

**Trustee Committee 2020**

*George Tong; Judith Broome; Paul Roberts*

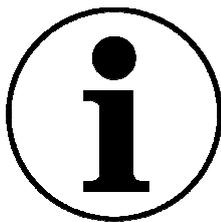
# Kingston Mencap Newsletter

## What's Inside

**Message  
from  
the  
Trustees**

**What we are doing!  
Members pictures  
and photos while  
keeping safe at  
home**

### Information



- **Helpful Links**
- **Message from Michelle**
- **Hospital Passports**
- **CLDT letter**
- **Carers Week**



Hello everyone, we hope that you are keeping well and managing to cope with all of the changes the Coronavirus has caused.

The Trustees are keeping in touch with each other and with Michelle although it is difficult now that we are not able to actually get together to hold our meetings. Like everyone we have to adapt to a different way of doing things while we all hope that we will be able to start to get back to normal soon we have to prepare for the possibility that it might still be some time before the MENCAP clubs and activities can start again.

We are very lucky to have a lot of people helping during this time while thinking about what we might need to do next.

Michelle has been working really hard to keep in touch with people sending out activities and posting updates and pictures on Facebook.

We have lost all of our bookings for the use of Searchlight and have applied to the council for help to deal with the loss of money that makes for us. Michelle is applying for a grant to raise funds while we cannot hire out Searchlight.

In agreement with Nicola and Ben we have "Furloughed" our group leaders to ensure that they still get paid through the Government's scheme for people unable to do their regular work during the limitations on activities.

We need to submit our annual accounts to the charity Commission and need to have an AGM as part of that process; we may need to look at a way of doing that online if we are still not able to meet together.

We had received a very encouraging response to advertising for new Trustees prior to the closure of MENCAP activities, George has spoken to most of the applicants and explained how MENCAP is currently affected by the COVID19 impact, we hope to continue our efforts to recruit new Trustees although there will be some limitations on that for the time being.

A big thank you to Gill Wood for getting this newsletter together and for Imogen for keeping up with the invoicing and accounts. Well done to Michelle for being so creative and adapting so quickly to the situation and keeping in touch with so many of our members and their families.

We hope you all enjoy the newsletter  
Paul, Judith and George— Kingston MENCAP Trustees

# MEMBERS PICTURES WHILE AT HOME!



Kirsty on St George's Day



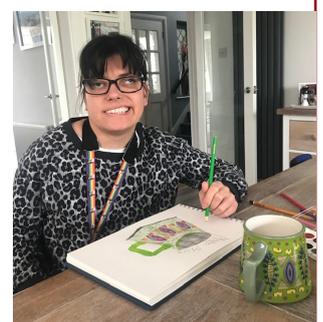
Residents of St Ann's Lodge



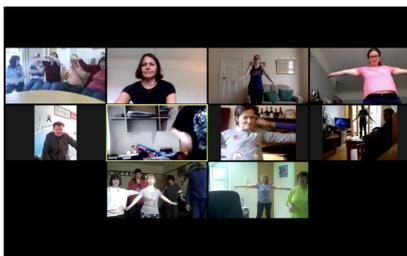
Ben & Jack showing off their latest Art



Debbie playing games on her ipad



Molly drawing



ZOOM meetings on Thursday



Richard doing a puzzle!



Robert practising table tennis skills



Kirsty working hard!



Rachel drumming

## TAXI CARD— CHANGES

In light of the current situation with the outbreak of Covid-19 there have been some changes to the taxi card scheme to support taxi card members at this difficult time.

**You can now use your Taxi card for the collection of essential items pre-bought online or over the telephone with a Supermarket, Pharmacy or Takeaway.**

Contact the Taxi card booking line on 02077635001 and inform them that you would like the items collected.

You will need order number and address and to pay taxi cost over the phone

For full information about this change go to:

[taxicard@londoncouncils.gov.uk](mailto:taxicard@londoncouncils.gov.uk)



## EXERCISING — changes during Covid 19

Please see below details of the changes for people with a learning disability or autism. This means people can exercise more than once a day if needed and this is the link to the new guidance:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>



Q. Can I exercise more than once a day due to significant health condition?

A. You can leave your home for medical needs if you are a person who has a specific health condition that requires you to leave the home to maintain your health with a carer — including if that involves travel beyond your local area, then you can do so.

This could for example, including where individuals with a learning disability or autism require specific exercise in an open space two or three times each day—ideally in line with a care plan agreed with a medical professional.



**MESSAGE FROM MICHELLE**

Dear all,

Kingston Mencap had to close all clubs and stop activities on March 16<sup>th</sup> due to the outbreak of the Coronavirus.

This was 5 weeks ago and we have all had to change the way we live and work.

The Searchlight Centre has been closed but Kingston Mencap is still very busy. We have been working with other charities to create activities such as quizzes, word scrambles and word searches.

We have been looking for good exercise videos, fun things to watch and take part in such as online Zumba classes with Mencap TV, drama with Dramatize and singing along with Rock Choir at 3pm. These are sent by email but we have been printing and posting the word searches and quizzes if people need us to do this.

I and our volunteer Nina have been hosting weekly Zoom sessions at 4pm every Thursday to keep in touch with people and Nina has been giving a dance exercise session which has been great fun.

Last week we had a visit from Bingo Ben and Peter Hodges.

Our Facebook page has shown that we have many talented members as we have asked people to send in their artwork, food creations and activities and this has been a great way for people to stay in touch.

Please have a look or send me in your photos or videos and I will put them on: <https://www.facebook.com/localMencapKingston/>

Royal Mencap has some funding from the Round the World Challenge so we have also provided equipment such as badminton sets and weights to people who want to exercise at home. This funding is limited but please get in touch if you would like to hear more.

We have also been sending out information that we feel it is very important at this difficult time. There have been updates from RBK, the NHS, the government, other charities and organisations, we hope this has been useful.

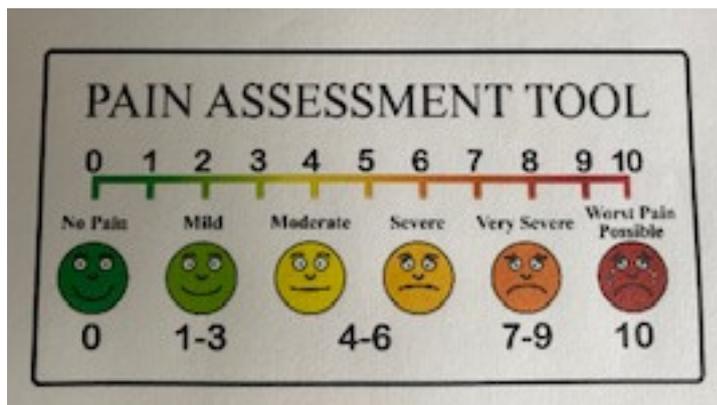
We are here to take calls if you would like a chat or if you would like some information we can try and help you and if not signpost you to the right organisation. **Please call Michelle on 07936 359 260**

I have been regularly calling members and volunteers who do not have access to emails, these calls have been reassuring to us as people seem to have great communities that have been supporting them if they have been staying at home. We are looking forward to seeing everyone very soon even if we have to meet up in a different way for a little while. Please get in touch as it's lovely to hear from you.



## PAIN ASSESSMENT TOOL

This pain assessment tool might come in useful



<https://www.mencap.org.uk/sites/default/files/2020-04/Pain%20Scale%20%282%29.pdf>

## MAKE A CHEER FLAG

MAKE A FLAG FOR THURSDAY NHS NIGHT



[https://www.mencap.org.uk/sites/default/files/2020-04/Mencap\\_cheer%20flag%20%281%29.pdf](https://www.mencap.org.uk/sites/default/files/2020-04/Mencap_cheer%20flag%20%281%29.pdf)

## DECORATE A CAKE

DECORATE A CAKE



[https://www.mencap.org.uk/sites/default/files/2020-04/Mencap\\_decorate%20a%20cake.pdf](https://www.mencap.org.uk/sites/default/files/2020-04/Mencap_decorate%20a%20cake.pdf)

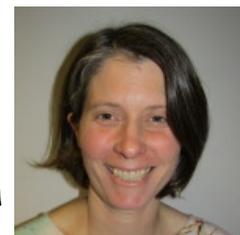
## CRAFT—MAKE JAM OR PICKLE for XMAS FAYRE

Are there any crafters out there who can make some items to sell at the Christmas Fayre? (Aprons, Cushion covers, Lavender bags, Peg bags—really anything that you think will sell and you are good at making! OR what about making jams or pickles?)



# HEALTH ACTION PLANS & HOSPITAL passports

My name is Dr Clare Armstrong and I am a GP (local doctor) in New Malden and one day a week I'm working with Kingston and Richmond CCG to try to improve the health of people with learning disabilities in the Kingston and Richmond areas.



The CCG is the organisation that works out what the best health services are for the local area and my job is trying to make sure we offer the best value services to help the health of people with a learning disability.

One of the important things to help with your health is to have a learning disability annual health check. This is a once a year visit to your GP and during the appointment the doctor will ask lots of questions about your life and your health to try to help keep you healthy. It is also a chance to check your medicines are right for you. All GP surgeries offer this and if you haven't been asked to go in to have one in the last year by your doctor's surgery you can phone your surgery (or get your carer to) and ask them to organise it.

Another useful way to help you get the best care is to have a **Hospital Passport in case you ever have to go into hospital**. This is a document you write important information about yourself, including personal details, the type of medication you are taking, any pre-existing health conditions, how you like to communicate and what your likes and dislikes are. In the future we are hoping this can be done online but at the moment the best way to get one is to print it off the internet, this can be found on the Mencap website:

<https://www.mencap.org.uk/advice-and-support/health/health-guides>

Dr Clare Armstrong based at Grove Medical Practice, New Malden

## COVID 19 Hospital Passport

**COVID 19 hospital passport**

The Human Rights Act states that staff in public bodies (including NHS) must always respect and protect people's human rights, including during the Corona virus period when making decisions about what people can do or actions taken.

Name: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_  
 NHS Number: \_\_\_\_\_  
 Able to indicate pain:  yes  no   
 Name of A&P representative: \_\_\_\_\_  
 Their phone number: \_\_\_\_\_  
 Normal respiratory function:  yes  no   
 Any always issues: \_\_\_\_\_  
 Pre-existing medical conditions: \_\_\_\_\_  
 Medication: \_\_\_\_\_  
 Can understand information:  yes  support  no  **support book**  
 Can normally make a medical decision:  yes  support  no  **support book**  
 Blood tests/procedures:  no issues  details below  **support book**  
 Breathing:  no issues  details below  **support book**  
 Taking medication:  no issues  support  **support book**  
 Allergies: \_\_\_\_\_

**Communication**

I will let you know I'm in pain by...  
 If I'm worried or upset I'm...  
 To help me understand what's happening and what treatment I need please...  
 I communicate by...  
 My hearing:  
 How I hear (e.g. food liquidised, mashed, cut small, cooked, support or special equipment needed): \_\_\_\_\_  
 Special diet:  no  yes  (details below)

How I drink (e.g. small amounts, thickened, cooled, other): \_\_\_\_\_

The Human Rights Act states that staff in public bodies (including NHS) must always respect and protect people's human rights, including during the Corona virus period when making decisions about what people can do or actions taken.

NICE guidelines on COVID 19 state that anybody with a learning disability should have an independent assessment for critical care treatment and they should NOT be assessed by the clinical frailty scale (CFS) but that should be an assessment including input from carers, family and advocates as necessary.

This is a one page document which would be really good to complete **NOW** in case of a hospital admission during the corona virus outbreak.

## Letter from Jonathan Brown

Hello all

I hope that everyone is keeping as safe and well as possible.

The Community Learning Disability Team (CLDT) has been working hard to keep in touch with all of our service users and families and this will continue on a regular basis. We will be in frequent contact with people who we feel may need more support.

The Team are not based at Sessions House at the moment and are all working from home and available on the phone or by email, so please do make contact.

**It has been fantastic to see how families and support providers have adapted to our current circumstances and the dedication and commitment of all involved has been wonderful.**

### DIRECT PAYMENTS

- The government has recently written some guidance for people who use direct payments to pay for their care. The guidance states that people who use a direct payment to employ a personal assistant (PA) or buy their care from an organisation should:

Think about their current support arrangements and what would happen if their PA or regular carer from an organisation cannot work due to sickness or annual leave.

- Consider what other alternatives might be available as a back-up option.
- Make sure that anybody involved in their support has key information about how they want their support to be provided.
- Contact the Community Learning Disability Team if they are not able to make alternative support arrangements or want to discuss how they can use their direct payment more flexibly.

The guidance also advises what people should do if they or their PA have symptoms of Covid-19. There is also information about the use of Personal Protective Equipment (PPE). The Guidance is here:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-for-people-receiving-direct-payments>

If you have any questions about your Direct Payment or anything else, please do contact the CLDT on 020 8547 6558. You can also email the team on [cldt.duty@kingston.gov.uk](mailto:cldt.duty@kingston.gov.uk) or contact your family member's social worker directly.

**All the best Jonathan Brown Head of Service & Learning Disability**



## CARERS WEEK 2020 8th–14th June

We are all aware that unpaid carers are currently dealing with more challenges than ever before and so it's more important than ever that we come together to recognise this very caring role, ensuring that we are valued and well-supported. This year Carers week will be raising awareness amongst the public of the importance of **Making Caring Visible**.

Let's hope by June we will start to come out of lockdown and be able to shine a light on the huge contribution carers make and celebrate this special week together once again. Keep safe everyone..... Gill x

