

KINGSTON MENCAP Newsletter

Understanding learning disability



Trustee Committee 2010/2011

Chair: Gill Wood **Vice Chair:** Roger Wooderson **Secretary:** Sue Baker **Treasurer:** Mary McDonald
 Claire Alexander; Fiona Burkeman; Heather Notermans; John Phillips; Learning Disable Rep: Kim Bright

Dates for Your Diary



Senior Party
2nd October

Flag Day
23rd October

Christmas Fayre
27th November

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Dear Members, Friends and Supporters

I begin this newsletter on a very sad note with the dreadful news of the sudden deaths of Steven Davies and Phillip Howell - both so young! The funerals, on the same day, were well attended by family, friends and many members of Kingston Mencap (see page 16)

There is so much in the news about front line cuts and changes in the way the new coalition Government would like to reform the welfare system, it sounds like we are all in for a rough ride this autumn!

There are also changes afloat with regard to Disability benefits so we all need to be vigilant and campaign together to ensure people are treated fairly to remain safe and well supported. The services here in Kingston are bound to be affected so we must hope that cuts will be kept to a minimum in learning disability. Every one of you must be sure to let us know about any changes or issues that affect you and the way you are supported.

Enjoy the rest of the summer

Gill Wood

AWARENESS/FLAG DAY 23rd October

Hello to Everyone

It's that time of year again when I start to contact my regular helpers and appeal to anyone new who would like to 'shake a can' on our local Learning Disability Awareness/Flag Day which this year is on:

Saturday 23rd October

All that is involved is to select where you would like to stand from a list of stores and venues and then tell me how much time you can give!

I will add your name to my list and then in the week before Flag Day I will come round to you with your personalised sealed Collection Can, your Letter of Authority and a copy of the Police Permit - its as simple as that!

A lot of our members always want to help so family/carer/staff support is really important and I thank those of you who year on year do this.

I look forward to many phone calls - my home number is 020 8977 9021

Pat Cox



Editor's note: This is one of Kingston Mencap's main ways of fundraising so please help if you can, if only for an hour or two. Pat works really hard each year and relies on your support to raise funds to support all our clubs and projects. Times are hard and every year it gets more difficult so if you can't help on the day but would like to support the day by making a donation contact Pat on number above.

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 news please let me know so I can take your name and address off the circulation list. Email: gillcwood@blueyonder.co.uk or telephone 0208540 1399

LONDON EYE & RIVER CRUISE 25th May

We spent a gorgeous sunny day in London on Tuesday May 25th

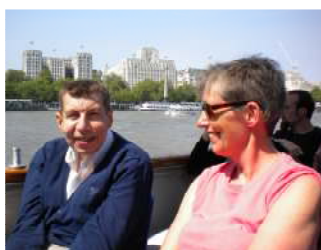
A small group of 12 members and volunteers travelled by train from Surbiton station to Waterloo and then walked the short distance to the London Eye, stopping on the way to pick up a M & S sandwich lunch.

We were pre-booked on the London Eye and on the day managed to have a whole pod to ourselves. Everyone enjoyed the experience and this was followed by lunch sitting in the sunshine watching the world go by! In the afternoon we boarded the boat for a Thames river cruise and again were lucky to be boarded first and sat right up the front on the upper deck. It was a really pleasant day, no rushing and everything worked really well!

So well, that we are hoping to do again before the summer is over, so if you want to join us on the next trip please get in touch with either Heather 0208549 7450 or Gill 0208540 1399 to book your place.

We will be asking for a £5 contribution towards the cost and you will need to bring your freedom pass and any spending money. We will meet up at Surbiton station at 10am and will arrive back at Surbiton station by around 4pm - DATE TO BE CONFIRMED

MANY THANKS TO HEATHER FOR ORGANISING AND ALL THE VOLUNTEERS WHO SUPPORTED



CARERS GROUP

The group meet on the first Wednesday of the month at:
Home Farm Trust, Springfield Place, New Malden
From: 7.30 to 9.30pm

Next meeting: Wednesday 1st September

At this meeting Maundy Todd chair of the Health group will be giving an update on what is happening here in Kingston and details of the Mencap campaign "Getting it right" when treating people with a learning disability.

EVERYONE WELCOME

To find out more contact Gill 0208540 1399



SATURDAY DROP-IN



On Saturday 21st August there will be a BBQ and Fundraising event at the Drop-In

Join us for an afternoon filled with food, smoothies and all sorts of fun from :

12 noon - 3pm

Entry will be free but please bring money for food, drinks and games

NB. No need to bring a packed lunch if you are joining us for BBQ lunch



Zerrin & Michelle

We are really pleased that Saturday Drop-in is proving so popular by such a wide variety of people. However, with limited funds, Saturday Drop-In can only provide one member of paid staff each week which means that we are not able to provide support to individuals and we cannot guarantee the safety of those people attending without their own support.

If people attend without support we expect them to be able to use the drop-in safely and appropriately. The staff member on duty is there to manage the tea bar, keep a general eye on people and to encourage socialising and activities among the people attending. By offering this group support, we are able to maximize the numbers of people who can attend each Saturday. If someone is planning to attend Drop-in without support this should be discussed with a Drop-in staff member and, if deemed appropriate, an emergency contact number supplied together with any important medical information.

Thank you for your co-operation in this matter.

We hope you will continue to use the Saturday Drop-in.

To discuss any of the above please call Jill Kemp 07752 636357

We meet every Saturday at the Searchlight Youth and Community Centre, Kingston Road, New Malden KT3 3RX - Parking available - on 131 bus route (Kingsmeadow bus stop)

For more information contact: Jill Kemp 07752 357 or email: jillkempsupport@hotmail.com

HOLIDAY HOUSE in Christchurch

The house has been totally full so far this summer with many members, family and friends enjoying relaxing holidays. Going by the 'comments book' members have had a good time and have enjoyed staying in Christchurch.

We are booked up until end of September and have now started to book 3-4 day mid week and weekend breaks during the autumn.

For current Kingston Mencap members we have decided to reduce the cost of these short breaks, to enable as many people as possible to take advantage.

NB. BUT NOT the popular half term break in October.

If you have been considering a booking and would like to take advantage of this reduction, the cost will be £200.00 (from £275)

To request a brochure or make a booking please contact Gill 0208540 1399 or email gillcwood@blueyonder.co.uk



SEEKERS CLUB update

Club resumed after the bank holiday with the ever popular live band 'Blow' playing for us. A black and white themed disco followed by an evening of song and dance by Helen Watson completed the events in May.

June began with a craft night making jewellery and masks in preparation for the Masked Ball the following week. The birthday disco seem to come round so quickly but are always really enjoyed!

The following Sunday 20th June was our summer outing, this year to Wicksteed Theme Park. On arrival, a tasty lunch of cold chicken, new potatoes and salad followed by apple pie and cream, was waiting for us and then we settled down to watch the show - the 60's music had most of the members (and helpers) on their feet. We only sat down to enjoy a cream tea before we were up again! At the end of the show we had time to enjoy the grounds and train ride round the lake before we were on our way home. A comfortable journey home and back on time. Thanks to all the helpers and parents who came. The next night our Sponsored Walk at Sunbury was bright and warm, a good turn out of

walkers and supporters enjoyed the usual coffee, hot dogs and cake at the end of the walk. An amazing amount of £1144.00 was raised, our grateful thanks to all our walkers, supporters and sponsors, a great effort by all.

On the 28th June the members enjoyed a drama night with 'Bounce' followed by a new venture 'The Frantic Theatre' - and frantic it was, but it seemed to go down well with members who always enjoy something new!



The birthday disco on the 12th July was a Fancy dress night, the usual party food was replaced with cheese and biscuits, wine and beer which made it seem a little special with Maggie's birthday cake to follow...

Well what can we say about our last night as leaders of Seekers and the final night before the summer break. We knew it was going to be a barbecue and told not to get there before 7pm, but what a lovely surprise to see so many parents, friends, carers, past members as well as the usual Seekers club members and volunteers. We were overwhelmed with the flowers, cards, gifts and tokens, it really was a night to remember. A very special thanks to Gill and all the Club helpers they worked so hard, especially to Sandra who did all the food and to Maggie for her lovely cake. It really was a wonderful night, thank you all so much for that night and especially to all our club helpers for their loyal support and we are sure the club will thrive under the leadership of Zerrin with all our continued support. Our love and thanks to you all



Shirley and June

LETTER from June and Shirley

Dear Gill, Mencap Committee, Volunteers, Parents, Carers and especially members of Seekers Club,

We would like to say thank you all so much for coming to our last night of club as Leaders.

As we said before we were overwhelmed with the gifts, flowers, cards and tokens.

It has been a real joy and pleasure to lead the Seekers Club and have both enjoyed every minute of it.

We will still be there as helpers and to support Zerrin as the new leader.

With a new leader will come new ideas, things have changed over the past few years and we hope Derek would have been proud of the progress we have made. He led the way forward and we hope the club will continue to progress as we and he would want.

Our love and grateful thanks to you all

Shirley and June



COMPANION CYCLING and Picnic 14th Aug

This day seemed to come around really quickly and it looked as if we would be rained off but a few hardy members enjoyed the ride in Bushey Park. Thank goodness we did not hang around following the picnic lunch as the heavens opened just after we left. Thanks to Heather for booking



XPRESSION Kingston Mencap Youth Project

Last club night was 20th July - Party with music, dancing and party food.
Club re-opens on Tuesday 7th September:



Football



Discussion Group



Human Bingo



Potato Prints

Xpression is a club for young people aged 12-19 years and is held on a Tuesday evening at the Queen Mary Hall, Cambridge Road, Kingston from 6.30 - 8pm

If you are interested in joining Xpression please call the leader to arrange a visit.

David Cafferty Xpression Club Leader: 07749 275 425

FUTURE FRIENDS



The Sponsored Swim was fantastic. Our challenge was 250 lengths of the pool between the members. and we had 11 members swimming and they achieved 288 lengths in the hour that we had allotted. They were all so great and I was so proud of everyone!



We raised over £800 which will go towards the weekend break away planned for 3-5th September

A BIG CONGRATULATIONS TO: Katie Lines; Edward Maule; Katie Knowles; Nick Sims; Sam Jerwood; Natalie Francis; Jon McGrady; David Bennett; Katherine Morland; Di Todd; Jasper Bagtuzo

We say thank you and goodbye to Laura, one of our marvellous volunteers, who has just completed the sponsored 10km for Kingston Mencap. Laura has just finished her university course and has a job at NCYPE to go to in September.

If you are between 19 and 35 years old why don't you get in touch and give us a try. Details of the agenda are on the Kingston Learning Disability website www.kingstonld.info. If you want to come along to an activity and are interested in joining Future Friends or just finding out more, call Jill Kemp on 07752 636357 or email jillkempsupport@hotmail.com

GO KINGSTON EVENT

On Sunday 25th July a small group of us volunteers and some members of the learning disability Parliament and RBK staff manned a stall at the Go Kingston event to raise awareness of learning disability and network with others at this taster day to get Kingston active and healthy.

This GO KINGSTON EVENT was this years countdown celebrations to London 2012 and part of the Open Weekend Celebrations across the country.

It was a really nice day and extremely hot in the afternoon but so few people attended and we were so spaced out that we felt quite isolated, although there was a lot going on with different sports and clubs taking part. Radio Jackie was there to provide the music and there were various arena displays.

Our stall offered fresh fruit and fruit juice tasting and some people who visited our stall took part in the 'Guess the Calories' basket of food.

The winner was Mary McDonald who guessed 3200 calories and was only out by 39 calories so a really good guess!

Thanks to all who helped Mary; Heather; Bethan; Jodi; Santosh; Natalie and especially Andrew Stride for helping us to erect the stall and unloading all the stuff from my car in the morning.

Thank you one and all

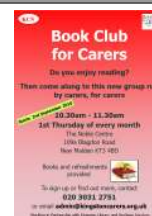


Gill Wood

CARERS

One of our members is starting up a Book Club on the first Thursday of each month at the Noble Centre in Blagdon Road, New Malden from 10.30am - 11.30am. This new group is run by carers for carers so if you enjoy reading why not go along and find out more.....

Contact 0203031 2751 or email admin@kingstoncarers.org.uk



NEW Carers support worker

Kingston Carers' Network is very excited by the new services we are developing with the support of NHS Kingston. We can now offer support to all adult carers who are caring for someone in Kingston. We are able to fund our new Generic Carers' support worker post and were delighted to recruit Carol Harvey who joined us on 21st June

Hello Everyone - My name is Carol Harvey and I am the new Generic Carers Support Worker at KCN. The dictionary definition of –Generic is something that is general, common, or inclusive rather than specific, unique, or selective! Basically this means that my extremely helpful colleague, Veronica Attah, who has been holding the fort while my post has been vacant, has a more specialist role of supporting carers of people with mental health needs and/or substance issues and I have a more general role of supporting car-ers of everyone else!!



Carol is hoping to come along to meet members at the October Carers group meeting to discuss any issues or help she can offer.

Holistic Therapies

To book a treatment

All treatments and therapies are available

Every MONDAY
except Bank Holidays
at the Noble Centre

To book a treatment, contact
Kingston Carers' Network on
020 3031 2751

The Noble Centre
108a Blagdon Road
New Malden KT3 4BD

A map showing the location of The Noble Centre at 108a Blagdon Road, New Malden. It highlights the bus route 213 and the station.

Marina Alkiviades
Holistic Therapies for the wellbeing of Carers

A photograph of a stack of smooth, dark stones.

Treatments and Price List
2010

Business Route 213 stops in New Malden
High Street, 131, 152, 265, K1, K5, K9
and K10 also stop nearby.

Trains: New Malden BR Station is a
short walk away up the High Street.

By car: The Noble Centre is not
accessible from the High Street by car
because a barrier divides Blagdon Road.
To reach the Noble Centre by car, turn
into Beverley Road from Burlington
Road, then turn left into Blagdon Road.

Parking: There is limited parking at the
Noble Centre and surrounding roads.

Holistic therapies for the wellbeing of carers
Treatments by Marina Alkiviades

Every Monday, except bank holidays by appointment
Tel: KCN on 0203031 2751

If you have any questions about any of the treatments,
email Marina on marina.alkiviades@orange.net
or ring 020 8546 4722

Work focused support for Carers

Work Focused Support for Carers (WFSC) is a voluntary scheme designed to help people who wish to combine paid work with their role caring for someone. You can choose to take part, and are free to stop taking part, at any time. Even if you don't feel ready to work now but might like to in the future, you can still take advantage of the support available.

Who is eligible?

Work Focused Support for Carers is available to carers who do not work or work less than 16 hours a week, are aged 18 or over, are not able to get help from any of the other Jobcentre Plus employment support programmes such as New Deal or Pathways to Work.

Will my benefits be affected?

If you are in receipt of benefits they will not be affected by taking part in WFSC. If you find a job you are interested in, your personal adviser will be able to tell you how your benefits will be affected if you start work and help you apply for any in work benefits or tax credits if appropriate.

Where should I go for help?

Visit www.direct.gov.uk/carersemployment or arrange an appointment with an adviser at your Jobcentre.

CHILDREN



MOOR LANE PLAY AREA CONSULTATION - has been cancelled

There was to be a consultation event on the 10th July to discuss the first step towards building a specialist play area for children and young people with disabilities, as part of the government funded (Play England) scheme.

The project had a budget of £100,00 entirely funded through the Playbuilder grant but the government has announced that it is removing the ring fencing and is also reducing or stopping other funding streams!

In light of this a decision has been made not to proceed with the four planned play areas, including the one mostly desperately needed at Moor Lane.

It is hoped there could be other external funding available to deliver these better play facilities and there have been assurances made that this will continue to be a high priority for the future.

PAN - Disability inclusive BASKETBALL

The Fulham FC Foundation in partnership with the Kingston Wildcats Basketball Club are pleased to announce that a new inclusive Basketball session for 10-19 year olds has been set up. The club is specifically for disabled young people and is the outcome of funding received from the 'Aiming High for Disabled Children' initiative run through the Royal Borough of Kingston upon Thames.



The session will be run with three fully qualified Basketball coaches and aims to get more people, of all abilities regularly involved in the sport.

Start Date: Monday May 10th 2010

Time: 5:00-6:00pm

Location: Chessington Sports Centre, Chessington Community Col-
Garrison Lane, Chessington, KT9 2JS



lege,



If you would like to find out more information about the session please contact:

Andrew Nippard, Disability Development Coordinator, Fulham Football Club Foundation, Motspur Park, KT3 6PT

THANKS to Caitlin and Elena

Caitlin Hughes (sister of Owen) and Elena Pringle have raised £30 for Kingston Mencap. Both Girl Guides have been working towards their charity badge and made and sold scones and jam tarts in their street to raise money and then donated all the proceeds to us!

Many thanks Caitlin and Elena

SUMMER HOLIDAY EXHIBITION - Ancient Wisdom

Until Saturday 28th August Kingston Museum is offering fun for all ages to discover what the ancients did for us! Shoot down a castle wall with a roman catapult and see how the Egyptians locked their doors. Build an aqueduct to guide water to a village and try the Greek way of using the sun to burn the enemies ships. There is art and music as well and you can even write your name in hieroglyphs.

This exhibition will be accompanied by events and workshops for families and children

Contact Caroline the museum learning and access officer to find out more 0208 8547 6754 or 0208547 6460

Go to: www.kingston.gov.uk/museum or email kingston.museum@rbk.kingston.gov.uk

NEWS update from Dysart School

Dear parents, carers, relatives and friends of Dysart School,

A warm welcome to you all during what is yet another warm week. As we approach the final straight this term, I thought I would take the opportunity to reflect on this academic year and signpost some developments for the next. Certainly from my perspective, there is much to be positive about. This year has been a period of change for the whole Dysart community and I feel that we have responded to that change very well. It has been a real pleasure and a privilege to get to know our fantastic pupils and, whatever the circumstances (or weather!), the children of Dysart, and their families, remain our fundamental focus and priority. There is certainly no shortage of dedication and commitment amongst the staff team and all of us are ambitious about what our pupils can achieve and how we can best support them to thrive and grow. I believe we are very well placed to continue to develop and evolve next year.

On the subject of evolving, we have a new school motto – *“Educating, Enabling, Evolving”*. Hopefully this signifies that we put learning, and supporting access to that learning and ‘whole child’ development, at the heart of what we do. In addition, we have developed a new school logo over the course of the year. This was a very successful project, undertaken with two students from Richard Challoner High School who worked with a mixed group of Dysart pupils, myself and the vice-chair of governors to discuss the things that symbolise Dysart. Our own pupils very clearly articulated, in their own unique ways, that friendship, community and helping each other were key elements of our school. These ideas were then fed back into the logo design and, with a little final help from another of our governors, the final design was agreed.

The new logo is shown at the top of the page. This will go on to new letterheads, a new sign for the school and the school uniform. As part of this initiative, we will be offering every pupil in the school a free polo-shirt, sweatshirt and draw-string bag with the new logo. For now, the uniform colour will remain red, though we are intending to consult on a different colour in due course. More on that in September, but please feel free to continue using uniform with the old logo whilst we phase in the change. Work to complete a new website for the school is nearly complete. This was part of an excellent project with Kingston University and I am hopeful that the website will develop to be more informative and up to date than it currently is. Finally, the front of the school is having a makeover over the summer holidays, with new fencing to the front, new signage and a new coat of green paint, the colour being selected by staff and pupils.

School activity

There have been too many excellent things going on at school this year to mention them all, but highlights definitely include the post-16 and upper school residential's (Hastings and Swanage respectively), the overnight BBQ and campsite for upper school on the field, Thorpe Park and Legoland, the Theatre Bugs evening for Lower School, the fantastic Christmas productions and Leavers' Showcase, the exciting activities on offer during our various theme weeks, the Colourscape sensory dome, cycling proficiency and whole-school activities, such as the end of year lunch. All these activities, and so much more, have demonstrated not just the determination of the brilliant team here to make things happen but even more importantly, the talents, abilities and curiosity of our pupils.

We have recently attained Charitable Status and are in the process of reinvigorating FODS (Friends of Dysart School). As well as being our fund-raising arm, we also hope to use FODS to build social networking and support opportunities amongst our families. Look out also for the Dysart School Parent/Carers' Discussion Forum next term, which will provide a monthly opportunity to meet and discuss various issues related to children with disabilities. More details on this, too, in September.

A mention must go to our school leavers this year, of which there are a magnificent seven. Alex, Rachel, Adrian, Everton, Prasath, Dan and Dhinesh are all outstanding young people and their absence next year will be keenly felt. We wish them all the best for the future and hope to see them before too long. The very best of luck also to our staff leavers this summer and to the new faces we can expect to see in September.

It remains for me to say a huge thank you to all the Dysart community; the staff team for their relentless commitment; the Governing Body and other volunteers for their time and dedication to the school; our therapy, multi-agency and Local Authority colleagues who work in partnership with us; but mostly to our children, who inspire us daily, and their families who allow us to work so closely together to achieve the best results we can.

Have a great summer and we'll see you all again on September 2nd.

Kind regards,

John Prior

Headteacher



NEWS FROM ROYAL MENCAP.....

MENCAP DIRECT

Mencap Direct, a new way to find out about Mencap's personal support services in England was launched on 13th July.

People with learning disability and those who support them can now call 0300 333 1111 to find and buy Mencap services in their area. The service is supported by a website www.mencapdirect.org.uk which includes information about employment, housing and support services. Mencap Direct has been designed to make it quicker and easier for people to find out about Mencap's services.

HAVE YOU ANY EXPERIENCE USING THIS SERVICE? DO PLEASE LET ME KNOW SO I CAN SHARE WITH ALL

LEARNING DISABILITY COALITION

Many people with a learning disability rely on social care to lead fulfilling and independent lives.

The demand for services is rising and there is not enough money to meet the need. As a result services are being cut and people are losing the support they need to live in their community with dignity and safety.

Mencap believes this is wrong and is fighting for the rights of people with learning disability and their families. Mencap believes the government should be putting in more funding not making cuts.

DISABILITY LIVING ALLOWANCE (DLA)

Mencap needs your help!

The government has said that it will introduce a new medical test for Disability Living Allowance (DLA) for working age adults. Mencap is concerned that the new assessment might mean that some people with a learning disability will not get DLA anymore.

To help us with our campaigning work we want to find out more about what people with a learning disability spend their DLA on. In particular, we are interested in people who get the care component of DLA.

DLA is often described as an "extra costs" benefit. It is paid to disabled people in recognition of the extra costs that their disability has on their ability to get around or look after themselves. We want to be able to show the government how important DLA is for people with a learning disability and what an impact it has on their lives. Please help us by filling in our short on-line survey here:

<http://www.mencap.org.uk/page.asp?id=15490> Alternatively try: <http://snipurl.com/zw75c>

Best wishes

Jane Alltimes Telephone Campaigns 020 7696 6916

WELFARE SHAKE-UP

The government has announced plans for a radical reform of the welfare to work system. They include a new single 'Work Programme' which will offer personalised support to people on a range of benefits, including Job Seekers's allowance, Incapacity Benefit and the new Employment and Support Allowance (ESA). The outline proposals, announced in May, for a Welfare Reform Bill by saying that people should be supported into work and that those who refused jobs could face sanctions.

The government is also proposing to speed up the process of assessing existing incapacity benefit claimants in order to place them onto ESA. The assessments of over 2.6 million existing claimants will begin in October.

Mencap and other charities have voiced concerns over flaws in the assessment test for ESA after high numbers of seriously ill and disabled people across England and Wales have been found 'fit for work'

COALITION GOVERNMENT CONSULTS!

With the country experiencing the largest peace time deficit, members of the public, including you and I, were invited in May to send in ideas for tackling the problems facing Britain and asking us how to save money! <http://spendingchallenge.hm-treasury.gov.uk/> (now closed)

It was meant to show that new government is listening, but after a major public consultation on the coalition's policies, it emerged that Whitehall has rejected every single idea or suggestion for change. It really does make you wonder why we bother and another waste of money!!!

COUNCIL TAX reduction

According to one of our members if you are caring for a disabled person over 18 for over 35 hours per week and they are receiving high rate DLA, you are entitled to 25% reduction as a carer and the cared for person is also entitled to another 25% off your council tax bill

BUT this does not apply to husband and wife

For more information contact Kingston council for full details and to apply for a reduction

HOME FARM TRUST (HFT)

Hft Cheque Presentation from Memorial Rugby Match

Last month saw the presentation of a cheque for £3,300 to Hft which was raised from the 15th Frank Walsh Memorial Rugby match in April at Kingston Rugby Club. Rosaleen Walsh, the event organiser, presented the cheque to Sue Powell, Development Manager at Hft Kingston Branch.

Hft provides support to local people with learning disabilities to live independently in our community. The money that was raised will go towards providing a new karaoke machine, disco lighting and soft furnishings in their community room.

Over the last 15 years The Frank Walsh Memorial Match has raised a total of £33,000 for local charities enabling us to continue with this annual event and support worthwhile causes in our community.



WELMEDE activities

Welmede continue to offer various activities for groups and individuals with a learning disability living in and around the Kingston area. Their vision is to change things for the better so that choices and opportunities are the same as everyone else.

There is a Bowling group; Friendship group; Allotment opportunities; Evening social club; Rambling group; Disco events; Under 35 Social group as well as day trips and holidays

To find out more and receive a full list of dates for all activities please contact:

Andrew Stride 01932 571 666

DONATIONS

Thanks to the Rotary Club, Laura Commins, Surbiton Historical society and many others

We have made small donations to HFT Thetford Road and to St Ann's lodge - both to help buy new modern television sets for their lounges.

We have a small fund that we set aside for donations to Kingston Mencap members, be it for the extras or something of a more urgent nature, so if you wish to be considered please write to the trustee committee.

All requests will be considered but we have small limited funds so we cannot guarantee we will always be able to help.

ENHANCEABLE

EnhanceAble, the Kingston-based charity dedicated to providing support services to adults and children with disabilities; this month launched **EnhanceAble Living**, its new social care service.

EnhanceAble Living provides services which are important to people with disabilities and reflect the charity's commitment to empowering its service users to live more independent and enriched lives. Some of the support offered includes: assistance with paying bills and managing money, health and well-being, going shopping, cooking and cleaning, learning new skills and planning social opportunities.



The social care sector is changing the way it tailors support to meet people's individual needs and give them more control and choice. **EnhanceAble** believes the role of charitable organisations for people with disabilities will become increasingly important as a result. Its high quality, expert services are run by people with passion and long-standing experience, well-qualified to embark on the **EnhanceAble Living** enterprise and meet the changing needs of the future.

Anyone who needs support in their own home or in the community can contact the **EnhanceAble Living** team for a free confidential discussion on 020 8541 3444.

Lynda East

VETTING & BARRING

The new Vetting and Barring Scheme that was launched in October 2009 has now been put on hold by the new government, as they believe it is too strict!

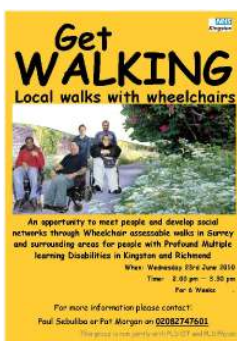
This new scheme was introduced to ensure that everyone working with children or vulnerable adults are checked and registered and to prevent unsuitable people from undertaking certain paid or volunteer work and was designed to be both simpler and more comprehensive.

It will be regulated by the Independent Safeguarding Authority (ISA)

Heather and I have attended a whole days training in London getting to grips with this new scheme and are now left wondering if we have wasted our time!

Update in the next newsletter.....

GET WALKING



Get Walking - an opportunity to meet people and make friends through accessible walks in Surrey and surrounding areas, including people with profound and multiple learning disabilities in Kingston and Richmond.

For more information contact:
Paul or Pat : 0208274 7601

LIBERTY FESTIVAL

Come along to the Liberty Festival on Saturday 4th September from 1-5pm at Trafalgar Square, a FREE event to celebrate the contribution of deaf and disabled people to London's culture.

This year Liberty includes:

Sport and Arts; Aerial Performance;

Street Arts; Children's Arts;

Cabaret and Comedy; Music

Liberty welcomes everyone and is friendly and accessible <http://www.london.gov.uk/liberty/>

NEW on-line Forum

There is a new on-line Forum being launched very soon www.ldforum.net

The **LD Forum** aims to be the friendly online discussion place for people with learning disabilities, their friends, families, advocates and supporters. What makes it different from others is the ability to have real time discussions, post messages immediately, be controversial (in a nice way of course), advertise your event for free, even sell your unwanted stuff! To help get us started we would be very grateful if you could take 5 minutes to go to the forum and have a look round. Then if you like what you see, register and try a post, even a short reply to someone else. Even if it's just to say "I agree!" Or post something to say you don't! Either way, that's what makes a forum. This will make sure we have some discussions started before we launch and have a community that we're sure will grow into the place to share, discuss and find out all you need to know or want to tell others. www.ldforum.net

STUD FARM update

Naomi Blackwell was the successful applicant for the post of work based activities and has now taken over the running and development of Stud Farm, Victoria Park Café and the newly developed sandwich service, and the new venture 'Canbury Park Café'

"Hello" my name is Naomi Blackwell and in July I started my new job as the Work Based Activities Manager, based at the Causeway centre in New Malden. This is a new borough as well as a new job for me, though I hope to get to know your faces and names over time. My job involves managing the work based projects for adults with learning disabilities in Kingston. I will also work with others to develop new work based activities so that people can experience working life. The aim is that these opportunities will include paid employment in the future, wherever possible.

If you have any bright ideas about work based opportunities, please get in touch at:

Email: naomi.blackwell@rbk.kingston.gov.uk or phone: 020 8547 6650



A CHANGE OF NAME AND A MAKEOVER!!

The Causeway Centre has changed its name to 'Kingston Day Services'

A Day Activity Provider Service based at the Causeway Centre.

Kingston Day Services have recently established contacts with The Princes Trust 'Kingston 33' a group of young people who were looking for a project in need of re-decoration of their premises. Having raised money by walking the length of New Malden High Street in fancy dress the group arrived with paint and paint brushes and set to work to redecorate the main corridor, staff resource area, the bungalow area and a changing room. For 8 days they worked as a socially integrated team with great humour and laughter coupled with an enormous amount of hard work and the ultimate transformation undertaken to the Centre was received by service users with great enthusiasm and gratitude.

In recognition of the support from **Kingston Day Services** Pauline Dalglish was invited to be Guest Speaker and **Helen Lay** was supported by Tracey Hood to make the Presentation of Certificates at the 'Princes Trust Kingston 33 Presentation Evening' on the 4th August 2010. To further links and collaboration we will continue to offer opportunities for work experience placements for members of the Princes Trust interested in a career within Learning Disabilities. On Tuesdays during the month of August **Kingston Day Services** are facilitating an Activity Day programme for 19-23 year olds to keep in contact with each other over the summer holidays. On the 29th July we held a 'Meet and Greet' Open Day and look forward to great days out in the summer.

Our massage sessions at **Kingston Day Services** for service users and carers are proving to be a great success and can be booked by appointment. Naomi Williams having previously run her own jewellery website company is supporting our jewellery session and has many exciting ideas to bring to this session on a Wednesday afternoon.

Coming soon will be a hard copy and pictorial booklet of available sessions.

In the meantime information on sessions can be obtained from:

[www.kingstonld.info/information&support/learning&leisure/Kingston Day Services](http://www.kingstonld.info/information&support/learning&leisure/Kingston%20Day%20Services) Causeway

Yvonne Upton	Admin support	0208 547 6650
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Pauline Dalglish	Senior Activities Co-ordinator	0208 547 6654
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Jean Brooks	Day Activities Manager	0208 547 6652
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Or just drop in and see us we look forward to welcoming you

Learning Disability PARLIAMENT

Parliament Drop-in Dates

1st Tuesday in the month anytime from 6-8pm



Dates

7th September; 5th October; 2nd November; 7th December

Parliament office:

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

For information: ldparliament@hotmail.com

Marie Cummings and the Parliament: 0208547 6645



BOOGIE NIGHTS

Boogie Nights are discos for people with learning disabilities over the age of 18 years

They are co-ordinated by Jill Kemp and the disco committee and are held at:

Kingsmeadow, Jack Goodchild Way, 422a Kingston Road KT1 3PB

Pay on the door £5.00 (carers go free)

Next Boogie night is 27th August and we have more karaoke which we found extremely popular in April

FOR MORE INFORMATION CONTACT: Jill Kemp 07752 636357



COMMUNITY LEARNING DISABILITY TEAM

The Community Learning Disability Team (CLDT) - Care Managers, Review Officers, Speech and Language and Community Nurses have all moved from the Crescent in New Malden to the Learning Disability HQ at:

Sessions House, 17 Ewell Road, Surbiton KT6 6AQ

This final move means that all the RBK learning disability teams are now under one roof!

All the team telephone numbers are the same



SAY NO TO ABUSE



Are you being hurt or upset?

Abuse is wrong and we can help!

There are different types of abuse including Physical; Sexual; Emotional; Financial; Neglect; Discrimination

You should tell someone you trust like a friend or support worker or call Piers McNeill who is the adult safeguarding co-ordinator 0208547 4735



SPOTLIGHT on KEEPING SAFE INFORMATION DAY

Kingston Learning Disability Parliament is holding a BIG day about keeping safe on Tuesday the 7th September 2010 at Kingsmeadow and the day will be split in to a morning and afternoon.

Morning Session

9.30am to 12.15

Afternoon Session

12.15 to 3pm

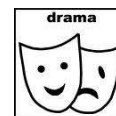


Parliament held a Keeping Safe day last year that was very successful and with more people travelling and living independently, MP's on the Parliament feel it is important that people know how to keep safe when out in the community and when using transport, however the day will also be suitable for people who travel with support.

There will be workshops from the police around the role of the Safer Neighbourhood teams, how to keep safe when using public transport and a workshop with the fire brigade on safety in the home and the option to sign up to a home safety check.



There will also be two short interactive drama productions around keeping your personal belongings safe and choosing between walking down an alley way or a well lit street.



MP's ask that you support the person you live/work with to:

- Read through the letter and flyer about the day
- Support people to fill in the reply slip stating the time they wish to come, their name and post code
- Support people to send back the reply slip by 18th August



Parliament needs this information so the workshops can be planned, information can be given individually about **their** safer Neighbourhood team and that we order enough refreshments.

If you would like any further information please call the Parliament office:

020-8547-6540 or 6645 or email ldparliament@hotmail.com

Kind regards

Kingston Parliament



In case of Emergency

Keep Safe

Name: _____

Produced by the Parliament for People with Learning Disabilities in Kingston.

This card belongs to the person stated above. It is for use in an emergency.

The card has details of who to contact if the person needs help from someone who knows them well.

There may also be information to help services and the general public understand the best way to talk to and help this person.

About me

Keep Safe



Keeping Safe Information Day
for people with
learning disabilities

MEMBERS BIRTHDAY.....

Happy Birthday to all in June: Marie Gold; Sajjas Sadiq; Paul Ascot; Laura Hannan; James Cottrill; Joshua Peck; Greg Rata; Chelsea Jane Randall; Gary Bateman; Jehan Din; Maruf Ahmed; Robert Brent; Martin Dawson; Susie Skinner; Joyce Dendy; Pat Gilligan; Daniel May; Amy Lawrence; Harry Brennan; Rebecca Alexander; Sam Oliver; Andrew Miller; Wyne Thibaut; Jack Whelan

Happy Birthday to all in July: Michael Balding; Emily Bird; Caroline Hanna; Barbara Fyffe; Hannah Notermans; John Harrison; Amy Adamson; Alex Lacey; Scott Hastings; Jem Eutace; Gurminder Hira; Peter Armstrong; Denzel Go; Natalie Baker; Julie Castle

Happy Birthday to all in August: Louise Phillips; Caroline Ellis; Kirstie McDonald; Warami Tuoyo; Charlotte Livermore; Phong Pham; David Bennett; Jake Read; Christopher Richardson; Santosh Beharry; John Winter; Michelle Hawes; Heather Hobart; Joshua Barley; Sam Sparkes; Lorraine Cain; Dena Russell; Clifford Littleworth; Stuart Taylor; Magali Perret; Robert Uridge

Members News

Steve Davies

1965 - 2010



May I take this opportunity to thank all of you for your kind phone calls and messages of condolences and offers of support during this very sad time.

Firstly, may I thank all of you who attended Steve's funeral on 21st June. Although it was a sad occasion, my family was very touched by the larger than expected turn-out on the day.

I would also like to express my thanks for all the very generous charity donations received - they have now been forwarded.

Hopefully all who attended the tribute party on Saturday had a wonderful time, as I did - if I did not have the chance to speak directly to you - I can only apologise - but those who attended will know what a great success the party was. This was all down to Melissa at HFT, who organised it.

I must say that Steve would have been very impressed and loved every minute!

Once again, all your messages have been greatly appreciated by myself and my family.

Thank you Jean Davies

Phillip Howell

1983 -2010



After a short but unexpected illness Phillip passed away in Kings College Hospital on the 7th June, aged 26.

He had been living for the past five years at The Meath in Godalming but on his visits home at weekends had enjoyed many of Kingston Mencap's activities.

He will be sadly missed by his many friends both in Kingston and Godalming.

Mitchell and Caroline on holiday in Mauritius with Ann Fernando.



They had a wonderful time, enjoying the lovely beach and nice sunny weather. They went around the island, trying the different tropical fruits and fresh seafood.

Get Well Wishes To Eva Diamond

Thanks to everyone who send in old mobile phones and used stamps - keep them all coming!

Katie and Katherine moved into their new supported living home at the end of July and are now waiting for Phong to move in too!

SONY DIGI BOX available for small donation to Kingston Mencap - Top of the range and can offer help to set up
Contact Pat 8977 9021

Welcome
New
Members

**James Vellis-Smith
Sam & Amanda Oliver
Sanela Cox
Rebecca Alexander
Saddiq Muying**

So pleased you have
joined us!

If you have any comments or suggestions or any news you wish to share with other members please let me know.

We are always interested to hear 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.