your name, age and which athletics events would you be interested in (wheelchair racing, seated throws, ambulant track, ambulant jumps, ambulant throws) to info@Weir-Archer-Academy.com and we will then send you more details about the day.



INSPIRE SPORTS AND SPECIAL OLYMPICS DATES

Inspire is open to anybody aged 8 to 80 with a disability and gives you the opportunity to play sports like badminton, hockey, tennis etc. The sports sessions are at Chessington Sports Centre, Garrison Lane, Chessington KT9 2JS, cost £4 per session, Mondays (fortnightly), 6pm-7.30pm. The next dates are: 9, 23 Sept, 7 & 21 Oct, 4 & 18 Nov, 2 & 16 December. Contact the Active Kingston Team on 020 8547 5006 for more details.

Special Olympics runs sports sessions for Boccia, Golf and Athletics. Each session costs £4. The venues vary from Chessington Sports Centre, Chessington Golf Club and Kingsmeadow Athletics Stadium, so visit www.sosurrey.org for more information. The next dates for boccia are 16 & 30 Sept, 14 Oct, 11 & 25 Nov and 9 Dec. golf is on 18 Sept, 2 & 16 Oct, 13 & 27 Nov and 11 Dec. For athletics, the dates are 19 Sept, 3 & 17 Oct, 14 & 28 Nov and 12 Dec.



SPOTLIGHT: LEARNING DISABILITY TRAINING

Free Learning Disability Training Opportunities

For people who work with, support, care for or provide opportunities to people with learning disabilities in Kingston.

Understanding Behaviour that Challenges

Tuesday 17th September 2013, 9.30am - 4pm (Kingsmeadow) **

Why does challenging behaviour occur? What is the reason? How to help the person with a learning disability have their needs met and increase your awareness about your behaviour and practise.

Women with Aspergers, The Gender Gap—Differences and Challenges

Wednesday 25th September 2013, 10am - 12pm (Sessions House)

This workshop is for people with experience in Autistic Spectrum Disorder to further their knowledge and to create discussion, it is not intended as a basic awareness course

Women with Aspergers, The Gender Gap—Differences and Challenges

Tuesday 15th October 2013, 10am - 12pm (Sessions House)

This workshop is for people with experience in Autistic Spectrum Disorder to further their knowledge and to create discussion, it is not intended as a basic awareness course

Positive Sexuality for People with Learning Disabilities

Thursday 24th October 2013, 9.30am - 4pm (Kingsmeadow) **

To gain knowledge and application of the legal / policy context of supporting people with learning disabilities in their relationships and sexuality.

Learning Disability and Mental Health

Monday 28th October 2013, 9.30am - 4pm (Kingsmeadow) **

A course designed to raise awareness of mental health for people with learning disabilities and its implications.

Total Communication

Wednesday 27th November 2013, 9.30am - 4pm (Kingsmeadow) **

To teach people to understand and be aware of the communication difficulties people may have and ways of communicating more effectively.

Autistic Spectrum Awareness Including Asperger's Syndrome

Thursday 5th December 2013, 9.30am - 4pm (Kingsmeadow) **

This is a basic awareness course about autistic spectrum conditions, aimed at anyone working with or supporting people with learning disabilities, autism or asperger's syndrome or wanting to find out more about the conditions.

To Book

Email: dawn.ross@rbk.kingston.gov.uk or call Dawn on: 020 8547 4703

** Sandwich Lunch included

MEMBERS' BIRTHDAYS

Happy Birthday to all in JULY: Michael Balding, Caroline Hanna, Barbara Fyffe, Hannah Notermans, John Harrison, Dave Bysoo, Amy Adamson, Alex Lacey, Jem Eustace, Sebastian Jacobs, Peter Armstrong, Stephen Burningham, Jack Churchyard, Natalie Baker, Julie Castle

Happy Birthday to all in AUGUST: Louise Phillips, Caroline Ellis, Kirstie McDonald, Warami Tuoyo, Phoung Pham, David Bennett, Jake Read, Joab Steer, Michelle Hawes, Heather Hobart, Joshua Barley, Sam Sparkes, Lorraine Cain, Dena Russell, Clifford Littleworth, Stuart Taylor, Magali Perrett

Happy Birthday to all in SEPTEMBER: Paul Bassett, Catherine Moretti, Adrian Healy, Linda Cotton, Gary Gates, Belinda Yorke-Mitchell, Mark O'Rourke, Katherine Morland, Sandra Ormiston, Kayleigh Toogood, Alec Massie, Julia Grevatt, Debbie Cox, Nadia Farr, Megan Farr, Anne Franklin, Ranjeet Mann, Peter Beadle, Kate Lines, Pat Deacon, Thomas Barker, Paul Carslake



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

MEMBERS' NEWS AND OUR THANKS



A huge thank you to Lee Martin, pictured above, who ran the British 10k London Run back in July to raise funds for Kingston Mencap. He has raised a whopping £600!



Margaret Rose (Maggie) celebrated her 70th birthday recently at Saturday drop-in. Hope you had a great day!



Happy 50th birthday wishes to Dena Russell who celebrated her birthday on 31st August. Best wishes to you Dena from all of us.

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 on email: jenny@kingstonmencap.co.uk, or call 0208 816 7500.

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