

KINGSTON MENCAP Newsletter

Understanding learning disability



Trustee Committee 2010/2011

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

Dates for Your Diary



Senior Party
 date to be confirmed

Flag day
 23rd October

Christmas Fayre
 27th November

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Dear Members, Friends and Supporters

The newsletter is the best way of keeping members, friends and support staff up to date with what we are planning locally and general updates of interest.

Some of our members have moved from the Kingston area, although their disabled family member still lives in borough, so this at times will be their own link!

We are always interested to hear of news from members and individual stories to share with everyone so please keep sending them in.

Please do let us know if you have any new ideas, we are always open to suggestions, to improve the lives of everyone with learning disability living here in Kingston.

Have a good summer!

Gill Wood

AGM on 23rd March 2010

The AGM held on 23rd March at Dysart School was well attended with over 60 members and friends.

Simon Pearce gave a general update on learning disability services and Mencap Chief Executive Mark Goldring gave an insight to the work going on nationally and the work with local groups.

We were grateful that both Glen Mills and Rachel Lundy were in attendance to answer questions relevant to adult or children services and the L.D. Parliament talked about the past year and all their achievements in what proved a very busy year!

We were very disappointed that Kenny Gibson, the Primary Care lead, was unable to attend at the very last minute, but we can pass questions through via the Health Group.

We are so pleased to have found not only a new secretary but at last a treasurer, which will help share the load enormously.

A presentation was made to Cherie Furniaux for her hard work and commitment to Kingston Mencap and in recognition also made an honorary member.

The Victoria Café provided the very professional refreshments in what proved to be a very well supported informative evening.

Any ideas to make next years even better please let us know.

If you have received this newsletter and are no longer interested please do let us know so we can take your name and address off the list.

We want to send out the Newsletter to as many members as possible by email, to save time and money and to make sure news gets to you quicker and easier.

If you have an email address we can use please let us know

Email: gillcwood@blueyonder.co.uk or telephone 0208540 1399

JAZZ NIGHT on Saturday 8th May

The Trad Jazz night organised by Iris Todd was another evening of good music and entertainment for members.

Almost 60 people filled Dysart School hall for an enjoyable musical evening provided by the "Blue Moon" Jazz Band

Iris organised a Pizza supper and prepared her wonderful salads to accompany.



The Raffle raised £75.00 with all prizes donated by members and friends.

And although we just want to break even on these night Iris managed to make a small surplus for funds

Thanks to committee and volunteers who always support members at these events and a very big thank you to Iris for another very successful good evening for members.

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 and the next meeting will be held on Wednesday 2nd June

EVERYONE WELCOME

WILLS & TRUST EVENING

At the Carers Group meeting on the **7th April** we invited along a local solicitor to talk ***'About making a Will and Providing for your son or daughter by setting up a Trust'***

What appears very complicated, Daniel Sheridan made easier to understand, and members came away with a very informative booklet.

Daniel Sheridan practices in Kingston and has a sister with learning disabilities so is very knowledgeable and will provide information and advice on the best way to provide for your family member.

Along with this newsletter you will receive the information booklet which we hope you will find useful and help you start to make plans for the future.

Making a Will and providing for your son or daughter with a learning disability by setting up a Trust



The voice of learning disability

Charity No: 210583

SATURDAY DROP-IN

The Drop-In has really got going in recent weeks. We now have about 30 people attending each week and it's great to see lots of different faces there from week to week, as well as our die hard regulars

There are now 2 leaders in place: Michelle Kitch and Zerrin Izli. Both are lovely welcoming people who are going to do a great job at the drop-in so don't let a new name and face put you off.

In addition we have recently acquired some new volunteers who enthusiastic enough to be there most Saturdays. Now that numbers are up, our volunteers really are very important.



Zerrin & Michelle

The 17th April saw our Spring Party which was attended and enjoyed by over 30 people. Big thanks to Melissa who cooked 2 tasty Chillis and a mountain of rice.

Thanks to Ali for cutting up all that Salad with a blunt knife, to Michelle and her daughter who must have spent hours cutting up little squares of paper for their lovely Spring Mosaic activity



and of course to Greg for his DJing. Well done all

Although it will be Michelle and Zerrin that you will most likely to see at the Drop-In from now on, I will still be coordinating it so please contact me if you have any questions or ideas or would like to offer some volunteering hours.
Jill Kemp 07752 636 357 email: jillkempsupport@hotmail.com



HOLIDAY HOUSE in Christchurch

Members have made lots of bookings and the busy summer holiday weeks are now all full, but we still have some earlier weeks available and short breaks free in both May and June and lots of dates free in the autumn.

If you are considering a break and would like to receive a brochure please let me know and I will email or send a copy in the post.

We kept the booking open for Kingston Mencap members until April but have now opened up to others.

If you are interested in a week or short break please let me know. Any questions please contact Gill 0208540 1399



NB. Please note Cherie Furniaux is no longer taking bookings

SEEKERS CLUB update

March began with the Bingo evening with some lucky members taking home small prizes. The Parents Night on the 8th March was well attended and the pizza & salad supper seemed to go down well, as did the fruit punch, lagers and coffee.

There were many bargains on the Bring & Buy stall which made £115.22 and a further £94 was raised on the raffle, which all went towards the expenses of the evening and towards our summer outing to Wicksteed Park

Details will follow later.....



March 15th was a new venture a Strictly come Dancing evening with our very own celebrity panel judging and giving their comments. Some spectacular dancing with the eventual winners David Bennett and Helen Lay.



The Judges



Nicky & Lorraine



The Finalist's



St Patricks night

22nd March was St Patricks night birthday disco with a green theme and the following week a Easter hat parade & Easter cake decorating with every member going home with an Easter Egg



After the Easter break, we are still trying to book Helen Watson, we had an X factor night with a celebrity panel judging again! A hard task with all the budding talent in Seekers club - Simon Cowell does not know what he is missing!

The April birthday disco had a real spring theme with yellow and white the colours chosen by members.

April finished with a Morris dancing evening for May Day, red and white worn by all the members, making a real effort to wear the colour of the evening and Pat as usual took many photographs.

Club breaks for May day bank holiday
June and Shirley (club leaders)



NEW LEADER: June and Shirley will be standing down as leaders in July and a small sub committee have now begun to make plans to find a new one!

If you or anyone you know are interested and want to apply for this new paid post please let me know. Applications before 31st May

Gill Wood (0208540 1399)

FUTURE FRIENDS

Everything gets better as the days lengthen. More daylight means it's safer for our members to travel to future friends on their own and it's great to see more and more of them arriving without parents and support workers in tow, having negotiated buses and taxis and walking routes alone. Well done to all of them

We began our spring agenda with a trip to Rotunda for bowling. Well done to David Bennett for getting the highest score of the night.



Last night was a meal at the Noodle Express which was very well attended (why are there always more people when food is on the agenda?)

On June 10th Future Friends will be doing a sponsored swim. Spartans Disabled swimming club have kindly agreed to let us have a lane of the Malden Centre pool during their club session and our members have the challenge of swimming 250 lengths between them. Considering we have some excellent swimmers in our club, I think we could go well pass that number!

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

XPRESSION Kingston Mencap Youth Project

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

On Tuesday 4th May we received a visit from 'Abundance' an African drumming and dance duo. Members and volunteers joined Fola in making music and a very loud drumming session!



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

David Cafferty Xpression Club Leader: 07749 275 425

London Eye & River Cruise 25th May

We are planning to take a small group of members with a learning disability to the London Eye followed by lunch and a Thames river cruise on Tuesday May 25th, we will be travelling to London by train.

We will meet at Surbiton BR station at 10am for our journey to Waterloo, where we will have a leisurely walk before arriving at the London Eye for our ride at 11.30am

This will be followed by a picnic lunch before boarding the boat for a river cruise at 1.45pm

We should arrive back at Surbiton by around 4pm

A contribution of £5 is requested, the rest of the cost will be subsidised by Kingston Mencap. You will need to bring your Freedom Pass and any spending money and should be able to meet up and be collected from Surbiton BR at the arranged times.

If you are interested please contact **Heather 0208549 7450** as soon as possible.

Priority will be given to members who have not previously or recently been on any Kingston Mencap days out, but will then be on a first come first served basis



THAMES DITTON MINATURE RAILWAY

The Malden & District Society of Model Engineers have kindly given us a free day on Sunday 20th June 2010 from 2.30pm - 5pm

Passengers of all ages may ride, but under parent/carer supervision.

This year you will be able to ride the new custom-built carriage to cater for those with mobility problems. The vehicle was designed from scratch with volunteers spending over 2,500 hours designing, building and testing. A donation made by the Gannett Foundation allowed the project to go ahead.

There is no charge for this event but we run a Raffle and the very generous ladies in the Tea Room provide marvellous teas and cakes so I do hope you will be able to make a donation. All proceeds go to Kingston Mencap

See flyer enclosed for full details



LAURA COMMINS IN BUPA 10K RUN FOR KINGSTON MENCAP

On 31st May Laura is running in the Bupa 10k run around London and all the sponsorship money she raises will be coming to Kingston Mencap.

Laura has been volunteering at Future Friends for the past year and is a great asset to the club and we hope she will continue for a long time!

Laura hoped to raise £300 but to date she has raised a magnificent £447.02

If you would like to support Laura go to www.justgiving.com/Laura-Commings



VALUING PEOPLE NOW - March 2010 update

When Valuing People Now was launched it wanted people with learning disabilities to get a fairer deal.

A year on, has it made a real difference?

Now, more people are having annual health checks, more people have greater choice about where they live and there is progress developing support for people who want to find a job.

This is good news to make life better for people with learning disabilities, but just the start!

Valuing People now expect change to happen even faster in this second year of the strategy and this time next year it is hoped more people with learning disabilities will be in paid employment, have more choice about where they live and there will be more awareness of their needs at every level of government.

UPDATE ON VALUING EMPLOYMENT NOW

Update on Valuing Employment Now (Real jobs for people with learning disabilities)

The Valuing Employment Now (VEN) team has been working with the regions, demonstration sites and partner departments to develop a range of resources to promote best practice and support local and regional delivery of VEN.

The first batch of resources will be available on the Valuing People Now website from end of March 2010

Charlotte Spencer, VEN team leader, explained: "We decided to share the resources on an online 'hub', rather than producing a printed pack, so that we can continue to build on the resources as more learning comes through"

The first batch of over 30 resources includes:

- A new 10 minute DVD, 'Real lives, real talent, real jobs' featuring the stories of eight people with moderate to severe learning disabilities in real jobs. The film also features family carers, support staff and employers;
- The Government's draft definition of support employment & job coaching
- Tools to help make sure people with learning disabilities get good support
- Case studies featuring people with moderate to severe learning disabilities in full time jobs.

Kathy Melling, Employment Lead for Valuing People Now

Go to: www.valuingpeople.gov.uk/venresources

CHILDREN



LONDON ZOO

There is a Special Children's day at London Zoo on Saturday 12th June from 10am to 5.30pm

ZSL London Zoo are able to offer reduced rate admission for this day for children with special needs and their families but to be fast tracked through the queues you must book and pay for the tickets before the day.

Children under 3 go free; 3-18 years £8; Adults £12 and essential carers go free

Contact: Steve Marriott for more details 0207449 6551 or email steve.marriott@zsl.org

Or visit www.zsl.org

Kidz Stuff Festival

This is being held on June 4th, 5th and 6th at Horsham Park from 10am to 6pm

Friday 4th June for children with Special Needs and their Families and Friends

Tickets range from £5 - £10 depending on Show Day and number purchased. All under 2 go free

Tickets 01403 750220



'I COUNT' Register services

The 8th report of the Kingston Register for children and young people with disabilities or special needs was published in March 2010 and includes lots of statistics and details of the wider use of the 'I Count Card' (the registered trademark of Register Services).

The 'I Count Card' is sent to all registered Kingston children and young people with disabilities as they register. The card, originally valid for 5 years (now until December 2011) is distributed with a list of organisations who have agreed to accept it. A benefit is that it can be used across boroughs as well as at national attractions. The list of accepting organisations and facilities grows all the time and an up to date list is always available on: www.i-count.org or via the link from www.registerservices.nhs.uk or Tel. 0208544 6166

FULHAM BADGERS

It is now official, the Fulham Badgers, the downs syndrome football team are off to Hong Kong. We have made a donation to help support the team and wish them well when they go off later this month!



YORDA ADVENTURES - mini update

Play Schemes for Half term 31st May-4th June

Monday to Wednesday for ages 10+

10am-4pm

Thursday for ages 5-9 years

10am-4pm

Donations of £1-£8



Family fun Session on Friday 1pm-3pm ages any child up to 12 years
Please bring the whole family as there will be a sensory story followed by free playtime.

Contact Charlotte 07545974734 by 19th May

Quiz at Dysart £10 per head 7pm for 7.30pm start

Fish and chip supper and raffle contact Liz for tickets 0208412 2600

Surbiton Farmers Market

On Saturday 15th May 9am to 1pm

We will be at the market in maple Road, Surbiton telling the local community all about us! Do come and say Hello!!

Laura Smythe 07939844978

Email Laura@yordaadventures.co.uk

NEWS FROM ROYAL MENCAP.....

Serious About Sport Event will be held at the Millennium Arena, Battersea Park, Albert Bridge Road, London SW11 4NJ on Sunday 10th June 10am - 3.30pm

This is 1 day sports event for all people with learning disabilities aged 8 to 80

Sports on offer: Long jump; Running; Basketball; Judo; Boxing; Tag Rugby; Football; Tri Golf

£3 to enter - Carers and supporters go free

Call Amanda for an application form or to find out more information 07946 675 884

LEARNING DISABILITY WEEK 21 - 27th June 2010

'Getting it right'

This year, Learning Disability Week will take place from 21-27 June, and the aim of the week will be to improve the rights of people with a learning disability to equal healthcare on Getting it right campaign

During the week, Mencap will launch its 'Getting it right' charter, which primary care trusts and hospitals will be asked to sign up to.

The charter is based on the belief that everyone has the right to equal healthcare, including people with a learning disability.

To find out more go to www.mencap.org.uk/ldw or call the Campaign Team 020 7696 5613.



Snap! 2010

Snap! is the photo and short film competition Mencap holds every year.

Snap! will be open for entries on 15 March 2010 and the closing date is 21st June

Now is the time to start taking photos or making films.

We will be looking for:

- photos or films of people with a learning disability
- photos or films taken or filmed by someone with a learning disability
- Each entry will also need to include a brief story about why you took the photo or made the film
- We want you to send us photos and films highlighting what makes you happy, sad, angry, excited and proud. Everyone has a story to tell and we want to hear yours. There will be great prizes for the winners

To find out more go to: www.mencap.org.uk/snap



AUTISM STRATEGY LAUNCHED

An Autism strategy '**Fulfilling and Rewarding Lives**' was published on 3rd March by the Department of Health and this aims to help adults with autism in England to find work and lead independent lives by making changes to public services.

Currently 15% of people with autism have a job, and 49% live at home with their parents. Although autism is not a learning disability, a 2005 National Audit Office report found that around half of people with autism also have a learning disability.

This strategy includes plans for a national autism programme board to lead the changes, guidance on making public services accessible, and autism awareness training for Jobcentre Plus staff. It also sets out a programme to develop training for health and social care staff - supported by a £500,000 investment.

Care services minister Phil Hope said "this strategy will start a fundamental change in public services" and is backed by the autism Act 2009, which requires local authorities to collect and share information about people with autism and aims to improve local planning and delivery of services.

Mencap welcome the autism strategy, however as learnt through the learning disability strategies Valuing People and Valuing People Now, implementing such plans can prove difficult and there needs to be real commitment to see this through.

Go to www.dh.gov.uk/en/dh_113369 to find out more

PROMOTION OF PERSONAL BUDGETS 'INADEQUATE'

Local authorities are failing to provide vital information on personal budgets for disabled people, according to new research. According to the delivery plan for 'Putting People First', all English councils should be offering personal budgets by April this year and 30% of people eligible for social care support should have one by April 2011

A mystery shopper for disability charity 'Livability' contacted 103 local authorities (50%) they found that almost half of local authority websites had no information at all on personal budgets. Almost half of telephone enquiries were misdirected. Personal budgets have the potential to transform the lives of disabled people by giving them choice and control and yet awareness of them is woefully inadequate.

The City of London and Portsmouth City Council were the only council to score ten out of ten for the information they provide.

Kingston came joint 5th with Redbridge with overall score of 7.5 out of 10 - this was rated 6 out of 10 for the website and 9 out of 10 for telephone info.

Go to www.livability.org.uk to find out more details

SPEAKING UP ABOUT HATE CRIME

Too often people with a learning disability become victims of hate crime because of their disability and live in fear! Disability hate crime is a serious offence and if a court feels a person has been targeted because of a disability they can impose a heavier sentence. However in some cases the courts have failed to prosecute cases as hate crimes.

Mencap believes:

People with a learning disability should be free from the fear of hate crime

All parts of the criminal justice system, including the police and the courts, should work with people with learning disabilities to stop hate crime

To find out more go to: www.mencap.org.uk/hatecrime

CARERS' WEEK 2010

If you look after a friend or relative who couldn't manage without your help, join in the celebrations during Carers' Week 2010

Pampering, Health Check, Money Matters and Information Day for carers

11am - 3pm, Saturday 19th June

Noble Centre, 109a Blagdon Rd, New Malden KT3 4BD

Drop in to find out about looking after yourself, have a quick health check and make sure you're getting the service and benefits you're entitled to. Walking distance from the New Malden High Street and parking on site. For information or to book a treatment, contact Kirstie on **020 8547 6124**

Thames Walk for Carers Sunday 13th June

Join people of all ages in walking up to 10m taking in the sights & sounds of London's riverbank & raise funds for Kingston Carers' Network

For details or to register, contact Maria on **020 3031 2751**

PARTY! for Young Carers' 4 - 6pm Thursday 17th June Surbiton

Food & entertainment for children & young people looking after a disabled mum, dad, brother, sister or someone else at home.

Let Monika know you're coming
020 3031 2756

Hampton Court by River Boat Wednesday 16th June

A great way for carers to take time out and meet other carers. Lunch and boat trip paid for. To book call **020 8547 6124**. For carers who have not been on our trip before

The last 'Caring with Confidence' training started on 29th April and if you want to join the next course please contact Kirstie to register. The course provides carers with an introduction to Caring with Confidence, a taste of the other sessions you can choose from, the opportunity to start exploring some of the essentials of caring and helps you to look at what matters to you.

Contact Kirstie Cochrane for more information or to book a session in Carers Week
Tel: 0208547 6124

ADULT SERVICES ARE CHANGING

There is going to be some significant changes happening in Adult Social Care Services in Kingston. These improvements are happening across the country and are often referred to as "Putting People First" or "Transforming Social Care"

The changes planned are to make sure the service and support on offer will keep people independent, safe and well.

By now everyone should have received notice of these proposed changes and an invitation to the event day on the 13th May "Your Say Day"

The consultation runs until 18th May and people can say what they think of the planned changes by answering some set questions or come up with their own comments and views.

After that, they will write a report detailing the consultation results and setting out their plans for the future to the Executive committee to consider in June 2010

You can find out more information on the website: www.rbk.kingston.gov.uk

For more information contact: c/o Nicole Marcangelo 0208547 4646

Avril Mayhew

Roadmap 2025

In December 2009 the Office for Disability Issues (ODI) launched 'Roadmap 2025', which highlights 14 key themes that disabled people identified as essential to delivering the vision of disability equality. It includes information about what government departments have achieved on disability equality and what they plan to do next.

The report can be downloaded from: www.odi.gov.uk

CAUSEWAY NEWS UPDATE

The main piece of news from the Causeway, that after 3 days of interviews, 2 new managers have been appointed to Kingston Day services.

I am pleased to let you know that after a successful interview Jean Brooks has been offered the role of Day Services Manager and will be managing and developing the day services currently running from the Causeway and will take up this appointment soon.

There was also a successful applicant for the post of work based activities and all being well with be in post in June and will take up the running and development of the Stud Farm Nursery, Victoria Park Café and the newly developed sandwich service.

We have taken the first few steps in starting a gardening service and Jeremy Osborn, who works for BTCV at Stud Nurseries, will be helping us set up a gardening service.

The best good piece of news is that the bus is now running direct to the nursery, rather than via Causeway!

Jackie Batten

VETTING & BARRING

The new Vetting and Barring Scheme was launched in October 2009, when some key safeguards and legal duties came into effect, 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.

The new scheme is designed to be both simpler and more comprehensive and will be regulated by the Independent Safeguarding Authority (ISA)

Anyone wanting to work or volunteer regularly with children or vulnerable adults will be required by law to become registered with the ISA, and employers will be legally required to check that new employees are registered.

Everyone who applies to register will be vetted in a similar way to existing Criminal Records Bureau (CRB) arrangements (this does not replace CRB checks but in addition).

On 26th July 2010 you can apply for ISA registration either as paid or voluntary worker.

This means when Kingston Mencap recruit any new volunteers or workers after this date, we will be checking their ISA status.

By 1st November 2010 this registration will become mandatory for any new worker or volunteer.

This means no new volunteer or worker can start before they are registered with ISA

We are gearing up for the new changes and two Kingston Mencap trustees have already attended the government training and will register for vetting and barring.

By April 2011 all existing volunteers will need to be registered with ISA

More news in next newsletter.....

If you want to find out more now go to: www.isa-gov.org.uk

Learning Disability PARLIAMENT

The Parliament are looking at using Dial-a-Ride and any problems and issues and ask you to contact them if you have had trouble accessing this free service.

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

Dates

6th April 2010; 4th May 2010; 1st June 2010; 6th July 2010; 3rd August 2010

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



HFT - Are you looking for house mates?

If you are you looking for house mates please get in touch.....

A lady who comes to the resource centre is looking for 2 to 3 people to share a supported living house.

If you know of anybody who is looking to move please contact me at the HFT Resource Centre on 020 8942 9769.

We can then talk in more detail.

Look forward to hearing from you soon.

Sue Powell : Development Manager



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

They are held at:

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

Pay on the door £5 (carers go free)

Next dates: 2nd July; 27th August; 29th October; 17th December



SPOTLIGHT on our Volunteers

Kingston Mencap has always attracted a marvellous group of people to volunteer and help support us and our members, be it at one of the weekly clubs, at social events or helping to fundraise.

Some of the volunteers are parents or family members but many are friends.

We have people offering to help who have had no past contact with learning disability but just want to volunteer.

Many of our volunteers have helped us for a long time but we are always looking for new younger people to come forward.

The work we do is totally reliant on volunteers, especially when fundraising on Flag Awareness Day or helping at the Christmas Fayre (making goods before the event or helping on the day)

One thing all our volunteers have in common is that they are all interested in helping Kingston Mencap and our members with a learning disability.

NEW VOLUNTEERS

When first contact is made with Kingston Mencap we always ask volunteers to complete an application form and provide 2 referees, and once agreed we request a CRB disclosure.

Criminal Records Bureau (CRB) checks provide important protection for vulnerable people. There can be nothing more important than ensuring vulnerable members of society are properly safeguarded. In addition we will now be required to check the status with ISA (new Vetting & Barring scheme)

Volunteers help us in so many ways and we are forever grateful to them all, be it for an hour or two each week or just once a year, without you we couldn't run all the Kingston Mencap activities.

THANK YOU EVERYONE

LEE HOPE ran the London Marathon in just over 6 hours
Lee raises funds each year for Royal Mencap
Well Done Lee



MEMBERS BIRTHDAY.....

Happy Birthday to all in March:

Bruce Read; Laurie Robson; Vanessa Poon; Phillip Hitchen; Roland Berry; Natalie Francis; Una McCormack; Cherelle Govier; Gillian Hacker; Julia Kelly; Claire Sheridan; Louise Monks; Richard Laslett; Lee Chung; Nicola Ford; Nicky Watkins; Roger Taylor; Michael Birch

Happy Birthday to all in April:

Sophie Thornton; Jon McGrady; George Bowman; Daniel Wolff; Claire Hitchcock; Katie Knowles; Nicholas Sims; Malcolm Gubby; Lawrence Murphy; Owen Hughes; Dexter Hutcheson; Louise Hein; John Diamond; Kiri Mompalao; Amy Fraser

Happy birthday to all in May:

Johana Owston; Natalie Furniaux; Kim Bright; Graeme Green; Margaret Rose; Steven Close; Diana Todd

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

Please join us in thanking Vicky Hope who sends out all the birthday cards and voucher

Members News

Louise Hein



Louise celebrated her
30th birthday
on 25th April
with a big birthday party
Many Happy Returns Louise
*from all your friends at
Kingston Mencap*

Thomas Barker

This year is the 40th anniversary of the foundation of the Downs Syndrome Association and they have planned a number of events.

I wanted to mention in particular a photo exhibition which opened at the gallery in the OXO Tower on the South Bank on 17th March.

The focus is on human rights for people with disabilities.

There will be a number of portraits of people with disabilities, some of whom come from Kingston, including our son, Thomas. They were asked to bring something which is important to their lives to a session of **the Down2Earth** club, which takes place at the DSA HQ at Normansfield in Teddington.

Thomas chose his taxi card, which is very important for him!

Peter Barker



FIRE SAFETY CHECKS

The fire Brigade in Kingston is very keen to reach vulnerable residents to keep them safe from fire.

For more information on fire safety or to request a home fire safety visit contact: John Elwell:
john.elwell@london-fire.gov.uk



We were all very sorry to hear that Sandra Ormiston had fallen and broken her arm recently. Hope you are on the mend Sandra!

Get Well Wishes



to Nicky Watkins

Nicky pictured here with friends from Seekers at the 2009 Sponsored walk

Nicky is recovering after a recent operation and we hope be coming back to Seekers Club very soon.

WE ALL MISS YOU NICKY

Thanks to everyone who sent in old mobile phones and used stamps

WELCOME TO NEW MEMBERS

**Robert Uridge;
Ann Bird;
Vije Wijayasooria;
Evans family;
Mark Goldring**

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.

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