

# KINGSTON MENCAP Newsletter

The Voice of Learning Disability



**Trustee Committee 2015 Chair:** Peter Hodges **Treasurer:** Mary McDonald **General Trustees:** John Phillips; George Tong; Ilze Hopper; Paul Roberts; Victoria Heath; Hope Davis-McCallion



## Dates for your Diary

Sun 19th July - Kingston  
Dragon Boat Challenge

Friday 14th August - Hampton  
Court History Talk

Sat 3rd October - Senior Party

Sat 28th November -  
Christmas Fayre & Social

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## Railway Day

Thank you to everyone who came along to our Railway Afternoon on 21st June. You were very generous and helped raise over £700, which is magnificent. Many thanks also to the Railway Society for allowing us to have a free afternoon, complete with teas, ices and train rides. There are two unclaimed raffle prizes: Blue 473 and Yellow 198. Please contact us on 020 88167500 if you have either of those tickets.

Dear Kingston Mencap Members, Families and Carers,

With the summer break coming up, our clubs have been as busy as ever! **Seekers** had a very successful summer outing to Birdworld, and they are presenting 'Grease', before their party on the last night, with the popular Blo Band playing for them. **Future Friends** had their summer BBQ, which was very well attended, with the added bonus of seeing Danielle and Chris with their baby daughter, Hadley. **Xpression** have their end of term party coming up, after a busy term. **Saturday Drop In** continues to be a popular venue for Saturday lunch, with fun and games thrown in. We wish club leader Michelle a speedy recovery from her foot operation. You will see elsewhere in this newsletter, that we are entering a crew into **The Dragon Boat Challenge** at **Canbury Gardens** on **Sunday, 19<sup>th</sup> July**. Please do try to come along to support our team, and enjoy this great event. Your sponsorship of the team would also be much appreciated. Speaking of money, a big thank you to all of you who came along to the Railway A afternoon, and gave so generously. We received a record £700+ from your donations, and we are most grateful to the Railway Society for allowing us to be there to enjoy the trains and delicious tea and cakes.

Over the course of the last year, Mary McDonald (our Treasurer) has restructured our financial set up and, as a result, we have been more able to monitor how money is being spent around the clubs. As with all small charities, we are doing our best to keep afloat. We totally rely on the finances we can raise ourselves, and there are fewer avenues to explore for corporate donations. If you, or someone you know, are looking for a local charity to sponsor on a run or walk, we would like to hear from you. We can supply tailor made sponsor forms and a dedicated Virgin Giving account for online payments.

I hope you all have an enjoyable summer, and we look forward to your continued support at the events we have lined up later in the year.

**Peter Hodges, Chair, Kingston Mencap**



## Support our Dragon Boat Team!

On Sunday 19th July our team of volunteers will be competing in the Kingston Dragon Boat Race. This is an annual event organised by the Rotary Club to help raise much-needed funds for local charities. The race is held on the river between Canbury Gardens, Kingston KT2 5AU and Kingston Bridge and teams compete from all different. The races start at 10am and go on until around 4pm. Our team need your support - so come along on the day to cheer them on. You can also donate to our Virgin Money Giving fundraising page at: <http://uk.virginmoneygiving.com/dragonboatrace2015>



## XPRESSION YOUTH PROJECT



Since the last newsletter Xpression have completed our paper mache project and have constructed our very own piñata and will be unveiling this at our end of year party. We have also celebrated both Mother's Day and Father's Day by making cards and cake; visited the World of Golf in New Malden for a session of crazy golf AND a few rounds at the driving range! We have also been enjoying the summer term by taking advantage of the warm and dry weather and running our sports activities outdoors - let's hope it stays this way! In other news one of our long-time volunteers Charlotte Richardson, who has been with Xpression from pretty much the very beginning (over 10 years ago), will be fundraising for Xpression by... climbing Mount Kilimanjaro in August! It's the highest mountain in Africa and is 5895 metres tall. To put that into perspective most London double decker buses are around 4.38 metres tall - so Kilimanjaro is taller than 1345 double decker buses stacked on top of each other - and there won't probably won't be any stairs along the way to make it easy for Charlotte! If anyone would like to sponsor Charlotte, you can do so here on her Virgin Money Giving page:

<http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserPage.action?userUrl=CharlotteRichardsonXpression&fald=596717&isTeam=false>

On the topic of fundraising Xpression members and volunteers are gearing up for the Kingston Dragonboat race which will take place on Sunday 19th July. We'll be joining forces with our comrades from the other Kingston Mencap clubs to row a dragon boat down the River Thames. We hope to see many of you on the day cheering us on!

And lastly Xpression are always happy to welcome new members into the club. If anyone is interested in joining please get in touch.



**Stephen, Xpression Youth Project Leader**

## FUTURE FRIENDS

Future Friends

Future Friends are at Searchlight for the summer, as the Canbury Pavilion is, unfortunately, unavailable. Numbers continue to be good, with 19 members attending the Summer BBQ, which was eaten outside in the warm, evening sunshine. Other recent events have been a Pub Visit and the ever popular Bingo, with Alan calling the numbers! Always room for a few more members, and I am very grateful to Manjot for her help on club evenings, ably assisted by Nick and Alan. Our first meeting in July was Jurassic Encounter Adventure Golf. Who will get a hole in one? **Peter Hodges**

*If you want to join Future Friends, visit [www.kingstonmencap.co.uk](http://www.kingstonmencap.co.uk) for details. We are always pleased to welcome new Members and Volunteers.*

## SATURDAY DROP-IN

We have around 24 members attending on a regular basis, with others joining us when they can. Everyone loves doing puzzles and drawing, and Bingo is always popular. We are looking forward to having young people from the Challenge Network come along on Saturday 26th September with a special activity...watch this space!

**Saturday Drop-In**

**Ben Hodges, Club Leader**

**Drop-In is at Searchlight every Saturday, 11.30am to 2.30pm. Call 020 8816 7500 for more information or email [jenny@kingstonmencap.co.uk](mailto:jenny@kingstonmencap.co.uk).**

## SEEKERS CLUB

Hello everyone! Well, the summer is well and truly upon us and I hope you are all managing to keep cool in this mini heat wave. With the summer comes the long break for the Seekers club. Our end of year summer party is on the 20<sup>th</sup> July where we will be boogieing on down with the BLO band.

On the 13<sup>th</sup> July we have a special play being put on for us by the members. Family and friends are welcome to join us for our rendition of Grease! The members have been practising with Nina and Rachel, two enthusiastic and lovely volunteers who have worked very hard to make this event a successful one. A special thank you to you both. Also this month we had our annual summer outing to Birdworld where we enjoyed a cream tea and saw some beautiful birds. We had a great day out together.



Seekers members at Birdworld



Last month we had our annual sponsored walk at Robin Wood farm, courtesy of Mr and Mrs McCormack. The members made a tremendous effort and despite the cold and drizzle they raised £1038.50. That is fantastic! Well done and thank you to everyone who took part and thanks the McCormack's for the BBQ and use of their field.

We are still looking for another mini bus driver so if you or anyone you know would like to volunteer their time for a few hours once a month to

transport some of our members to and from the club please do get in touch with me on [leeniseekersclub@gmail.com](mailto:leeniseekersclub@gmail.com) or Peter Hodges on [peter.kingstonmencap@gmail.com](mailto:peter.kingstonmencap@gmail.com) That's it from the Seekers. Have a great summer everyone and we'll see you back at the club again on the 7<sup>th</sup> September where I hope you will bring in your photos and stories of your summer holidays.



Best wishes to you all, Leeni, Seekers Club Leader

## HAMPTON COURT HISTORY TALK 14TH AUGUST

### Special history talk at Hampton Court Palace

**Friday 14th August, 11am-12pm**

To celebrate the 500th anniversary of Hampton Court Palace, Kingston Mencap members with a learning disability and their carers have been invited to the Palace to learn more about the feasting, music and festivities over the eras with storytelling and music. There will be free tea/coffee provided and each visitor will be given a voucher to gain entry to the Palace for £1 (to be used on the day or another). The special history talk will take place on **Friday 14th August, 11am-12pm**. If you would like to attend, please email [jenny@kingstonmencap.co.uk](mailto:jenny@kingstonmencap.co.uk) or call 020 8816 7500. Places will be allocated on a first come, first served basis.





## CARERS GROUP UPDATE

The Carers group have continued to meet up on a monthly basis on the first Wednesday of the month. And to make sure everyone gets the opportunity to attend we meet on alternative months - HFT in the afternoon and Staywell in the evening. Please note we are changing venue for the next two evening meetings on 2<sup>nd</sup> September and 4<sup>th</sup> November and will be meeting at Session House, 17 Ewell Road, Surbiton (instead of Staywell to help keep costs down)

In **May** Emma Knapp was the invited speaker and came along to talk about Brokerage and Individual Budgets. Emma outlined some of the main changes, partly because of reduced resources and shared a draft copy of a new IB Agreement inviting comments. I am not sure how far this has been distributed to all families/carers, but a copy should have gone out to all those who manage their family member's Individual Budget. In **June** Dennis Pennec and Melissa Hulbert from HFT were our invited guests.

Dennis now manages both LACE and Residential placements which has made a huge difference as he has a good overview. Both Dennis and Melissa talked about the day centre generally and welcomed suggestions and ideas from those present to increase and offer different day centre activities.

There have been great strides to improve the day centre experience with longer sessions in the community, back to longer day ramble and not so much trailing around the shops, but resources are tight and there is also a new staff structure chart showing who is who which is very helpful in identifying and knowing names. Families present said they valued HFT and all that it offers, as a safe place for their family member and the opportunity of respite with no worries or cares for the day! A few of met up for dinner to celebrate Carers week on 10<sup>th</sup> June at the Watchman in New Malden and enjoyed dinner with plenty of chat and wine!



In **July** Denise Lovemore (head of care managers) came back to update carers on the comments raised with regard to the Annual Review Process and how it could be improved upon. Denise promised to take back our comments with regard to sending out a draft word document, so families could advise on any omissions or errors, very soon after the reviews date. I am very happy to now share with you that this has been agreed and families and carers will receive a document containing the review outcomes, hopefully only 1-2 weeks following the review date! With the lack of resources they need to work more with families and Denise talked about a new integration model where everyone is more involved. They want families to send in information before the review so the officer carrying out the review will know where and what to prioritise on the day. As we all know carers have known their family member longest and most probably best, so this seems a good way forward, but more work falls on the carer!

With the Care Act coming in this past April there has been a lot of work and information which has to be joined up and there is a new booklet RBK booklet "Adult Social Care Services" - guide to services to help you stay independent, safe and well and another new booklet about the Care Act - both should be available from Sessions house or Guildhall.



At the July meeting we were also joined by Frankie Hooper, who with her husband David came to tell us about her 1 bed independent respite flat in Chessington, attached to the family home. Many people will know Frankie from her 10 years working at HFT and David from the Balance sandwich business. There are

opportunities for people still living with the family, and one of the first steps toward supported living. They help increase independence, especially for those with challenging behaviour and can support families and can give a tailored service to broaden community activities and to meet an individual's need.

At the meeting I normally make notes and these can be circulated by email, especially those with a speaker. Do let me know if anyone wants to suggest a speaker for future meetings or if anyone wants further information on a particular subject. If you are not on email, then please give me a ring and request information to be sent by post. **There is no meeting in August because of the holiday period so the next meeting is 2<sup>nd</sup> September at Session House at 7.30pm. At a later date in September we are hoping to invite David Still from KCN along to help us understand PIP (Personal Independence Payment) in readiness for the letters that will be dropping on mats in October.**

Gill Wood (020 8540 1399) [gillcwood@blueyonder.co.uk](mailto:gillcwood@blueyonder.co.uk)

## WHO TO TALK TO IF YOU HAVE A CONCERN...

Here is some guidance on what to do if you have a concern about your Support Provider (or the Support Provider of the person you are representing):

- Contact the Provider directly. Speak to the Senior Support Worker or Manager. Each Provider should have their own information about how to make a complaint or give feedback and compliments
- If you feel that your issue is not resolved, speak to a Care Manager in the Community Learning Disability Team (0208 547 6558). They should be able to talk to the Provider on your behalf and help to address your concern. They will also raise this with the Team Leader who can record your issue as a Serious Concern is appropriate or advise you if Safeguarding Procedures need to be followed.
- If the issue is still not resolved and you think your concern affects more than one person, you can ask for it to be raised at the Learning Disability Quality and Commissioning Action Group. The family/carer representatives on this group are Gill Wood ([gillcwood@blueyonder.co.uk](mailto:gillcwood@blueyonder.co.uk)), Heather Notermans ([heathernot@hotmail.com](mailto:heathernot@hotmail.com)) and Mary McDonald ([mary.mcdonald@blueyonder.co.uk](mailto:mary.mcdonald@blueyonder.co.uk)). They can also be contacted through the Kingston Mencap admin phone number, 020 8816 7500 (office hours Monday and Tuesday, 9.30am-2.30pm; monitored answerphone at other times).

## SENIOR PARTY SATURDAY 3RD OCTOBER



### Senior Party

Saturday 3rd October 7pm - 10pm

For over 18s

United Reformed Church,

Malden Road, New Malden KT3 6DR

Cost: £10 per person (carers £5 each)

- Dress up in blue and white
- Pizza and salad
- Our favourite band B.L.O!

See our website for a ticket booking form:  
[www.kingstonmencap.co.uk](http://www.kingstonmencap.co.uk)



## LD PARLIAMENT UPDATE



Parliament has been very busy out and about gathering people's views and getting voices heard in Kingston and in London!!

Parliament attended the 'No Voice Unheard, No Right Ignored' consultation event where we spoke up about people in treatment and assessment units. Parliament's ideas and thoughts will go into the consultation report being sent to government. It was a good networking event and we got to meet other organisations like ours from other boroughs. Peer Advocates, Project Workers and Facilitators won a special Police Commendation Award for their work with Safe Places. A number of training sessions were delivered to Police

Officers in Kingston about Keeping Safe. This training has been adopted by other London boroughs. Well done to Warren Day, Katy Bessent, Robert Smith, Marie Cummings and Nancy Magid for their hard work.

Leader of the Council Kevin Davis visited the Parliament Team Meeting this month. Peer Advocates



explained more about Parliament's purpose, the work we have been doing, and our plans for the future. We asked him questions about housing and making consultations and communications accessible

We have also been busy raising awareness about Learning Disabilities to year 6 students in schools across the borough. Last month, Santosh Beharry, Greg Rata and Graeme Green attended a 'drop down' day at Chessington community college, where we hosted a workshop, gave out questionnaires and showed a film about Learning Disabilities. It was a really good day and students were engaged and asked lots of questions.

Parliament also attended the Kingston Chambers of Commerce Employment Expo to see if it is a good place for Parliament to raise awareness about the benefits of employing and maintaining people with Learning Disabilities in paid work. We are planning to talk in a seminar at next year's Expo.

A new 'Surveyor' position has been awarded to Eve Hogben to carry out various access checks on venues in the borough. This is a paid role developed by Parliament, in partnership with DisabledGo and Balance. Congratulations to Eve!

We also held an Open Day at Kingsmeadow in May to promote Parliament to people and to give updates on our work. We had presentations, lunch and even some drama through role play sessions. Please come along to our next Open Meeting, which will be held on Tuesday 15<sup>th</sup> September at 10.30am to 1.30pm (venue to be confirmed).





## WHAT'S ON



Volunteers are need for a variety of roles on Sunday 2 August, when Surrey will host 25,000+ amateur riders in the Prudential Ride London-Surrey revisiting the Olympic road race route. If you sign up to volunteer on Sunday 2 August you will receive training and support to ensure you have an enjoyable day helping riders and spectators at the world's greatest festival of cycling.



All volunteers will also receive a T-shirt, cap and bag, along with lunch and a souvenir water bottle. If you are interested in getting in involved, please sign up at [www.PrudentialRideLondon.co.uk/volunteers](http://www.PrudentialRideLondon.co.uk/volunteers) and encourage your friends and family to join as well!



Boogie Nights are discos for adults with Learning Disabilities (Over 18 years).

Co-ordinated by The Disco Committee  
Melissa Hulbert  
Sarah Lyle

Supported by The Royal Borough of Kingston.



Kingsmeadow  
Jack Goodchild Way  
422a Kingston Road  
KT1 3PB

**Discos 2015**

10<sup>th</sup> April  
24<sup>th</sup> July  
30<sup>th</sup> Oct  
18<sup>th</sup> Dec

7.30 pm  
to  
11.00 pm

£5.00  
Pay on Door  
(Carers go free)

For information  
please call  
07947423083  
email  
hulbertmelissa@hotmail.com



131 bus route.  
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healthwatch  
Kingston Upon  
Thames

### Learning Disability Project Group Launch "n" Lunch

COME AND GET INVOLVED



HEALTHWATCH KINGSTON NEEDS YOU!



Wednesday 5th August  
12:00 - 1:30pm

Kingston Quaker Centre, Fairfield East, KT1 2PT

We have launched a Learning Disability Project Group in partnership with Kingston Learning Disability Parliament. The members meet up to work on projects to improve health services for people with a learning disability.

Come and enjoy lunch, hear about the work of our Group members and find out how you can get involved !



Please confirm your attendance on 020 8974 6629 or email [sophie.bird@healthwatchkingstonuponthames.org.uk](mailto:sophie.bird@healthwatchkingstonuponthames.org.uk)

### Clive Club Night, Saturday 1 August, 7pm - 11pm

It's summer time and the Clive club night is getting ready for a real sizzler. The fun-packed club night is for young people aged 13 - 25 with learning disabilities, and their friends and families. Slip on your dancing shoes and enjoy top tunes spun by **DJs**, take to the stage and wow the crowd on the **open-mic**, or just kick back in the **chill-out room**. The evening also features a unique musical performance by musicians from Eye Music and Clive workshop attenders. Parents and carers can relax in their own space and enjoy a complimentary drink. **Tickets: £5 in advance, £6 on the day (no booking fees)** Groups: buy 10 or more, save 10% **To Book:** Call the Box Office on **020 8369 5454**.



## MEMBERS BIRTHDAYS

Happy Birthday to all in JULY: Michael Balding, Caroline Hanna, Robert Munday, Barbara Fyffe, Hannah Notermans, John Harrison, Na Won Kim, Dave Byssoo, 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, Kirstie McDonald, Phoung Pham, David Bennett, Oliver Humpherson, Jake Read, Joab Steer, Santosh Beharry, Michelle Hawes, Heather Hobart, Joshua Barley, Sam Sparks, 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.....*

## NEWS AND NOTICES



**Late summer music at Fircroft, Ditton Road**  
**13th September**  
**3pm-6pm**  
Enjoy an afternoon of music in the Fircroft

Centre garden with the talented soprano singer **Katy Treharne**. Together with her friends from West End shows, Katy will be performing a selection of operatic arias and songs, some of which feature on her album. Tickets are £15 each (children £5). Book tickets by sending a cheque to: Mrs Ann Fowler, The Fircroft Trust, 96 Ditton Road, Surbiton, Surrey KT6 6RH. There will be a silent auction and a raffle. All proceeds will go to supporting adults with a mental health issue and/or learning disabilities.

### **Can you spare a few hours a week as a volunteer?**

We are always on the lookout for volunteers for our clubs, particularly drivers and escorts for Seekers. To find out more send an email to [jenny@kingstonmencap.co.uk](mailto:jenny@kingstonmencap.co.uk)

### **RIP Mary Anne Pitter** **(10<sup>th</sup> December 1945 – 29<sup>th</sup> April 2015)**

It is with great sadness that we have to report that Mary Pitter died on the 29<sup>th</sup> April, aged 69. She had been unwell for some time. Mary had been a loyal member of Seekers for many years, and she was known for her cheerful outlook, always with a smile. A number of us attended her funeral at Kingston Crematorium on 1<sup>st</sup> June. It was a true celebration of her life, with many wonderful tributes from carers and family alike. The family kindly organised a collection for Seekers, which was much appreciated. Mary is greatly missed by all at Seekers.

### **RIP Sandra Ormiston**

Sandra Ormiston, former resident of Maple Lodge, passed away on 2nd July at Firs Court. Sandra was a regular at Seekers but had been quite poorly for some time. Our thoughts are with Peter and all the residents and staff at Firs Court. The funeral will be on Friday 17th July at 11am at Kingston Crematorium, followed by refreshments at Firs Court.

*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.