

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; Ilze Hopper



Dates 2014 Diary

**Royal Mencap/Healthwatch
Kingston Forum - 9th Sept**

Senior Party - 20th Sept

Christmas Fayre - 29th Nov

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Dear Members, Families and Friends,

I hope you have all enjoyed the summer months. There is a lot to look forward to now they have gone! You will see notices of the Seniors' Party on 20th September, a very popular event and you need to book your tickets as soon as possible to avoid disappointment.

We are very happy to accept donations for the Christmas Fayre on 29th November, Just give us a call! Our Clubs continue to thrive. Xpression is just about to celebrate its 10th Anniversary. Seekers had great fun at the Lions Funfest, Future Friends had a great time at Chessington World of Adventures and Drop In had a very enjoyable annual BBQ in July.

All these events could not happen without the dedicated support of our fantastic Club Leaders and Volunteers. Our Volunteers help week in and week out and we are privileged to have their help for our Club Members. I thank them all for the excellent work they all do for Kingston Mencap.

Many members attended the 'THINKING AHEAD' meetings in July, supported by Kingston Mencap. The meetings were designed to highlight the need for forward planning family affairs. Everyone left with a comprehensive folder of information about how to 'Think Ahead', and some work to do! If you were unable to make one of the meetings, and would like further information, please contact us and we will point you in the right direction.

We are always pleased to welcome new Volunteers. As our Club membership expands, we need more Volunteers to look after our Members to keep them safe. We also need Volunteer Drivers and Escorts to ferry our members to and from Seekers on Monday evenings. You would be on a monthly rota, driving once a month. Please initially contact Jenny (see details below) if you are interested in volunteering in any way.

I am pleased to report that over £500 was raised from our Railway Day in June, thanks to the generosity of all those who came along on the day to enjoy the facilities which the Malden and District Society of Model Engineers very kindly offer us free for the afternoon.

Thank you for your continued support, and I hope you enjoy reading our newsletter.

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

XPRESSION YOUTH PROJECT



Cast your mind back 10 years to 2004. What can you remember?

Tony Blair was the British Prime Minister; Arsenal Football Club had just won the Premier League title; 80% of One Direction were still in primary school; and Facebook had just launched online. There was another significant event in 2004 - Xpression Youth Club was formed and ran its very first sessions in October, led by the fresh-faced Eric Richardson.

Xpression Youth Club will be 10 years old this October and we've experienced a lot in the time

that has passed since. We have seen countless young people come through the club; we have celebrated all of their achievements year after year as they became adults; we have had countless volunteers at the club; we have changed venues several times before finding ourselves here at the Searchlight Youth Centre; we have had many great club leaders in this time - Eric passed the baton to Dave Safety, who passed it to Krystina Corolla-Barker who eventually passed it to me.



It's been an incredible 10 years and it would be impossible for me to cover everything that has happened at Xpression in this time in the short space of this article. But it's fair to say that fun has been had; zip-wires conquered; cakes made (and eaten); friendships formed; and facial hair grown (on that last point, none by me sadly...)



Thank you to everyone who has made this club possible - this goes to our members and volunteers, both past and present- you are the lifeblood of the club; the continual support of parents and families; all at Kingston Mencap; and all of the organisations who have in any way worked with our young people over the years. Here's to another 10 brilliant years!



Stephen Cheung
Xpression Youth Project Leader
07941 561 109



SEEKERS CLUB

Seekers returned to Burlington School on the 1st September and we welcomed everyone back from their holidays. Some of the holiday stories were great and it was lovely to hear that the summer went well and was enjoyed by our members and volunteers alike. In June we had our sponsored walk and raised a total of £1,205.50. That is fantastic and a HUGE well done to everyone for all their efforts and hard work. The walk was held at Robin Wood Farm, courtesy of Mr and Mrs McCormack so a very big thank you to them for hosting the event and for the BBQ which they generously supplied all the food and drink.



June also saw our annual summer outing. We all had a great time at the Funfest in Yately run by the Lionsclub. There we saw 'Elvis' and danced along to some numbers, the belly dancing ladies got a lot of members joining in and the drumming marching band gave a fantastic demonstration. On the last day of Seekers club in July we had a fantastic performance of Cinderella - Well done to everyone! After the

heatwave we had it's nice to get back to some cooler weather! The next few months will see the dark evenings drawing in and we have a variety of exciting club nights with a few new events planned in. I won't say too much now as I don't want to spoil the surprises for all our lovely members! **Best wishes to you all, Leeni, Seekers**



FUTURE FRIENDS

Future Friends

We started the summer with a long-awaited day-trip to Chessington World of Adventures in June on one of the hottest days of the year. Two teams, the 'Fast and Furious' the 'Easy Riders' each took their own routes, but met up to have lunch and share rides along the way. We had a huge turn-out for our summer BBQ in July and the rain did nothing to dampen our mood. We set up a long trestle table in Canbury Pavilion and got stuck into lots of yummy burgers, veggie skewers and salads - nothing went to waste! A few weeks later we threw our own disco, where everyone had the opportunity to pick their favourite tracks as DJ and get down on the dance-floor. Then last week we limbered up for a silly sports day, with much hilarity and good sportsmanship as everyone took their turn in the Ring Toss, Wooden



Spoon Race and Fancy Dress Relay. In the weeks between we've enjoyed a funny and competitive Bingo night and creative arts and crafts. I will be taking a break from Future Friends at the end of September, as I take time off to have my baby. The club will continue with Lucy and Michelle from Drop-in taking over.

Danielle, Club Leader



If you want to join Future Friends, visit www.kingstonmencap.co.uk for details. We are always pleased to welcome new Members and Volunteers.

DROP-IN



Daniel, Everton and Joseph

Drop-in has been busy as ever over the summer with lots of things to do. The Thames mural on the wall activity was successful with everyone participating in drawing or painting the memorable things that surround it. Bingo is still very popular as is Boccia the bowling game run by Alan every other week. We are very happy with our new volunteer Caroline she is an asset and has

added to the team of fantastic volunteers Declan and Beth. The Summer BBQ was, yet again, a great success, thanks to Michelle who did all the cooking. We were slightly down on numbers, but everyone had a good time, and plenty to eat! For more information about Drop-in, call Jenny on 020 8816 7500.

Saturday Drop-In



Colin in action!

CARERS GROUP

MEETING DATES FOR 2014

Wednesday 7.30pm-9.30pm at Age Concern, Raleigh House, Nelson Road, New Malden, KT3 5AE

5th November. Mary Macan will continue to facilitate this evening session.



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

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.**

FIRST AID TRAINING FOR VOLUNTEERS

Kingston Mencap financed First Aid Training for our Group Leaders and Volunteers in July, delivered by the Red Cross. The two-hour session was packed with no-nonsense practical advice on how to cope with a variety of situations, from burns to heart attacks. We all felt much more confident in being able to deal with emergencies by the end of the session.

Free FIRST AID App recommended

There is a free **Red Cross First Aid app** which can be easily downloaded. It shows you what to do in different emergency situations. **Very useful to have on your mobile phone.** Search **Red Cross first aid app** and follow the instructions to download.



ROYAL MENCAP FORUM - HAVE YOUR SAY



Royal Mencap would like to invite you, your family and carers to a Healthwatch Kingston consultation forum organised by the Royal Mencap Society. The aim of Healthwatch Kingston is to give people and communities a stronger voice to have their say about the health and social care services in their area.



This meeting will provide an opportunity to discuss how Healthwatch Kingston's work with people with learning disabilities can be made even more accessible (it already works closely with the Learning Disability Parliament), and to gather feedback from people with learning disabilities to help bring about changes in the healthcare sector. The meeting will take place at the Kingston Quaker Centre, Fairfield East, Kingston upon Thames Surrey KT1 2PT on Tuesday 9th September, 10.30am-12pm, with free refreshments.

Limited metred parking is available on surrounding streets or you can park in the Cattle Market Car Park (disabled parking available). The newly built Quaker Centre is at the end of Fairfield East, on the left-hand side.

Please let Jenny know if you would like to attend by sending an email to jenny@kingstonmencap.co.uk or calling 020 8816 7500.



THINKING AHEAD UPDATE

Kingston Mencap and RBK ran some planning meetings back in July to support the Thinking Ahead campaign led by Christine Towers and how to get better support for families to plan for the future.

The campaign, by the Foundation for People with Learning Disabilities, was set up in response to the worries of parents and other family carers about what would happen when they are no longer able to care for their relative. There is a Thinking ahead Planning Guide and all those who came along to the meetings in July were provided with a free copy.



These sessions have opened the conversation about planning for the future and how to involve other family members, so now we want to take this forward, as many of the attendees expressed an interest in making an Emergency Plan .

We are at the planning stage for further meetings and hope to start these in October. Kingston Mencap hopes these meetings will be a great opportunity for families and carers to get better support so please come along and start thinking about making an Emergency Plan.

The first 10 registering and attending will receive a free Thinking Ahead planning guide. If you want to find out more or register an interest please send an email to jenny@kingstonmencap.co.uk or ring 0208 816 7500.

SENIOR PARTY



Senior Party

Saturday 20th September

7pm - 10pm

For over 18s

St James Church Hall,

Bodley Road, New Malden KT3 5QE

Cost: £10 per person (carers £5 each)

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

• Food

*** Our favourite band B.L.O**

**Tickets are allocated on a first come,
first served basis, so please email
jenny@kingstonmencap.co.uk or call the
office on 020 8816 7500 for more information
and to book**



CHRISTMAS FAYRE



**KINGSTON
MENCAP**



Annual
CHRISTMAS FAYRE

at

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

on

Saturday, 29th November, 2014

Doors open 1pm

Entry £1

**Delicious lunches and afternoon teas
served from 1pm.**

Gift stalls, tombola and more.....

Grand Raffle will be drawn at 3.30pm

Please come and support us

**Donations of gifts or to volunteer help please
contact Peter Hodges 0208 546 1434**



CHILDREN

AUTISM-FRIENDLY FUNDRAISING



Will you join the dozens of families who have registered for our first fundraising events?

Date: 27 September 2014

Location: Drayton Manor Theme Park, Tamworth, Staffordshire

Registration fee: £6 per person or £20 for a group of 4

Minimum sponsorship: £25 adult / £20 child (includes a free Drayton Manor ticket!)

Perfect for families and Thomas enthusiasts alike, All aboard for autism! is a short 3k sponsored walk around the perimeter of Drayton Manor Theme Park, home of Thomas Land. The walk will be marshalled by none other than The Fat Controller, and you can complete a fun Thomas and Friends treasure hunt on your way around! You can also listen to our very special visitors, a local band who will be playing the Thomas & Friends theme tune – and remember to grab your Thomas goody bag at the end of the walk! Anything you can raise to help The National Autistic Society is really appreciated – but as a special thank-you, we'll give a free ticket to Drayton Manor Theme Park to any adult who raises £25 or more, and any child who raises £20 or more. Because we know it can be hard for families with children with autism to plan days out, we are proud to say this event is completely autism-friendly. When you register, we'll send you a social story outlining what will happen on the day that you can show to your children. On the day, we'll have a quiet tent with sensory toys and plenty of experienced volunteers on hand. And we'll do everything we can to make sure your family's needs are catered for on the day.

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 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**



TAG YOUTH CLUB & MULTISPORT CLUB

MULTISPORT

A combination of different sports such as basketball, tennis, football, cricket, table tennis, athletics, mini-golf and more!

- Every Thursday 4.30pm to 5.30pm
- For children with special needs aged 7 to 12
- £2.50 per session
- For more information contact Jessica on:
020 8296 9747 / Jessicalzquierdo@ymcalsw.org



www.ymcalsw.org

YMCA Hawker Centre, Lower Ham Road, Kingston KT2 5BH Tel: 020 8296 9747
YMCA Hawker Centre is part of YMCA London South West, a registered charity working with the Royal Borough of Kingston

Youth Club for Disabled Young People

Teenage Activity Group
For young people with disabilities aged 15-25

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 7.30-9.30pm
Devon Way Centre, Chessington KT9 2RJ

£2.50 per session (some sessions may cost differently depending on the activity)



For more information contact Giles Hobart on 07950 411 743 or email tagyouthclub@hotmail.co.uk

Scan this QR code to go straight to our TAG page on YoungLivin' reader.kayva.com

www.facebook.com/younglivin
[@younglivin](https://twitter.com/younglivin)

Kingston Children & Young People's Trust
Making a Difference Together

YL www.younglivin.org.uk
www.younglivin.org.uk/tag

Kingston Youth Support Service



BLACKBEARD'S REVENGE

MISCHIEF IN THE WILD WOODS

Arts Alive Festival 2014

BLACKBEARD'S REVENGE

Free entry for children with special needs (4-19) & carer

Siblings & other family members (aged 4+) £5 each

Monday 27 October & Tuesday 28 October

The Dawnay School, Griffin Way, Bookham KT23 4JJ

- Lots of fun songs, actions & dancing
- Loads of makaton and signalong
- 50 minute promenade performance: led by a team of Head2Head's actors, participants will move around the venue, discovering scenes and meeting characters from the story (chairs will be provided for those with mobility difficulties)
- Choice of morning or afternoon sessions (10.45am or 1.15pm)
- Sensory experiences/craft activities
- Free advance pack to familiarise participants with characters, songs and rhymes
- Accessible toilet facilities/free parking
- A storyline sensory box - to familiarise participants with items they will discover on their journey

<http://www.head2headtheatre.co.uk/special-needs/family-holiday-activities>



NEWS FROM ROYAL MENCAP

HEAR MY VOICE CAMPAIGN

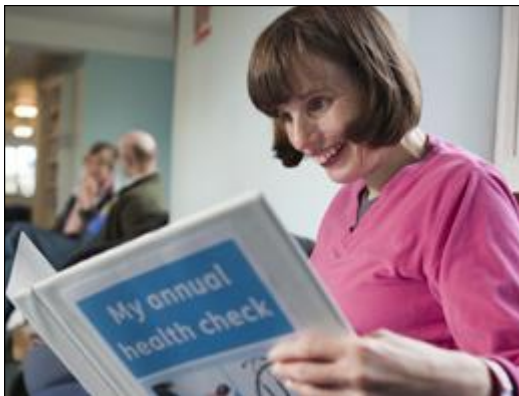
Mencap launches new campaign a year ahead of the General Election to ensure voice of learning disability community is heard by candidates With the 2015 General Election less than a year away, Mencap is today setting the wheels in motion to mobilise the grassroots movement that the charity was born from almost 70 years ago. Through the Hear my voice campaign, Mencap is uniting the voices of the millions of people with a learning disability, their families, campaigners and hundreds of Mencap local groups across the UK to ensure the next government addresses the key issues facing people with a learning disability and their families.

- Three people with a learning disability die avoidably in the NHS every single day
- 25% of adults with a learning disability spend less than one hour outside their home each day
- 8/10 family carers of a loved one with a learning disability have reached crisis point.

These and other issues affect 1.4 million people with a learning disability in the UK and their families. The campaign aims to get these issues debated during elections and to ensure politicians understand what a learning disability is, and how these issues impact on people's lives. The Hear my voice campaign will provide a platform for people with a learning disability and their families to make their voices heard. People with a learning disability, local groups, and supporters will be able to get involved in a range of activities and events to support the campaign. Mencap is asking people to speak up about what matters to them, to holding an event to get people with a learning disability registered to vote.

BETTER TRAINING NEEDED ON HEALTH

93% of GPs back more training to improve knowledge of learning disability health issues. Experts in healthcare across the government and NHS have underlined the need for better medical training among professionals to support people with a learning disability. The findings, which were released at an All Party Parliamentary Group (APPG) in July in the House of Lords have long been called for by Mencap's healthcare campaign, *Death by Indifference*. The Parliamentary event, whose speakers included Baroness Hollins, celebrated three years of success for Mencap's health project, *Getting It Right From The Start*. The project, which has now launched a healthcare toolkit, addressed the inadequate healthcare many people with a learning disability needlessly face and that has resulted in substandard care and in the worst cases avoidable deaths. More than 700 medical staff and 72



GPs attended workshops ran by Mencap throughout the project's lifespan, many of which were supported by volunteers and people with a learning disability. The project's many successes include:

- Non-medical staff receiving basic training in learning disability issues rising from 29% to 95% over the course of the project
 - 78% of GP surgeries now taking steps to ensure the quality of health checks for people with a learning disability is maintained at a high level, compared to 42% at the beginning of the project
- The number of GPs at practices who had attended a basic learning disability training event rose in two years from 21% to 67%. Rhea Sinha, project manager says: "Over 1,200 people with a learning disability die avoidably every year in our NHS. Much of this is due to health professionals not knowing enough about learning disability and attributing complaints of pain as a symptom of a patient's learning disability. "This project and evaluation shows how simple, non-costly initiatives such as annual health checks can dramatically improve healthcare for people with a learning disability." Jan Tregelles, chief executive of Mencap adds: "We hear too many stories of people with a learning disability having their health issues misdiagnosed and suffering greatly as a consequence. This scheme has proven to be highly successful by showing what a difference small changes can make. Now we have this evidence these recommendations need to be rolled out to ensure avoidable deaths stop happening."

CHANGING PLACES SCHEME

Arsenal FC, Stansted Airport and Glastonbury among the high profile names to install accessible toilets in the last year Arsenal FC's Emirates Stadium, Glastonbury music festival and Stansted Airport are among the big names that have installed accessible toilets during Aveso's first year of sponsorship of the Changing Places scheme. Changing Places has now registered more than 600 accessible toilets since launching.



The loos are designed so people with a disability can access them in public places and have the same freedom to go about their daily lives. Having more accessible toilets has been life changing to many people with severe and profound learning disabilities. The toilets are larger than a standard disabled toilet and include a height-adjustable changing bench, hoist and room for two carers. Since Aveso, which makes and installs accessible toilets, began its sponsorship of Changing Places one year ago, there have been several big successes:

- Changing places loo number 600 was installed at Arsenal's Emirates Stadium in April - making it the first Premier League club to do so
- Stansted Airport and Glastonbury music festival have also opened Changing Places loos for travellers and fans with a disability to use.

Changing Places has now set its sites on reaching a target of 700 accessible loos.

MENTAL CAPACITY ACT IN PRACTICE

The government has published its Response to the House of Lords Select Committee's Inquiry Report into how the Mental Capacity Act 2005 is working in practice. In its response it addresses each of the recommendations made by the House of Lords. Key points:

- government shares concern at the lack of awareness and understanding of the Mental Capacity Act
- they will consider the case for establishing a new independently chaired Mental Capacity Advisory Board
- the government has agreed to commission a review of the Deprivation of Liberty Safeguards (DoLS) with a view to addressing the points raised by the Committee.



The government recognises that too many people may be missing out on legal rights that the Mental Capacity Act gives them and is 'determined to put this right'. It says it will take a comprehensive approach to promoting implementation and that professional training is a priority.

The government is considering setting up a new independently chaired Mental Capacity Advisory Board, which would monitor implementation and produce an annual report for Ministers on the 'State of the Mental Capacity Act'. The government has rejected the Committee's recommendation to scrap the DoLS and start from scratch. But it has agreed to commission a review which would include looking at what improvements could be made.

HFT NEWS & ACTIVITIES



SUNDAY LUNCH CLUB

**Come and join us at a local pub once a month on
Sundays at 12.30. At The Watchman,
New Malden With Melissa**

**To find out the next date, call Melissa Hulbert
Tel: 0208 9429769 Mobile: 07947423083**



SPEAK OUT GROUP

Voices to be Heard is the new name for the Hft Speak Out group as voted for nationally by the People we support. Voices to be Heard operates on 3 levels:

- Individual: where comments, concerns and ideas are generated by individual people we support.
- Local: the things that people want to say about life within our service, the Resource Centre, our houses and the community, which involves liaising with Kingston Learning Disability Parliament.
- National: we also receive information from and gather opinion for Hft at a National level.

We mainly operate through our Action Group chaired by Kirsty McDonald and supported by Mike Mendelson. The group meet twice a month on Tuesday afternoons in the upstairs kitchen at the Hft Resource Centre. The meetings are open to all and the objective is to receive all comments and ideas from the People we Support and take them forward in the most appropriate way. All staff are encouraged to support people to pass on their views and ideas via email or the Voices to be Heard notice board in reception.

Mike and Kirsty look forward to hearing all of your responses. A recent piece of work by the Voices to be Heard group was acting on a request from a group of individuals to set up a reading group. They researched some books and discovered a new series written for and about people with learning disabilities called Magnolia Street. We have now purchased books from the series ready to begin the reading group during two afternoons.

UPCOMING EVENTS

Pirate Seafarers Ball

At the Holiday Inn in Sutton
on 16th September 2014.

11.30 am until 4pm

Tickets £20.00 and carers
meal £15.00

Holiday Inn
Gibson Road-
Sutton
Surrey
SM1 2RF

3 Course meal

Disco

Quiz

Raffle

For enquires or to book tickets contact
Michaela.webb@hft.org.uk
and Sarah.lyle@hft.org.uk
Tel: 07785592966 or 020 8942-9769

Registered Charity NO: 313069







Barbecue

**Lots of lovely grub,
music and fun
Design a fab Tshirt
to take home!**

£5

Saturday 6th Sept 12-4pm

At Hft Resource Centre, New Malden KT3 3LJ
To book a ticket contact Melissa on 02089429769



An evening of

Mocktails & ELVIS




Join us for a fun filled evening of Elvis, nibbles & mocktails!

£10 a Ticket

(Includes all mocktails and food!)

On Thursday 11th September at 6.30 – 9.30pm

At Hft Resource Centre, Springfield Place, New Malden KT3 3LJ



Get your tickets in
advance from
Thetford Road.

Telephone 020 8336
0134 or ask at Hft.

Dress to impress!!

LEARNING DISABILITY SERVICE UPDATE

In the last newsletter we informed you that some of our learning disability services would be transferring from Kingston Council to a Social Enterprise.

We are now pleased to let you know that on the 1st July 2014 Woodbury Residential Care home & respite service, Kingston Supported Living Service, and the work activities and transport service successfully transferred to Balance, who are a Community Interest Company.

Kingston Council will still be responsible for making sure people using the services continue to get good quality support that is right for them and helps them to stay independent and safe.

You can find more information about Balance by visiting their website: www.balance-cic.com
If you wish to speak to Roger Mathews Team Leader of Balance Supported Living Service you can contact him through email roger.mathews@balance-cic.com or call 020 3740 2310.

If you wish to speak with Jean Brooks Team Leader Work Activities and Transport you can contact through email jean.brooks@balance-cic.com or call on 020 3740 2311.



LEARNING DISABILITY PARLIAMENT

The Parliament has changed in the last few weeks. The MPs stood down in March and officially closed on 17th July. Parliament had a farewell and thank you party with presentations and certificates.

Thank you for all your hard work. Instead of elections, this year, we asked people to apply for a Paid Job, as a Peer Advocate. Lots of people applied for the job and came for interviews. Everybody did really well, and it was very difficult to choose who to give the job to.



Peer Advocates will do a similar job to the MP's. They will go out and speak to people about any issues, and feed these back to organisations and the council, so that they know how to improve their services. They will speak up for people with Learning Disabilities in Kingston. The Peers will also work closely with the Project Workers to look at things that matter to people with Learning Disabilities in Kingston like Health, Employment, Transport and Friendships.

It is their job to make Parliament more User Led and to reach out to more people. The Parliament will be relaunched in September at an open meeting, so please come along to meet the Peers, Project Workers and Parliament Team, and talk to us about your life in Kingston. Next time... Hear more about how Parliament will be working in partnership with Kingston Healthwatch.

Project Work

If you would like to be involved in working with the Parliament, please let us know because there are plenty of projects to work on now and in the future. The projects we are working on at the moment are:

*** Transport * Health * Leisure * Schools * Employment * Sexual Health * Police
* Access Checking * Safe Places * Free Activities * and many more.....**

If you are interested in doing project work, please call Parliament on 020 8547 6540 and speak to Nancy, Fen, Caroline or Nicole.

SPOTLIGHT: ONLINE SAFETY

The Foundation for People with Learning Disabilities has produced a free guide to **Staying Safe on social media and online**. It explains how to use Facebook, Twitter and Skype, as well as how to stay safe with an online profile and to use email appropriately. You can download it by clicking [here: http://www.learning-disabilities.org.uk/publications/safeonline/](http://www.learning-disabilities.org.uk/publications/safeonline/) . Here are a few excerpts:



Facebook

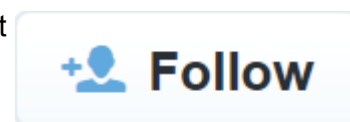
Facebook is a free, social networking website that anyone can use. This means it is a website that helps people keep in touch with other people wherever they are. You can use Facebook to send **MESSAGES** to friends and family, share photos and videos and to keep in touch with people. Ask a friend who uses Facebook to help you set up your **PROFILE**. Once you have a profile page you can find friends and post things on Facebook.

Make sure you learn how to make things private before you start using Facebook. Be careful what messages and photos you put on Facebook. People can get into trouble for the things they write on Facebook if they make other people upset or angry. Think about what you write and if you are not sure then ask someone what they think before you send it. Facebook sometimes suggests **'FRIENDS'** for you. They call them 'People you may know'. If you do not know them, do not say yes to these people. If you are not sure who to trust on Facebook, ask a friend to help you look at people's profiles before you say 'yes' to being **'FRIENDS'** with them. If someone is upsetting you, do not write back with things that can hurt them as this can be used against you.



Twitter

Most people use Twitter to find out what other people or groups are doing. You do this by **'FOLLOWING'** them. You do not need to know a person or group to **'FOLLOW'** them. You can **'FOLLOW'** people who like the same things as you or a well-known person. You can also **'FOLLOW'** a group that does things you would like to know more about, for example your local advocacy group. This means you find out what's going on about the things you like or that are important to you. You can also write about



things you want other people to know. Some people use Twitter to campaign about things they want to change. You can also read and write private messages to people you **'FOLLOW'** or who **'FOLLOW'** you on Twitter. Some people say mean things to each other on Twitter. People who say mean things to other people on Twitter can be called 'trolls'. It's best to only **'FOLLOW'** people you know and trust in real life or well-known people. Well-known people are likely to be quite safe to **'FOLLOW'** as they are in the public eye and so will want to be nice to people who **'FOLLOW'** them. If someone is saying things you don't like on Twitter then you can block or report them.

Using a web camera

Only use **WEB CAMERAS** with good friends and family. Even if you know someone well, keep your clothes on. Do not take off your clothes when you are on Skype with someone. A few people have been photographed after taking their clothes off on Skype. Just because you are not in the same room, it doesn't mean they can't take photos of you. People can then use these photos to threaten people or embarrass them. There may also be other people in the room who you can't see, but they can see you. Don't do anything on Skype that you would be embarrassed for other people to see, for example your family or people at work.



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MEMBERS BIRTHDAYS

Happy Birthday to all in JULY: Michael Balding, Caroline Hanna, Robert Munday, Barbara Fyffe, Hannah Notermans, John Harrison, Dave Bysooa, 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, Nadia Rashid, Kirsty 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 Perret

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, Ranjeet Mann, Stephen 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 NOTICES

We were so very sorry to hear that one of our older members John Cushing died on 14th July. Our condolences go to Colin his brother and all the family.



Special birthday

June Bright celebrated in style on the Orient Express with Kim in June for a very special birthday treat - but sssh... no mention of the birthday number!



A big birthday party for Peter Armstrong!

Peter celebrated his 80th birthday with a Chelsea party theme with all of his friends at St Anns Lodge. He is pictured with an Abba tribute band.

A new baby

Bethan Clarke's new baby boy Archie arrived at the end of June, weighing 9lb 4oz. Congratulations to Bethan.



Cherie Furniaux 9.12.1962 - 17.08.2014



I am so very sorry to report that Cherie died following a long battle with cancer. Cherie was so brave for such a long time and still continued to support Natalie at home with help from Grandad and Ella. Cherie was Kingston Mencap's secretary and a great support to me for many years when I was Chair. We became friends whilst setting up the holiday house together in Christchurch and have continued to stay in touch over the years. Cherie had been quite poorly in recent months with no other treatment available.

Sincere condolences to Steve, Natalie, Ella and Nick.

Gill Wood

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.