

KINGSTON MENCAP Newsletter

The Voice of Learning Disability



Trustee Committee 2011/2012

Chair: Gill Wood **Secretary:** Sue Baker **Treasurer:** Mary McDonald **General Trustees:** Heather Notermans; John Phillips; Glenna McCulloch; Sandy Yorke-Mitchell; **L.D. Rep:** Kim Bright

Dates for Your Diary



Volunteers Party
28th January 2012

Country & Western
31st March 2012

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Dear Members, Friends and Supporters,
The trustees have been really busy in recent months trying to keep abreast and up to date with all the consultations, reviews and changes that have taken place and now hot on the heels the Council have now announced a **Learning Disability Review**.

Kingston Mencap have been invited to become part of the 'project group' so we will keep you fully informed and will be asking for your opinions and making sure your voice is heard - see page 15

January 2012 is the time to pay your annual subscription of £5 and with this edition you will find a renewal form which I would ask you to complete and send to me with your cheque and any extra donation you feel able to make a.s.a.p.

As you know members with a learning disability receive a £5 birthday voucher each year so any extra donation will help offset this expense and enable us to direct more funds to the clubs or projects. Thank you to all members that pay by standing order.

Christmas is a special time to spend some quality time together with families and friends and a great time to socialise. Lots of our members, volunteers, family and friends came along to support the **Christmas Fayre on Saturday 26th November** to raise funds for our clubs and projects - see page 3 for update

On behalf of Kingston Mencap Trustees I would like to thank one and all for your continued support and hope you will join us in celebrating our 60th Anniversary year in 2012

Don't forget to buy a special Kingston Mencap Calendar - see p. 3

Merry Christmas and a Happy New Year

Gill Wood (0208540 1399)



WAITROSE KINGSTON

Kingston Mencap is nominated in December at the Waitrose store in Kingston in the basement of John Lewis. Community Matters has 3 local charities each month so if you shop there please put your green token in our box to support us, as the more tokens we get the bigger the donation....



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 to receive 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

PARTY on 1st October

This free member's party held on Saturday 1st October at the United Reform Church in New Malden was a very successful evening, thanks to all our volunteers who came and supported members and our wonderful band "BLO" who perform for free each year!



Just one thing.....

The invitation clearly stated a 'ticket event only' as we were only allowed a maximum of 100 people in the hall, but still there were people turning up with no tickets!

The food on offer was Chicken Curry but a Chicken Pasta option could be ordered and again the invitation was not read properly and we ran out of Pasta as we were not notified!

Please if you support folk can you make sure you help to order a ticket and the correct food..

This year people were lucky as some people just failed to turn up so the ones who came with no ticket got in, but next year they may not be so lucky and I will have to turn people away.....

FLAG & AWARENESS DAY 22nd October 2011

The Flag Awareness day, held each year in October, is one of our main fundraisers and our wonderful organiser Pat Cox excelled all records by raising £1,690.12 with the help of our tremendous band of members, volunteers, friends and local schools Holy Cross and Tiffin Girls.



Unbelievably, for the second year running, we beat the previous year total!

What a magnificent effort by all who help and to the general public who donate and support us each year - we couldn't do it without everyone's input!

All proceeds from the collection go towards Kingston Mencap's work - the projects and clubs - and this effort raises the profile of Kingston Mencap locally and raises funds.

Next year has already been pencilled in for 27th October so if you want to help in 2012 or with the fundraiser at the big Sainsbury Store in Kingston on Thursday 18th October please contact Pat Cox 0208977 9021

CALENDAR 2012

The Calendar showcases some of our projects with photographs of members and volunteers and records recent years as part of our 60th celebrations.

The Calendar aims to provide funds to support the events planned for 2012 by subsidising the cost of tickets so as many members as possible are able to attend each event.

Every CALENDAR we sell for £5 will earn us £2 which will go towards our 60th fund

PLEASE SUPPORT US



NB. The first batch sold at the Fayre had a printing error so if you purchased one that day please contact Gill 8540 1399 who will do an exchange

CHRISTMAS FAYRE & SOCIAL

The Christmas Fayre was a tremendous success making £1442.38 on the stalls with the scrummy food alone raising over £426.00 - many thanks to our 3 wonderful cooks who manned the kitchen all day.

We entertained over 145 visitors plus all our volunteers at various times over the lunchtime/afternoon opening and with plenty of seating for lunch and to rest the feet seem to make a welcome change!

We planned this year's Fayre as more of a social event which seemed to go down well with the majority of folk but are always open to new ideas or suggestions that would help make a good day!

The musical entertainment seemed to go down well, although the Zumba dancing was absent and some of the children from the church got held up but on the whole I hope you agree a very entertaining afternoon.....

Name the Teddy Bear winner Katy Rowland "BRUNO"

How many Sweets in the Jar? winner David Bennett nearest to answer of 39

Guess the weight of the Cake winner Fiona Burkeman 1650 grams

Quiz winner first correct out of the box Ann Boyle - still to claim prize

The Raffle took £1511.00 with all the prizes donated and is a tremendous effort so thanks to all who bought or helped sell tickets, with huge thanks to Heather for running this draw once again this year.

| | | | |
|---|-------------------------------|-------------|-------------------------|
| First Prize: Holiday | Alison Hughes | 852 | |
| Second Prize: Christmas Hamper | Belinda Yorke Mitchell | 1829 | |
| Third Prize: Digital photo frame | J. White | 1935 | |
| John Lewis £10 voucher | Angus Hall | 673 | |
| Tudor Williams £10 voucher | J. Chung | 0364 | |
| Panetonne in red tin | Ilze Hopper | 3148 | |
| Tin of Cadburys Roses | Graeme Green | 3380 | |
| M&S Christmas Pudding | Gill Ervery | 1610 | |
| M&S box of Chocolates | J Greene | 0669 | |
| Father Christmas puzzle | Hannah Notermans | 1415 | |
| Mulled Wine set | Alison McCarthy | 3123 | |
| Box set: Optical Illusion | Daniel Wolfe | 3366 | |
| Oil & Vinegar set | Alexander Mackie | 0933 | |
| Christmas Crackers | Belinda Yorke-M | 1845 | |
| YMCA 1 month membership | Mrs Faulkner | 1915 | still to claim prize |
| Bottle Port | Roger Wooderson | 1556 | |
| Bottle white Wine | Andy & Deb Lloyd | 3055 | |
| 2 tickets Rose Theatre | Edward Maule | 799 | |
| Bottle Brandy | Linda Harris | 691 | gave back for next time |
| Bottle Whisky | Kath Gilligan | 625 | |
| Foot Spa | Ilze Hopper | 1787 | |
| Bottle red Wine | Mike Brownrigg | 298 | |



Stud Farm stall raised £187 on the day and took £30 of orders.

Our reliable and hard working volunteers really make these fundraising events possible and I would like to thank everyone who helped in any way and also to all our members who came along to support us and spend their hard earned cash. Many thanks one and all.....

SATURDAY DROP IN

Saturday Drop-In

The Saturday Drop-In is held at the Searchlight Community Centre, Kingston Road, New Malden KT3 3RX from 12 noon to 3pm

On Saturday 29th October we held a Halloween Party with a hot lunch and ghoulish fun and games - really good fun!

30 people came along, some in fancy dress, plus their carers and volunteers we fed almost 60 people, with Michelle's scrummy pasta and chilli.



Una McCormack won the prize for naming the pumpkin - 'Pumpky' Hannah, Matt & Gary "guessed correctly 120 worms" and shared the prize worms! There was many prize winners in the Raffle - the tension was enjoyed by all! We played name the 'witches brew drinks tot' and eating ring doughnuts from strings (no hands) broomsticks balloon game with lots of fun and laughter.... Special word of thanks to all our marvellous volunteers who helped on the day: Heather, Beth, Declan and Pat and our 2 wonderful leaders Michelle and Zerrin

Christmas Party

The party is being held on Saturday the 17th December, the last Drop-In before Christmas and New Year, we re-open on Saturday 7th January



WEAR SOMETHING RED

Tickets on the door £3.00 to include light lunch, free raffle, and a small gift. You can make chocolate crispy cakes; a card or calendar for someone special; dancing and disco music; games plus lots more.....

If you want to join in the fun but not eat with us that is fine Tickets £1

Michelle and Zerrin, our 2 experienced leaders take it in turn each Saturday, supported by our fantastic volunteers who turn up faithfully each week. I would like to thank them all for making the Drop In such a welcoming place....

Gill Wood 0208540 1399

Holiday House

We have still been getting odd bookings for the holiday house so have kept open during the Autumn.

So if anyone else wants to make an off season booking between now and April next year (not Easter) please do let me know a.s.a.p.

It can still be really nice in Mudeford and the surrounding New Forest area, less crowded and very pleasant for walking during the winter months.

Special Members price: 1 Week £375 OR Mid week or Weekend £200

The house is approximately 20 minutes walk to Mudeford Quay and similar to Christchurch town centre, with easy access to Bournemouth by car or bus and there are local shops and supermarkets nearby.



Trustees have agreed to hold the price in 2012 £440 for full week and £275 for short break

If you are interested in making a booking or want me to send a brochure contact:
Gill 0208540 1399 Email: gillcwood@blueyonder.co.uk

SEEKERS CLUB

Seekers has now settled nicely into Newent House..... We had our first Halloween disco there and saw some fantastic costumes... Fancy dress crown went to Mary Pitter!



Seekers had another first in November when we held a photography competition, one week we encouraged members to take photographs of the centre or friends and the following week we displayed the photographs without revealing the names of members who took the pictures, we then voted for our favourite pictures..... Our overall winner was Debbie Cox with a very nice group photo!



In these financially turbulent times we have been thinking more and more about fund raising, and adding fundraisers more consistently to our calendars. We were lucky enough to be donated the proceeds of Kingston Grammar schools mufti day, we were overwhelmed to receive just over £700 from them! This money was split so that we could spend most of it on Christmas presents and the rest on equipment. Now Seekers club has two hi-tech cordless microphones which will make next years karaoke evening awesome! We have also spent our donation from Mary McDonald on a large disco ball and laser beam lights....discos at Seekers have never been so much fun....

We spent our previous fundraiser donation on our annual pantomime...Earlier this month Seekers club went to see Jack and the Beanstalk at the Yvonne Arnould Theatre in Guildford. From start to finish the panto was brilliant and enjoyed by the 57 members and volunteers that attended, "He's behind you" he certainly was when Jack ran through the audience.....

As well as our craft themed nights, poppy making, Xmas card making and Christmas gift buying and wrapping, we all look forward to our birthday discos. Fresh homemade Cake and fun fancy dress themes always make them a favourite, last month was ABBA fever, new ideas and themes for the birthday discos are always welcome!



Our year finale was a mega event...family, carer friends and many Kingston Mencap members were invited.... we tried something new in the form of a sensory story "Babushka" which incorporated present giving to all of our members. We followed with a raffle with fab festive prizes, a certificate giving ceremony to thank our loyal volunteers, birthday announcements, fancy dress and dance competition winner announcements, mince pies mulled wine.....and to end the evening with a fantastic live performance from a very talented group called "Spice Folk".....pew.....with such a jam packed end to the Seekers year a well deserved break is on the cards!



Thank you to all of my hard working volunteers and lovely members who never cease to make me smile. Seekers club wishes you all a very merry Christmas and happy new year..... Zerrin (0203583 1731)
CLUB RETURNS ON 9th January 2012

FUTURE FRIENDS

Future Friends

Here at Future Friends we have had a very busy Autumn at Searchlight Youth and Community Centre.

We have been bowling, Bollywood dancing and curry tasting, dancing the night away at our Halloween Disco and also preparing for our very exciting "Christmas with Future Friends"

This event takes place on Thursday 22nd December at Searchlight Youth club at 7.30pm.

The evening will feature an Art Exhibition, a raffle, drinks and cakes and a fabulous Christmas Show.

We will take you on a journey through Panto-Land, combining comedy, dance, goodies, baddies and a Christmas story with a twist!

Tickets will be £2 on the door and will include a strip of raffle tickets.

Please note there will be no parking at Searchlight but the car park next door at Kingsmeadow can be used.

If you would like to donate a gift for the raffle, do some baking for the event or volunteer on the evening, please do get in touch with me on 07725562434 or email me at futurefriendskingston@gmail.com

This invitation is open to Seekers club; Xpression and Drop-In members

We hope to see you there.....

Thanks for all your support and a very Merry Christmas from Future Friends

Kirsty Fraser 077525 562 434



KINGSTON MENCAP CARERS GROUP

The Carers group meets up on the first Wednesday of the month at Home Farm Trust (HFT) Springfield Place, New Malden at 7.30pm.

Mary Macan facilitates this group and all are welcome

This is an opportunity for carers and family members to share experiences, information or just to chat about a worry or concern.

Why not come along and meet other carers and suggest new topics for discussion and share ideas?

There was no 7th December meeting as the group decided to go out for Christmas dinner at the Glasshouse in New Malden where 12 carers enjoyed a really well presented and tasty dinner with wine and good company.....

If you would like to find out more but can't come because you are caring for a family member or need a lift do get in touch and we will do our best to help.

The next meeting will be held on 4th January at 7.30 and on this evening there will be a guest speaker to explain more about the governments new Disability Strategy..... this is an opportunity for you to

Contact Gill Wood 0208540 1399

XPRESSION YOUTH PROJECT



Xpression has had another busy few weeks and members, volunteers and guests enjoyed the last night of club on 13th December at a Presentation evening and Christmas Party. Loads of food, dancing and games and of course the presentation of trophies with guest magistrates Peter and Graham. Thanks all round to the magistrates for their tremendous fundraising over many years and congratulations to all the Xpression award winners.



Editor: I am sorry but Dave seemed to get in every photograph - can't think why!

Club returns on Tuesday 17th January 2012 with a new programme

Merry Christmas from everyone at Xpressions

If you are interested in joining contact: Dave Cafferty 07749 275 425



VOLUNTEERS NEW YEAR PARTY

It is about 5 years since we held the last Volunteers Party to thank all our very hard working volunteers.



Each week we rely on our volunteers to support our clubs and projects and in this our 60th Anniversary year we felt it was time to show how grateful we are for their hard work, commitment and loyalty and to kick start 2012 celebrations!

Without our wonderful band of volunteers - the drivers, the escorts, those who help on club nights and support the leaders, help on Awareness/Flag Day, help at the Christmas Fayre and all the social events we put on each year we just could not function!

This will be an evening to say 'thank you' and we will holding the event on Saturday 28th of January - invitations will be going out soon so keep a space in your diary if you are one of our regular volunteers as an invite will be coming your way very soon.....



Gill Wood (0208540 1399)

CHILDREN



Gym Sessions for disabled young people

These specialist gym sessions are funded by Kingston Aiming High monies and are booked to take place in the small upstairs gym and are led by Malden Centre instructors who give an initial introduction/induction to the gym.

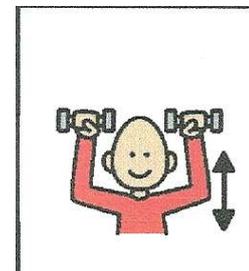
This is for disabled young people aged between 14-19 yrs
Sundays from 1-2pm or 2-3pm

Malden Centre, Blagdon Road, New Malden, KT3 4TA

Support will be available from Matt Schaff and Dominic McGinty

Come along and....

- Exercise in a small group
- Get fit
- Have support from a qualified instructor
- Try out the equipment in the main gym
- Have fun!



Water will be provided for young people and a free drink in the café will be provided for waiting parents.

For more information and to book a place contact: Grace Over
0208547 6215 or 07795 971 095 or Email: grace.over@rbk.kingston.gov.uk

YORDA ADVENTURES news

Things have been as busy as ever for Yorda and on 8th December they held their Christmas Celebration from 7-9pm at the Scout Hut, Elm Close, Tolworth

This was an opportunity for Yorda to thank their supporters who have fundraised throughout the year and all their volunteer supporters with a mince pie and hot toddy!

Congratulations to Yorda for another successful year

If anyone would like to find out more do get in touch with Laura she is always on the look out for new people to get involved and help fundraise.

Swimming on 7th and 21st January and 4th and 25th February

Half Term Play scheme information will be available soon

On 28th January Yorda are holding a Family Fun day from 2-4pm at the scout hut - all families welcome - come for fun and drama.

Refreshments will be available

Laura Smyth 07968 712 877



WHAT IS JIGSAW CARE SERVICES PLUS?

Jigsaw Care Services Plus (JCSP) is a social enterprise that endeavours to encompass care as a whole. Working within London, Surrey and the east of England, Jigsaw is a quality introductory service providing care workers and personal assistants for direct employment.

JCSP have a pro-active approach to introducing appropriately matched, trained and checked workers who want to work with children, young people and young adults who need their support. We specialise in offering this same high quality service to disabled children and young people, as we believe they have the right to access the same premium service and self directed support, without the premium price tag that other agencies charge.

JCSP Director, Lorraine Clements explained:

“Recruiting people to care for loved ones can be a daunting prospect at the best of time. When you add the additional safeguarding measures and training required when recruiting people to work with disabled children or young people to that mix, it can be overwhelming. Our (JCSP) aim is to simplify that recruitment process, whilst offering personalisation, choice and assurance to both families and prospective staff. Each customer is different. By taking the time to get to know them, we hope to build long term healthy working relationships between themselves and their staff.

With Jigsaw Care Services Plus you can be confident that you get the qualified staff you need, without the hassle and time consuming effort of organising everything yourself. Our personal service deals with everything from advertising, to reference checks and vetting options, to support at interview and guidance on becoming an employer. There are no hidden costs and no on-going agency fees.

Our staff have years of experience within both care and recruitment sectors, so are very aware of the importance of careful matching. They understand that an enduring and productive long term working relationship relies upon building a solid foundation and that this foundation stems initially from a good recruitment process.

That's all well and good, but are we different?

Jigsaw is a social enterprise with a conscience. We believe that all children and young people have the right to safe, quality self directed care and support that enables them to grow and develop both physically and emotionally. Therefore we source prospective workers from the local area who are suitable qualified for the roles available, taking into consideration the likes and dislikes of each individual child and the specific needs of each young person.

However our passion for assisting does not stop there as each year we offer support, guidance and a percentage of our profits to our chosen children's charities: Thouen's Trust and Fledglings

So whether you are a person looking for work in this field, a family looking for a nanny, the parent of a disabled child looking for an alternative to short breaks or a member of the local authority seeking quality cost effective spot purchase options, please do get in touch with us at Jigsaw Care Services Plus.

We'd love to help you to discover a bespoke solution to your needs.....

Lorraine Clements 07794 357 542 or email info@jcsp.org.uk Website: www.jcsp.org.uk



PEGASUS and Autistic Spectrum Disorder (ASD)

Great Ormond Street Hospital for Children 

Pegasus is a psycho-educational programme aimed at improving the understanding and well-being and functioning of young people with an autism spectrum disorder and their families.

We are looking for young people with a diagnosis of ASD and their parents to participate in our research with the following:

Received ASD diagnosis; aged between 9 and 14 years; speak fluent English; are aware of their ASD diagnosis: attend mainstream school

Pegasus is designed to help young and parents learn more about ASD and what it means to them. The aim is to enable children to acquire a more balanced understanding of their unique strengths and difficulties and to enhance self-management strategies

To find out more contact:

Dr Kate Gordon 0207829 8679 extension 8099 or Email kate.gordon@gosh.nhs.uk



NEWS FROM ROYAL MENCAP.....

STAND BY ME

The Stand By Me hate crime campaign was launched during Learning Disability week and in this first year focused on working with the police.

It was during this week Mencap launched 'Don't Stand by' a report on how the police currently deal with hate crime against people with a learning disability. Mencap called on all police services to sign up to a set of police promises based on the report's recommendations.

In Kingston this was signed on 30th November and in the picture you can see Caroline Jones of Royal Mencap campaigns team with MP's Warren Day and Philip Hitchen alongside BC Martin Greenslade.



The government has now announced to change the law to bring disability related hate crime in line with other kinds of hate crime. In practice this means that the prison sentence for murder related to someone's disability has doubled from 15 to 30 years.

To read more go to: www.mencap.org.uk/standbyme or contact the Parliament

DISABILITY LIVING ALLOWANCE

Tens of thousands of disabled people in care homes including those with a learning disability have won a reprieve over a planned benefit cut after a high profile campaign.

Maria Miller, the Minister for disabled people, announced last Thursday that the government is to reverse its decision to scrap the transport allowance for 80,000 people in residential care.

The campaign to stop the mobility component of DLA being taken away from people in residential care followed hundreds of people writing in and emailing their MP's and protested and lobbying at every opportunity to have this decision reversed.

Great victory and shows campaigning really does work!

DISABLED CHILDREN DENIED CHILDCARE

Many parents of disabled children can't access childcare.....

A third of parents of disabled children in England received no holiday childcare during the summer, according to a survey conducted by disabled children's charity KIDS and Mencap. It reveals that 2/3 of families found it 'difficult' to find appropriate childcare for their disabled child. And one in ten say they were refused a place because of their child's disability. When parents of disabled children do get childcare, it is estimated that they can face costs of up to £11,700 per year, compared with the national average of £5,028 (according to the Daycare Trust)

The Survey also highlights the struggle that parents of disabled children face in maintaining employment. Nearly half (43%) of those surveyed were unemployed and cited the lack of affordable and appropriate childcare as a major reason for this.

To read more go to: www.mencap.org.uk/holidaychildcare

AMBITIOUS ABOUT AUTISM

'Ambitious About Autism' is a national charity for children and young people with autism. We provide services, raise awareness and understanding and influence policy.

We exist to enable children and young people with autism to learn, thrive and achieve and through Treehouse School we provide specialist education.

Our ambition is to make the ordinary possible for more children and young people with autism. <http://www.ambitiousaboutautism.org.uk>

Home Farm Trust update.....

Kingston Mencap met with Tracy Lazell, manager of HFT on 30th November 2011

The Francis Centre has now been returned to HFT, so following redecoration this extra space will be available for use in the next few weeks and maybe before Christmas which will allow extra space, especially for people with 'autism' if they need to have a quiet area.



A new Changing Places toilet has been installed and is now waiting clearance by the building inspector and is hoped to be completed very soon. This will be available to outside users and it is hoped this will be registered with 'Changing Places'



Register of arrivals and departures is kept and to ensure this is accurate it is hoped to have a full time receptionist on duty in January - maybe a work experience job to lead to paid employment for 1-3 people with mild learning disabilities - really good news!

The front door is to be adapted so that it doesn't open automatically but by pushing a switch to gain access as an extra safety precaution for those that may wander and will stop all the heat escaping every time someone walks nearby.

HFT are looking at breakfast and after hours clubs as well as weekend support. The aim is to provide anything that is needed and also to adapt the upstairs kitchen to a more informal area with kitchen/dining/lounge facility.

STAFF

Melissa is day centre manager who deals with day to day service problems or queries.

Each HFT house will have core team but all staff would be available across the service to cover for holidays and illness.

Supported living queries can be directed to Maria and queries regarding costs to Sue Powell.

HFT will continue to show staff photographs to help with identification for both service user/carers.

KEY WORKERS

It has been agreed that every person attending HFT to have a named 'key worker' which is very good news for family carers and clients (everyone will know who to contact and that it will be someone who knows them well)

NEWSLETTER & CONTACT HOME Still few families/carers have signed up to the email list for LinkSS Newsletter and it was suggested more hard copies to be sent out alongside emails to do everything possible to keep families informed, especially where family member live in supported living.

TRANSPORT - There are still issues with RBK bus not being made available for outside activities; arriving early; problems at end of day with buses all arriving together; blocking front area and car park - these will be addresses with RBK.

HFT's own new 9 seater bus is on order - can take 2 wheelchairs - due in January.

CLOSURE OF ST MATTHEWS

St Matthews has closed and is now up for sale but a feasibility study will be taking place to see if this house could be converted to small block of flats with resident support staff on duty and communal lounge area.

'Review Day' planned for January will give everyone a chance to comment and suggest new activities/ideas.

Contact Chahnaz to add your name to the email list 0208942 9769

The Evening Club & the Putty Potters

The weekly club is held at the United Reform Church, Malden Road, New Malden, KT3 6DR (near the Fountain Pub & Roundabout)

Wednesday evening from 6:30pm to 8:30pm

This is a Social Evening to meet new friends or old; play a game of pool; socialise

The Next meeting dates are: **DECEMBER 14th and 21st 2011**
JANUARY 4th (NOT 11th) 18th and 25th
FEBRUARY 1st (NOT 8th) 15th, 22nd and 29th
MARCH 7th (NOT 14th) 21st and 28th

To check meeting dates and more information contact:
Edward Klepp 07877 715 701



Jurassic Encounter Adventure Golf

This part of 'Putty Potters met up at the Golf Range on a Thursday evening. The 'Practice Sessions' held during September and October were very popular and run by the Green Master: Robert Smith AND ... his assistant Paul Littrell

Tournament entrants paid £5 and had to navigate a prehistoric terrain with lush greenery, cascading waterfalls and hidden caverns at Jurassic Encounter Adventure Golf.

At a later date winning entrants met up at the United Reform church and prizes were awarded to the winners. The overall winner was Debbie Cox who was presented with a trophy and cash prize, needless to say she was delighted to beat those boys!



YOUR SPACE AT THE FOUNTAIN

NEW Drop In started on Monday 3rd October at the Fountain Youth Centre, 1 Kingston Road, New Malden KT3 3PE

The cost is £3 per person per session (please come with your own support if you require it)

WHEN: Monday 12 midday—8pm
 Tuesday 9.30am—6pm
 Fridays 9.30am—12.30pm
 Sundays 12 midday - 4pm

Meet New People

Refreshments available

Computer Games; Play Pool; Table Tennis; Play DVD

Friday morning 10-12 midday ART SESSIONS £10 per person (including drop in fee)

Monday afternoons 2-4pm XBOX ACTIVE SESSIONS £10 per person

For more information please email Andrew Stride andrew.stride@welmede.org.uk

BOOGIE NIGHTS

The last Boogie night in 2011 will be held on Friday 16th December
 Boogie Nights are held at Kingsmeadow, Jack Goodchild Way, Kingston Road,
 Kingston KT1 3PB
 from 7.30pm - 11pm
 £5 on the door (carers go free)
 Find us in 'Groups' on Facebook: boogienights@groups.facebook.com
 Contact Melissa for more information: 07947423083



AN EVENING OF SONG AND DANCE 17th Dec.

The Royal British Legion is hosting an evening of Song and dance with singer

Barry Stevens

The Legion would like to invite Kingston Mencap members and friends

Saturday 17th December

7.30-11pm Tickets

£5 to include light supper
 Bar open for drinks



To book a ticket or for more information contact Sandra Reed 07792 289719

ZUMBA fitness - free 6 week course

This has been set up in partnership with the Active Kingston Team and Borough Neighbourhood committee for funding this opportunity.

Zumba is a dance and fitness class to Latin music!!
 Starting on Friday 13th January - 17th February 2012
 11am - 2pm
 At Hawker Centre, Lower Ham Road, Kingston KT2 5BH

Spaces are limited so you must book if you want to join in as booking will be on a first come, first served basis.

Contact Sue Johnson 0208547 5212 sue.johnson@rbk.kingston.gov.uk



PARTY at Kingsmeadow on 19th December

Nkechi Kalu from Supported Living is organising a Christmas Get Together on Monday 19th December at Kingsmeadow from 7pm - 11.30pm

Tickets £10 includes food, drink, raffle and games and present

For more information or to book a ticket contact:
 Nkechi 0785230062 or 0208547 5778



Learning Disability PARLIAMENT

Kingston Learning Disability Parliament hold 'open meetings' every five weeks. These meetings are a chance for people to meet their MPs and to find out what is important to people with learning disabilities.

All open meetings are held at Session House
 Next meeting dates:
 6th January; 7th February; 16th March



Contact: ldparliament@hotmail.com
 Marie at the Parliament office: 0208547 6645
 Sessions House, 17 Ewell Road, Surbiton, KT6 6AF



HEALTHY LIVING BIG DAY

The Kingston Learning Disability Parliament held a Healthy Living BIG day on the 29th November. Over 65 people came along.

There were four workshops for people to attend. They were: Healthy Eating, Looking after your eyes, Looking after your teeth and How to keep well and happy



There were also some very interesting presentations.

Joyce Dendy told us about her Hospital Passport and how helpful she found it when she had to go into hospital.



Ruth Wey, practice manager at the Groves, talked about annual health checks and how people with learning disabilities can have a check up with their GP each year.

Rhian Malik, Community Nurse, talked about Health Action Plans and to make sure that people know they are available if they want one.

There were 7 information stalls; we had very good feedback about the women's health and men's health. People were also able to have a blood pressure check.



Actions from the day

- On the day people said it would be useful to have an information pack available
- MP health reps will be working with your health care to put a pack together
- The event has had very good feedback from all and the Parliament think it would be useful to have these events on a yearly basis



Philip Hitchen MP

SPOTLIGHT: Learning Disability Review

The Council have just started a review of the Kingston Learning Disability service. The Council has to make sure that the service we have now is well organised and good value and that the money is being spent wisely, as they have to save funds over the next few years. This review will look at the way the whole service works, what we do well and what could be done better and the review will include and look at:

- Learning Disability Management team
- Care Management and Support Brokerage
- Administration
- Residential Care and Respite
- Supported Living and Work Activities
- User Involvement team (staff who support the Parliament)
- Services we buy e.g. residential care; day services; individual budgets

The review, which will take several months and finish by March 2012, will be carried out by an outside organisation that has a good understanding of learning disability.

We will make sure that the views of people with learning disabilities and their families and carers are included in the review.

The review will be overseen by a project group which will include:
 Glen Mills (Head of Learning Disability)
 Kingston Mencap
 Learning Disability Parliament

We will keep you updated throughout the review.

Editor's comment:

Kingston Mencap feel their role as part of the Project Group is to make sure member's views are not only considered but explored and to make sure everyone has an opportunity to comment or offer up suggestions and to make sure voices are heard and that concerns and worries are understood.

Kingston Supported Living Service (KSLs)

Following a review of this service it was decided to change the structure of Kingston Supported Living. Instead of having 1 Manager and 3 Deputy Managers above the support workers it has been decided to have:



Manager: Paul Suffield



Deputy Manager: Roger Matthews



5 Seniors:



Michelle



Barry



Sally



Ray



Edward

The reason being that as the team has got bigger over the years, they need to ensure the team work together as one, especially as the team is supporting more people.

The team needs to make sure the management of people's support is closer to them and staff understand what individuals want.

To make sure the co-ordination of Individual Budgets is flexible and responsive to individuals.

By now, everyone who is supported by KSLs, have been told who their new Senior is - but if you don't know yet - get in touch at once to find out. Telephone Paul Suffield 0208547 6518

MEMBERS BIRTHDAY.....

Happy Birthday to all in November: Vincent Pleece; James Mayes-Reid; Ben Read; Anthony Crowley; Philip Black; Stuart Disspain; Isobel Tyrrell; Jasper Bagtazo; Joshua Palgrave; Paul Brewster; John Carter; Colin Cushing; Jennifer Linehan.

Happy Birthday to all in December: Sam Jerwood; Elizabeth Ciano; Mary Pitter; Peter Hearne; Tanya Mainds; Keith Hitchin; Raymond Bezzina; Susannah Gibbins; Everton Mair; Ian Bassett; Owen Bright.

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

Members News

Bruce Lacey

Di Lacey wrote in to tell us that Bruce, a former Dysart pupil, has settled down well in his new home. The photograph below, with his Dad and sister, was taken on a recent visit.



David Brandon

We were all so very sorry to hear the sad news of the sudden death of David at the end of November. David was one of the first MP's of the Learning Disability Parliament and was always keen to speak up for others and to tell his life story. David came out of hospital in 1996 as the final part of the hospital resettlement programme and shared a house in Chamberlain way before moving into his own home. Jane Wells told me his health had deteriorated this year so he had spent a lot of time at Woodbury, he was a very popular person who made great progress and was always very kind to all the Woodbury residents, we will all miss him.



The funeral will take place on Wednesday 14th December at 11am at Kingston Crematorium

Congratulations to Jill & John Kemp



Alexis is their new daughter. Jill said she is a lovely little girl and John said she has settled down well with her new family..... What a great Christmas they will all have!

CLAIRE ALEXANDER

I would like to take this opportunity of thanking Claire for all her support over the past few years as a Kingston Mencap trustee. Claire has a new promotion and with all the extra work and responsibility has sadly had to stand down from committee.



We will all miss her and wish her well.....

Welcome to New Members

J. Ransom; Mary Pitter; Vicky Jacobs; Ted Wightwick; Mary Goddard;

Thanks to everyone who has sent in old mobile phones and used stamps We particularly want foreign stamps



Thanks to all who save for us.....

If you have any comments, ideas or suggestions to improve the newsletter or any news you wish to share with other members please let me know. We are always pleased to hear news 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.