

Spring Newsletter 2023

Board of trustees

Martel Atterbury

Liz Wills

Gina Orgill

Staff

Vincent Cirillo - Centre Co-ordinator

To all our members,

We hope that you have all had a good start to 2023!

We are thrilled to share with you the latest edition of our newsletter, which is filled with updates and information about our recent activities, upcoming events, and news from our clubs. In this issue, we highlight the fun we've had so far this year and provide details about upcoming programs and initiatives.

We also take a moment to recognize the dedication and hard work of our supporters and donors, who continue to make a positive impact in the lives of those we serve. Thank you for your ongoing support and we hope you enjoy reading this edition of the Kingston Mencap newsletter.

BY VINCENT CIRILLO

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Meet the new board of trustees

I'm Gina, I've volunteered with Kingston Mencap since 2013, firstly with Xpression (now closed) and then with future friends and now a trustee! In the daytime, I'm a social worker, so I love being able to come to the club, catch up with everyone, do some karaoke and mostly, have fun. My favourite part of the club is everyone's different, lively personalities and sense of humour coming together to enjoy themselves, you'll always leave with a smile on your face!

Georgina.orgill@kingstonmencap.org.uk



Martel here, many of our members will know me from Saturday drop in and as a support worker for the Ditton Road crew. My background and full time role is sports development in Kingston and doing activities is what I enjoy the most so I am lucky to be able to do this at Kingston Mencap with you all. I am looking forward to being part of the Kingston Mencap family and making sure with your support that everyone continues to benefit from this great organisation in the future.

martel.atterbury@kingstonmencap.org.uk

Hi I am Liz, some may know me as a support worker for the Fircroft Trust where I have been employed for many years. I have been working in Kingston as far back as when Seekers was at the Causeway. I am looking forward to this new trustee role and getting more involved in the Mencap clubs. My other passions include a love for Liverpool FC, riding my motorbike, music and travelling when I get the opportunity.

elizabeth.wills@kingstonmencap.org.uk



Highlight:

**Thursday
Fun Club**



JV Dance and Fitness

Over the Easter period, we were fortunate enough to have JV come in and take over our Thursday clubs with some fantastic new activities.



These activities included arts and crafts, ball games, obstacle courses and some very competitive team games! JV also taught our members some great new street dance moves!



Our Thursday Fun Club has become a lively group of members of all ages. JV's sessions have been a fantastic way to get our Fun Club more active.

To continue this trend we are now running multisport sessions with the Fulham Foundation.





Apulstock 23
THE YEAR OF ALL THINGS MAGICAL @ FCC

SATURDAY
29TH of JULY
@ FERRING COUNTRY CENTRE

With performances from...

PETROL MONEY	IRON TYGER	DELTA 7
THE DECODES	DJ4BLUE	SUPERSTAR ARTS
THE ROCKERIES	CARBON COPY	ST JOHN'S WOOD AFFAIR

TICKETS GO ON SALE MONDAY 1st OF MAY!

 www.apulstock.co.uk  Find us on Facebook: www.facebook.com/apulstock

Camping Available on site

**£15 per ticket (+ 1 carer free) + £10 per seat on coach
for full day leave at 10am back by 8pm**

Please register your interest by placing a £10 deposit by 20th May.
Email or call Vince at vincenzo.cirillo@kingstonmencap.org.uk 07936 359260
Or speak to one of our staff/volunteers during a Mencap club

Coming up:



Rotary Dragon Boat Challenge

A fun packed day for all the family



Sunday 16th July 2023

**On the Thames at Canbury Gardens
Lower Ham Road Kingston KT2 5AU**

Organised by

**Kingston
Rotary
Club**



We need a team of able/disabled Mencap members and friends to join our team!

**Please get in touch if you are interested
vincenzo.cirillo@kingstonmencap.org.uk 07936 359260**

Coming up:



Afternoon Tea with The New MUGS Ukulele Band



Saturday 13th May
3pm - 5pm
at Searchlight

Please get in touch if you are interested
vincenzo.cirillo@kingstonmencap.org.uk 07936 359260
Or speak to one of our staff/volunteers at one of our clubs
RSVP BEFORE 10TH MAY.

Highlights from our Clubs

We have had a lot of fun so far this year with lots of fantastic activities during our weekly clubs.

Here are some great moments from our various clubs captured over the last few months.



We continue to have regular drumming workshops with Gary and Edgar on Thursdays and Saturdays. We even had a very big, very noisy session on Seekers back in March for our Brazillian night!

We had a great little Easter egg hunt at our Saturday Club over the Easter weekend. We got very lucky with the weather that day!



One of our many fantastic Ukulele nights at Seekers Club!



We had a very bright and colourful glow stick party back in March for Seekers Club!

The Morris Dancers put on a fabulous performance for our Seekers members to kick off our March programme.



Our Art Club been very busy making some amazing artworks every Thursday morning.

What would you like to do at Mencap?

If there is a particular kind of activity you would like to see more of?

Or maybe even something new that you would like us to introduce?

Please contact Vince to share your ideas:
vincenzo.cirillo@kingstonmencap.org.uk



Carers Network

BY GILL WOOD

Kingston Mencap Carers Group met up on 16th February at Searchlight with RBK staff: Nathalie Wilson, Leticia Okwabi and Rachel Lukwago.

Carers had previously sent in a number of questions relating to Transport, Respite, Supported Living and CLDT social work team which I shared beforehand with Nathalie.

With so many questions we have yet to hear some answers, but on the whole we received some good responses, one being an apology that some did not know that Jonathan Brown had left and that Racheal was covering his post. But main thing that carers found useful was to meet up face to face to discuss their various issues, which often affects other families, and knowing that someone was listening! Notes are available on request – thanks to Pat Cox.

We have all agreed to meet up quarterly to discuss other issues on Thursday 18th May 2-3pm at Searchlight.

All family carers welcome, helpful to let me know you are attending!

Regards
Gill Wood
gillcwood@outlook.com

ACCESSIBLE
FUN FOR
EVERYONE



KINGSTON MENCAP PRESENTS...

MULTI-SPORTS WITH FULHAM FC



Thursday Fun Club - 6 weeks - 20th April to 25th May
&
Saturday Drop-in 6 sessions, fortnightly from 29th
April to 8th July

Thursday Fun Club - 1:00pm - 2:00pm
Saturday Drop-in 12:00pm - 2:00pm

£5 per session

BIG PICNIC

SATURDAY 24TH JUNE



Meet other community groups at Searchlight and the Kingston Road Recreation ground as we all join together in a big picnic.

There will be some free food, soft drinks and music for all members and their families plus activities in the park with Fulham, Zumba dancing and Boxing with the newly opened Two Kings club.

*more info
coming soon*

WE ARE HIRING!

We are looking for bank staff to run our various clubs throughout the week. If you are interested, please visit the job listing at:

<https://jobs.mencap.org.uk/vacancies/28698/kingston-mencap-activity-club-leader.html>

Or email our trustees at:

Trustees@kingstonmencap.org.uk

In memory of Ben Hodges



Many members have been asking about having a celebration event in memory of Ben so we want to confirm we will be starting an art project in May at all clubs. Once the project is completed, we will hold an exhibition and fun music event in June and invite everyone along.

The provision date for this celebration is **14th July**.