

KINGSTON MENCAP Newsletter

Understanding learning disability



Trustee Committee 2010/2011

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

Dates for Your Diary



Christmas Fayre
27th November

New Year Party
22nd January

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Dear Members, Friends and Supporters

There is a lot in the news about 'government cuts' and 'saving money' Benefits are crucial for many people with a learning disability and the government's plan to make the welfare system 'simpler and more efficient' could mean people with a learning disability miss out!

This is all part of the government's overall drive to reduce spending but there is much debate over medical assessments, employment and support allowances and how it could affect people.

The Learning Disability Coalition '**Protect the Frontline**' campaign is actively working to protect crucial learning disability services.

Please do let us know of any cuts that have adversely affected you or any family member with a learning disability that you care for. It is very important we remain vigilant to ensure services are not cut here in Kingston and that people are kept safe and are happy and well supported with good experienced staff that really care!

Kingston Mencap held a very successful **Awareness Flag Day** (see page 2) Our grateful thanks to everyone who helped or made a donation to break last years record! A very big thank you to Pat Cox, our organiser, who makes it look so easy but works extremely hard for many months prior to the day!

This year the **Christmas Fayre and Social** will be held on Saturday 27th November and please don't forget we are holding it this year at the **Causeway**.

We are delighted to have already received lots of nice gifts and donations and I would like to thank all those members and friends who have already sent things in but we can always do with more so if you have any new unwanted gift or would be willing to make a cake or send in a bottle we would be most grateful. (see separate flyer)



Heather tells me lots of people have already sent back their raffle ticket stubs/monies but it would help enormously, if you haven't already returned them, you do so as soon as possible!

We have lots of really nice prizes including a Sony player, wine, chocolates, toiletries and restaurant and shopping voucher for winners to choose from 20 PRIZES in total!

WE RELY ON YOU, OUR MEMBERS AND FRIENDS, TO MAKE THESE FUNDRAISING EVENTS BOTH PROFITABLE AND ENJOYABLE SO PLEASE COME AND SUPPORT US!

27th November at the Causeway

Merry Christmas and Happy New Year to all

Gill Wood

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 news please let me know so I can take your name and address off the circulation list. Email: gillwood@blueyonder.co.uk or telephone 0208540 1399

AWARENESS/FLAG DAY 23rd October

Except for that awful 45 minutes when the heavens opened, we were again lucky with the weather and those of us under cover especially so!

I want to thank all members and volunteers who turn out year after year and those who made a donation because they were not free to help - I couldn't do it without you and especially Rob Croser who gives up so much time to drive me around collecting in the cans and then counting all that dirty money!!

We collected a staggering **£1,455-69** which meant we bettered last year by almost £133 - I was so very pleased and surprised with that, bearing in mind the current financial climate and the fact I lost two weeks preparation time due to a virus!

Again, special thanks to the students of Holy Cross School and Tiffin Girls' School who do a sterling job representing and raising awareness of Kingston Mencap on our special day in both Kingston and New Malden. This year the top 5 collectors were :

1st (again) Holy Cross Students £197-83

2nd Tiffin Girls' £140-12

3rd Tony Page £60-79

4th Ann Williams £59-25

5th Graham Cotton £52-66



Colin & John



Lorraine & Harry

But well done one and all and I do hope you will all sign up for 2011 when I anticipate the date to be **Saturday 22 October**.

Another exciting opportunity is the big Sainsbury Store in Kingston is going to allow us to collect one day in the week prior to our special day and I have asked for **Thursday 20 October** so if anyone could help then during the 0900-1800 time slot, please let me know as soon as you like!

Pat Cox

Awareness/Flag Day Organiser 0208977 9021



CARERS GROUP

The Carers Group has continued to meet all through the summer on the first Wednesday of each month at HFT.

We have had various guest speakers including Maundy Todd who came to visit in September to update us about health and what is happening locally with regard to Health Action plans, Health Passports and Annual Health checks.

In October Carol Harvey, the new generic support worker, called by to update the group on KCN news and what is planned locally for carers.

The Carers group have just decided to go out for a Christmas meal on the 1st December at the Glasshouse restaurant in New Malden, in place of the normal group meeting. The 3 course dinner will cost £22.95 plus drinks per head and thanks to the generosity of our organiser Mary Macan we have some funds available to help subsidise.

If any carer member would like to join us please send £10 deposit to book a place and request copy of the 3 course Menu or ring me direct asap



Please note there will be no meeting at HFT in December and we will meet up again on Wednesday 5th January at 7.30pm

SATURDAY DROP-IN

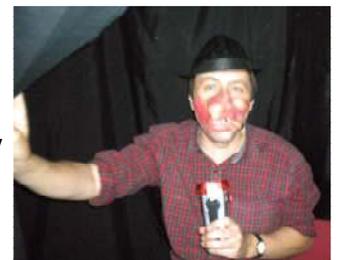
The BBQ in August seems ages ago now but was a great success with lots of people turning out for burgers and sausages - many thanks to John Kemp for manning the barbecue and for all our faithful help who turn out to support these events and we even managed to make some funds.

Every Saturday has been jam packed with people dropping by, some just for a cup of tea/coffee and a brief chat and some stay for the whole session.

Everyone has been made welcome by Zerrin and Michelle who try to find something new for people to try each week or some just like the old faithful games and a good chat!



On Saturday 30th October we held a Halloween party with almost 50 hungry people, including staff and family members filling Searchlight to enjoy Michelle's scrummy food: jacket potato/chilli con carne with fun and spooky games and Greg's Disco. Thanks to Jill for volunteering on the day and especially John for his scary corner which everyone enjoyed!



The Drop In is held every Saturday between 12-3pm at the Searchlight Youth and Community Centre, Kingston Road, New Malden KT3 3RX For more information contact: Jill Kemp 07752 357

PLEASE NOTE WE WILL BE CLOSED ON 27TH NOVEMBER BUT THERE WILL BE LUNCH AND TEA SERVED AT THE CHRISTMAS FAYRE FROM 1PM AT THE CAUSEWAY DAY CENTRE NEW MALDEN. PLEASE DO COME AND VISIT US AND BUY A TASTY LUNCH AND ENJOY THE FESTIVITIES. REMEMBER TO BRING SOME CASH TO SPEND!!

NEW YEAR PARTY on Saturday 22nd January

We are planning a New year party at Dysart School with a Country and Western theme on Saturday 22nd January from 7pm until 10.30pm with a Pizza and salad supper, but you need to bring your own drinks and glasses.



Tickets £10 from Iris Todd with a LIVE BAND

If you want to come book your tickets now to avoid disappointment as we can only cater for 65 people. Complete and return the enclosed flyer, cheque made payable to Kingston Mencap, and send to Iris Todd: Christmas Cottage, 65 New Road, Chilworth, Guildford, GU4 8LP Any questions or to check availability ring Gill 0208540 1399



SEEKERS CLUB update

The Summer term of Seekers club kicked off with a new leader, Zerrin Izli and the club got creative with Lesley Hutchinson, making face masks for our African dance/drum group “Abundance”

We used our fabulous masks to dress up and participate in traditional drumming and dancing when Abundance visited on 27th September.



We danced the night away for our birthday disco on 20th September with a ‘Grease’ theme

The Seekers club logo competition had eight entries and prizes and congratulations were awarded to Belinda Yorke-Mitchell, Kim Bright, Warami Tuoyo, Colin Cushing, Louise Hein, Helen Lay and Una McCormack . The new club logo is still being produced so watch this space for our logo and ID cards in the New Year.



Among the many weekly fun and frolics Seekers club hosted their first ever stand up Comedy night on the 11th October. This gave members and volunteers an opportunity to shine as comedians and many laughs were had! A special chuckle award to John Diamond for a fabulous Michael Macintyre impression - Well done to all who took part!

Our birthday disco on the 25th had a pop star theme and a very convincing Elvis (Philip Black) and Danny Zuko (Edward Maule) showed up with great moves!

Our annual Halloween party fell on 1st November. The costumes were terror-ific, best costume/dancing and game winners all won spooky prizes!

Seekers club now has an open kitchen policy, this allows two members to volunteers in the kitchen under the supervision of two volunteers. The kitchen is open for refreshments and snacks throughout the club as opposed to a designated tea time! Thank you so much to our hard working members who often volunteer in the kitchen, especially Warami and Colin!!



We have a very exciting Christmas season planned, we are making gorgeous gifts to sell at the Mencap Fayre (27th Nov). We will be rehearsing and performing our own version of “Snow White” on the last day 13th Dec. Parents and carers are welcome for a bargain ticket price of £1, this includes wine and mince pies so let me know if you would like to come..... The evening will finish slightly later at 9.30pm due to the busy schedule.

SPECIAL THANK YOU..... To all our lovely volunteers who keep the club running so well and happily, in addition thank you to our new volunteers from Kingston Grammar school, they have bought new energy and enthusiasm to our club!

Warmest wishes and appreciation to our drivers who have stood down, Ken O’Rourke, John Phillips, Maggie Powell, also to our escorts who are hanging up their coats Shirley Temple and Gerda Brennan.

Thank you to Jill and John Kemp who have joined the driver/escort rota.

This means we have vacancies and a real need for new drivers and escorts - please contact me if you are interested in joining our wonderful club and team. A couple of hours once a month is all we ask to keep our 50+ strong club running smoothly!

Zerrin 07523 969 855 or email zeded333@hotmail.co.uk

SEEKERS CLUB update continued.....



'Seekers Got Talent' night



On Halloween night these scary characters turned up at club!

Who can they be?



The Judges

Robyn (teacher) and Kingston Grammar School pupils who have been helping out for the past few weeks



FUTURE FRIENDS

Future Friends is now 3 years old - difficult to believe because it has flown by! My aims for the club have always been to provide a good range of activities and opportunities to try new things as well as encouraging and supporting friendships amongst members. Many of our members have been with us for at least a couple of years now and I am proud of the ways that they work together and support one another.

This was particularly apparent on our future Friends trip away this year. We went to the Queen Elizabeth Activity Centre near Southampton and this year we had to cater for ourselves. Everyone mucked in and helped one another out and, with only 3 bathrooms for 22 people, there was quite a lot of team work and compromise to do before we even left the chalets in the morning!

There was a great variety of activities this year from driving a motor boat (at a very stately pace) to zinging along the zip wire. Once again I was so proud of all the members for all they achieved and so grateful to all the volunteers for all their hard work.



Our next challenge is going to be putting on a small Christmas production this year. With the assistance of the Bounce theatre company we shall be performing an entirely unique production on the 23rd December at 7.30pm

Everyone is welcome and there will be drinks, nibbles and lots of good cheer after the show. Please put the date in your diaries and give me a call to find out more details nearer the time.

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

SENIOR PARTY 2nd October

On Saturday 2nd October we held the annual party for 18+ members at the United Reform Church Hall in New Malden.

We were expecting a full house and had to refuse some people as we couldn't exceed 100 people, so it was very disappointing that quite a number of members did not turn up!

Please do let us know in future please!!

We were really sorry we had to disappoint a number of residential homes so in future please get in early and book your tickets a.s.a.p. next time.



The 'Blow' band provided great band music and Sandra Reed cooked an array of tasty hot dishes for us all to enjoy - thank you Sandra for slaving over a hot stove all day!

We couldn't run these events without the support of our fantastic volunteers who turn out faithfully each time I ask, to support members and ensure everything runs smoothly.

It was a really good evening but a dreadful night went it was time to go home - torrential rain and flooding had us all paddling to our cars and taxis.



I would like to take this opportunity of thanking the church volunteers who were particularly helpful in making sure we had everything we needed and have invited us back.

We are so very grateful for their generous hospitality and have made a small donation to help cover some of their overheads.

Gill Wood

HOLIDAY HOUSE in Christchurch

The house continued to be full right through until the of September and we even have a couple of bookings for November.

If anyone is interested in booking a short 3-4 day break over Christmas or the New Year do let me know soon as we have reduced 2010 short breaks to £200 to enable as many people as possible to book.

Going by the 'comments book' everyone has had a good time and some have already re- booked as we are now booking dates for 2011

We are still working out prices but are hoping to extend 2010 prices into 2011

We will inform all those who have already booked asap

To request a brochure or make a booking please contact: Gill 0208540 1399



XPRESSION Kingston Mencap Youth Project

HO HO HO, and a Merry Christmas to all!

2010 has been an exceptional year for Xpression youth club, with volunteer and member numbers creeping up to our most consistently high since we set up the club, we've put on new activities throughout the year, set up a management committee of dedicated volunteers to assist with the running of the club.

Exciting times lie ahead in the new year!

This year along with our old favourites like Football, Bowling, Quidditch, Halloween Night, Cooking a broad range of culinary delights, Cycling and Xpression – Factor, we've spread our wings further still and embarked on new activities like: Big Screen showings of films at the club; Movie Quizzes; Xpression's Got Talent (never know there may be an Xpression on Ice one day but I hope not); Blind Date (honestly not as horrific as it sounds—it was awesome!!); Human Bingo (a great success, despite the numerous raised eyebrows in the room when I announced it); Discussion focus groups to get members more involved in the running of the club and introducing... Member-led activities for example dance workshops! It has been a very fun year!

We have had a couple of legendary members leave us to go to college, and while their shoes are difficult ones to fill, we are having a good go at trying to... We currently have around 18 to 19 members coming to the club each week, and now that our volunteer numbers are increasing and stabilising, we have the capacity to open our doors to new members! So if you know of anyone who would benefit from attending Xpression, please don't hesitate in giving them my number – 07749 275 425 or even better, my email address – davecafferty@hotmail.co.uk

On the volunteer front, we are very privileged to have a rapidly growing volunteer base, which will open us up to getting new membership and engaging in different types of activity! However, it wasn't all good news: We are very sad to say, that two of our most valued volunteers have had to temporarily leave us at Xpression – Rowan Bruley-Edwards one of the "Volunteers of the year 2009" has left us to embark on her own adventure at University, while Hannah Collins, who in a short time with us, has made an enormous impact, has left to travel around the earth on a mighty adventure for the next 6 months – We all hope she will return...

You may have heard, but Xpression now has an operational management committee, because quite simply there was too much going on in life to be able to juggle the competing demands of the club and everything else... I sent out a call to volunteers, to those who would be willing in taking on more responsibility in helping with the strategy and the running of the club. The committee have been looking at: Volunteer Recruitment/Training; Member Recruitment/Involvement; Club administration & Risk assessments; Strategising the club's future; and Fundraising. The last few months have gifted us with some great successes in terms of Fundraising!!

Our friends since Xpression's inception – the **Kingston Magistrates Boaters Club**, embarked this year on what could be their last ever boat trip, and managed to raise £1586.15 So we owe them an enormous thank you once again, not just for this year, but for everything they have done for Xpression since the club opened 6 years ago!

This year, our volunteers have had a number of successes in raising funds for Xpression themselves too! Earlier in the year, volunteers embarked on a World Cup Themed face painting fundraiser, throughout Kingston and managed to raise around £100! In addition to this, Lewis Austin, on our management committee, was successful of securing the partnership of Waitrose in their "Community Matters" scheme, raising £276 off the tokens distributed by Waitrose customers!

And now for the runners: This year, in September, Charlotte Bruley-Richardson, Emma Grinter, and Ruth Hearn raised £499.92 9 for Xpression by running the Adidas 5k run! So thank you so much to them for their effort!

Adele Maitland, one of Xpression's bold and charismatic deputies, ran TWO half marathons in aid of Xpression – and managed to raise £1097.18 (inc gift aid)! Exceptional performances all round!

We have more fundraising ideas in the pipeline – so watch this space!!

These efforts mean that we will be able to afford a weekend away next year!!! And after the fun we all had last year, this is great news! So, we are currently thinking about doing something during the summer term of 2011, so keep your ear to the ground – once we have an announcement – you'll get the letters in the post.

From all the Volunteers and myself, we wish everyone a very Merry Christmas and a Happy and life affirming new year! We look forward to seeing everyone again in 2011!!! Thank you to all our friends of Xpression: Members, parents/carers, supporters, community partners and volunteers, you all make Xpression a very special club!!!

Hope everyone has a great time!

Dave Cafferty



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
If you are interested in joining Xpression please call the leader Dave Cafferty to arrange a visit: 07749 275 425

CHILDREN



Kingston Parent Panel Consultation Event will be held on Saturday 20th November from 10am to 4pm at Moor Lane Centre, Moor Lane, Chessington KT9 2AA

The Kingston Parent Panel, which is the voice of parents and carers of children and young people with disabilities in the borough, is holding a consultation event to hear your views on topics relating to services for disabled children in the borough. There will be an opportunity to meet with local authority officers and then attend workshops that focus on:

Therapies

Transition to Adult Services;

Education for children/young people with Aspergers or High functioning Autism

Let your voice be heard and take the opportunity to shape the development of local services for children and young people with disabilities. .

You can choose to attend either morning or afternoon session or both and Yadapa art group will be providing art and craft sessions for the children but you need to book early as spaces are limited.

The aiming High for Disabled children's Parent Participation Grant will fund the cost of the event.

If you would like to attend the event contact EnhanceAble Children's Services 0208547 6200 to book a place

NAS Christmas Party

We would like to invite you to the Kingston NAS(SWAPS) Children's Christmas party at Warren Park on Sunday 5th December from 3.15pm - 5pm. There will be an entertainer from 3.20pm and this year we have Magic Shane from Lollypop Parties.

Father Christmas will arrive at around 4.30pm

Please bring a wrapped present for your child and any siblings with their names on them so that Father Christmas can give them out.

If you could let me know if you are planning to attend it would give me a rough idea of numbers. Hope you can all make it as it will be a fun afternoon with great entertainment for children of all ages and we have such a fantastic Father Christmas. Any contributions of snacks/drinks would be gratefully appreciated. We hope you can make it!

RSVP to Sian Palin on 07917271350 or email swapskinston@googlemail.com

Please ensure that you bring a present for each child you bring, wrapped and with the child's name on it as we do not want to see any sad face's!



NEWS update from Dysart School

Dysart Discussion Parent forum will hold the next meeting on Wednesday 24th November from 10-12 at the Star Centre, 50 King Charles Crescent, Surbiton.

Please let the school office know you are going to attend.

Dysart Christmas Fayre will be held on 4th December

Break up for Christmas 17th December



YORDA ADVENTURES update

QUIZ NIGHT

Yorda are holding a Quiz night on Friday 19th November at Dysart School
Tickets £10 to include fish & chip supper or veggie option

FOR TICKETS CONTACT: Megan: megan@yordaadventures.co.uk



PLAYWORKERS

We are currently recruiting Play workers to work at our After School club. We use the Southwood Scout hut and get out and about as much as we can to parks, farms and other such local fun!

If you are interested and want to find out more contact Charlotte Amison 07545 974734

PLAYGROUND PLANS

On Thursday 25th November you are invited to Southwood District Scout Hut to find out about Yorda's Playground Plans - see the plans and meet the staff team and enjoy a free cuppa!

To find out more contact Megan Naylor: 07590 622437

DVD

Yorda will be celebrating their 4 year anniversary and a DVD will be available on the website - get in touch if you would like a copy www.yordaadventures.co.uk

SWAPS update

Sunday afternoon Fun Sessions at Warren Park for primary school age children take place each month. Swaps are looking for people to help open up and run these sessions. Parents are responsible for their own children so all you need to do is arrive to open up and lock after the session.

If you can help or want to learn more contact Sian Palin 0208241 8700 www.swapskingston.org.uk

Next Fun Session: 5th December see NAS Children's Christmas party on previous page for full details

MANAGING ANGER!

Managing anger in young people with Aspergers syndrome aged 8-16 years. This is a practical seminar that focuses on communication strategies and difficult behaviour but not covering physical intervention.

The seminar will be run by Anh Nguyen on Tuesday 7th December 10am- 2.30pm

Richard Mayo Centre, United Reform Church, Eden Street, Kingston

Contact Grace Kendall to book a FREE place 0207704 3805 (first come first basis)

NEWS FROM ROYAL MENCAP.....

SNAP WINNERS

This year Snap, Mencap's photograph and film competition had a theme, sport and being active! The judges chose 80 prize winners from around 700 entries and an award ceremony took place at the Curzon Soho on the 29th September.

The exhibition will tour locations all over England and for the first time Northern Ireland.

Two of the winners were Alex Lacey and Claire (staff from Dysart School) with this stunning photograph! Di Lacey and headmaster John Prior collected the prize on their behalf



Well done Alex and Claire

To view all winners go to: www.mencap.org.uk/snap

Buy the 2011 Snap! calendar, including photos from the competition, for £5.99.

Call 01209 617 109 or visit www.mencap.org.uk/snapcalendar

LEARNING DISABILITY TODAY

Learning Disability Today is holding a conference and exhibition taking place at the Business Design Centre in London on 8th December. The event is aimed at those who work with people who have learning disabilities or have learning disabilities of their own. Over 3,000 people will come together in the largest show of its kind in the UK. There will be 100 trade stands and projects and visitors will be able to participate in seminars and interactive zones throughout the day.

Learning Disability Today is 10 years old and this event is free to people with learning disabilities and their family carers.

To book tickets go to: www.learningdisabilitytoday.co.uk

SERIOUS ABOUT ART 23rd January 2010

This one-day Art event is for everyone with a learning disability and is being held on:

Sunday 23rd January 2011

10am - 3.30pm

Laban, Deptford, London SE8 3DZ

Cost is £3.00 (carers and supporters can accompany you for free)

What you can do:

Dance; Music; Drama and dance; Sing & Sign Makaton; Acting; Comedy Mime; Art; Stage Make-up.

Choose 3 things you would like to try

If you would like to go contact Caroline Jones who will send you a form:

Email caroline.jones@mencap.org.uk or Tel: 07810 183 552



ST ANN'S LODGE news

Blackpool Holidays:

Everyone at St Ann Lodge went for a holiday to Blackpool and they all had a wonderful time and enjoyed the various activities as well as the night life!



Lana's 40th Birthday:

Lana celebrated her 40th Birthday party on 23rd of October 2010 with all her friends and family at St Ann lodge. Everybody had lots of fun and enjoyed the lovely food and drinks including the nice music.



And the final note is:

Christine Freeman has joined St Ann Lodge as a Deputy Manager. Everyone at St Ann Lodge is very pleased to have Christine at the home and wish her all the future success.

WELMEDE CHRISTMAS DISCO

There is a Christmas Themed Fancy Dress Disco on Friday 3rd December from 7pm - 10pm at the Burview Hall, Queens Road, Walton on Thames KT12 5AB

Tickets £3 per person (carers free)

Limited transport available for those living in Kingston area which needs to be booked well in advance at cost of £4 return Tel 07798 641 562

If you want to attend the disco please call 01932 57166 to book



ADVOCACY PARTNERS

Advocacy Partners Speaking Up is changing their name as from 1st December!

We're changing our name to VoiceAbility and we are really pleased with the new name and think it is something to be proud of. We wanted to focus on what's really important to us, working towards a society where:



***Everyone's voice, views and hopes can be heard loudly and clearly
People's rights are understood and respected
Each of us has the ability to lead a full and enjoyable life***

We knew that our name had to be right for all of our services, easy to say, easy to remember. And we wanted our logo to show what we were like....energetic, experienced, creative and cheery! Our new mission statement really says what we're about....

strengthening voice, championing right, changing lives

Alice Elliott is the self advocacy worker in Kingston:

Telephone: 0208892 6559 or go to www.voiceability.org

HOME FARM TRUST (HFT)

There has been a lot of work taking place at HFT for the past few months and the canteen area has been out of action but there now is a new reception desk and hopefully the work will be finished very soon.



There have been lots of new faces in recent months so I asked Melissa Hulbert to provide a run down of who is who so family and carers have a better idea of who is supporting everyone.



Catherine King will be running Monday's cookery group and the Shout café from 17th November



Debbie Pietru will support people at Thursday's aerobic session



Stuart Ramsden will support Tuesday's Cookery group



Wendy Lanyon will support at Thursday's jewellery session and Fridays Out & About



Maureen Bouton will support Monday's Out & About Wednesday's canteen group



Jill Goldie will support Shout café and Thursday's Out & About

Once the building work is complete there will be a Christmas evening disco to make use of the new space and more activities in the New Year.

For more information contact: Melissa Hulbert 0208942 9769 or email melissa.hulbert@hft.org.uk

BUDDY SCHEME

Paul Vitty left the Buddy Scheme at the end of August and now the Buddy Scheme project will be run full time by Richard Craig after the merger with the Bigger Buddy Scheme for 14-19 year olds to provide a seamless transition between teenage and adult befriending.

If you want to find out how to get a buddy or what you need to do become a buddy or just want more information contact:

Richard 0208255 8068 or email: buddyscheme@kvc.org.uk

CARERS

The National Carers Right's day is Thursday 2nd December and there will be an opportunity to drop in anytime at the Noble Centre, 109a Blagdon Road, New Malden between 1.30 - 8.30pm

To find out more about carer's rights, services, activities, benefits and employment support and meet the new Well Being & Inclusion Carers' Worker and Carol Harvey the new Generic Carers' support worker and find out about the Book Club, Holistic therapies and lots more

For more information contact Kirstie 0208547 6124 or KCN 020 3031 2751



STUD FARM update

A quick update from Work Activities Manager, Naomi Blackwell, from Kingston's Learning Disability Service...

The new community coffee shop at Canbury Pavilion, Canbury Gardens, is developing, with many mums and tots taking advantage of somewhere to meet in the sun or shelter from the rain whilst the children play. The coffee shop workers are gaining new skills and increasing in confidence daily. We are currently identifying 2 or 3 potential new workers for the coffee shop. We are soon to review how the coffee shop is running and how the workers are finding the experience..



Mencap Newsletter readers are welcome to drop in anytime between 12pm and 4pm for a drink, snack and catch up. Entrance is next to the play ground in Canbury Gardens, on Lower Ham Road, opposite the end of Chestnut Road. Bus 65 stops close by or it's a 10 - 15 min walk from the station.



Come and meet the workers and our new support worker, Monica Saunders.

Also, Victoria Park coffee shop, in Victoria Park, Balaclava Road, Kingston, continues to run and is open between 10.30 and 2pm. The Work Activities Manager will be starting very soon to develop this venture. The support worker based there is Veronica Cheesman.

Stud Nursery is to have a stall again on **Saturday 27 November** (1pm) at Mencap's Christmas Fair at the Causeway and also on **Saturday 18 December** at the Surbiton Farmers' market (9am to 1pm).



The service users and staff are working away; making gifts, such as winter flowering hanging baskets bird feeders and decorative items, ready for you to snap up to enjoy yourselves or to give away.

Don't miss these markets and get your early and last minute Christmas presents there!

Many of the items to be sold are created from recycled waste material sourced from Home Park and elsewhere, so by buying them, you'll be helping the environment and supporting a local producer!

Thanks again to Kingston Mencap who continue to fund part of our rent, which allows us to continue to give people a meaningful work based activity in this outstanding setting, with the opportunity to develop and learn new skills.



Stud Nursery is a partnership between Royal Borough of Kingston, Historic Royal Palaces and Kingston Mencap.

We are currently working to recruit volunteers to support our various work activity projects. We particularly welcome people with horticulture or catering experience. Students wishing to do long term placements are also welcome.

If you are interested, and can offer 2 or more days per week of your time, please get in touch.

Email: naomi.blackwell@rbk.kingston.gov.uk or phone: 020 8547 6658



Learning Disability PARLIAMENT

Parliament Drop-in Dates

1st Tuesday in the month anytime from 6-8pm
The next drop-in date is Tuesday 7th December

To find out more about:

Contact: ldparliament@hotmail.com

Marie Cummings and the Parliament: 0208547 6645

Parliament office: Sessions House, 17 Ewell Road, Surbiton, KT6 6AF



PARTNERSHIP BOARD

The Partnership Board is an open meeting and an important way of finding out what is happening in Kingston for people with learning disabilities.

This is also an opportunity to air your views and have your say and especially welcome family members and carers.

The last Partnership Board was held on Monday 13th September at Surbiton Library hall from 11am - 3pm but not many people came!

A different day and start time and length of meeting is being looked at to encourage people from other services and support providers to attend, as well as family carers.

If you have wanted to attend in the past but something stops you please do let us know and I will pass on any comments to the Parliament.

The Parliament updated the board on all the projects and work they have been doing and the Health group talked about their achievements and the work around Hospital passports and annual health checks. They held a BIG day on Keeping Safe and are planning another in the New Year on Profound and Multiple Learning disabilities (PMLD).



The Action Group fed back about the council needing to look at different ways of spending less money and the Learning Disability Service is now carrying out a review of Day Services including the Causeway and HFT, which forms part of 'One Council' project.

The next Partnership Board meeting is on Monday 13th December from 10am -1pm at the Kingsmeadow Stadium, Kingston Road, New Malden.

There will be a sandwich lunch available after the meeting and to help with catering please contact Jodie 0208547 6044 if you are planning to come along.

BOOGIE NIGHTS

The last night in 2010 for Boogie Nights is Friday 17th December at Kingsmeadow, Jack Goodchild way, Kingston Road, Kingston KT1 3PB

TIME: 7.30pm

COST: £5 on the door (carers go free)

For more information contact Jill Kemp 07752 636357



SPOTLIGHT on Medical Negligence & People with a learning disability

“The quality of care in the NHS and social services for people with learning disabilities is at best patchy and at worst an indictment of our society” - Ann Abraham, Health Service Ombudsman

“If she had been a normal young woman, we would not hesitate to treat her” - Health Professional to family of child with a learning disability, as reported in Mencap’s Report, Death by Indifference

Medical negligence (also called Clinical negligence) claims are a way for people who have been harmed because of unacceptably poor medical treatment to obtain compensation. The sub-standard medical treatment could have been from a doctor, nurse, physiotherapist, hospital staff, dentist or anyone else involved in the medical professions.

Negligent medical treatment can happen to anyone, but unfortunately it occurs with alarming frequency to people with learning disabilities. One example is a man with a learning disability who was admitted to hospital following a stroke and died a month later as a result of not being given proper nutrition. Mencap investigated the death and concluded:

“We believe that the real, underlying cause of Mark’s death - and those of many other people with a learning disability who die in hospital - is the widespread ignorance and indifference throughout our healthcare services towards people with a learning disability, and their families and carers.”

What should you do if you are concerned that someone with a learning disability has been treated negligently in hospital, by a GP, or by another medical professional?

The first thing you should do is make an official complaint. To do this you will need to obtain a copy of the Complaints Procedure from the hospital or surgery where the incident took place and then write or speak to them in accordance with the procedure. The hospital or surgery will write back to you giving a response to your complaint. If you are unhappy with the response you can refer the matter to the Parliamentary and Health Service Ombudsman. This procedure does not provide compensation for the injuries or loss that you are complaining about, but it does give you an opportunity to raise your concerns about the care received.

The only way to get properly compensated is to bring a medical negligence compensation claim and to do this you will need to instruct a solicitor. The general rule is that there is a three year deadline for bringing claims. However, there are exceptions to this for children and in some circumstances, for people with learning disabilities. So you should still contact a solicitor even if the incident happened many years ago. You should not delay seeing a solicitor because you are going through the Complaints Procedure.

Medical negligence is a complex area of law. However, if you have an experienced and sympathetic solicitor it is not as daunting as you might think. Where someone is not capable of bringing a legal action themselves - for example, because it is too complicated for them to understand - a family member is usually able to step in and bring the action on their behalf.

How much will it cost to bring a claim?

Many people with learning disabilities will be entitled to legal aid for medical negligence cases and therefore it will not cost them or their families anything. Very few solicitors firms are authorised to bring legal aid cases so it is critical to check that your solicitor has this authorisation before instructing him or her.

Where legal aid is not available it may be possible to bring claims under a “no win, no fee” arrangement.

What amount of compensation can be obtained and how will it affect your benefits?

The amount of compensation depends on the type of injury suffered and how it has affected your life. If the injury means you are no longer able to work or have serious care needs you may be entitled to a large amount.

It is usually possible for your solicitor to structure the compensation award so that it does not affect your benefits. If necessary, the solicitor can also make arrangements that someone is appointed to be responsible for ensuring the money is used wisely.

Conclusion

Medical negligence is a very serious matter. It is therefore important to only use a solicitor who is experienced in this area of law. Before instructing a solicitor you should ask if he or she:

- is on the Law Society Clinical Negligence Panel
- is able to get legal aid for you
- has experience in arranging damage awards so that they do not affect benefits
- has experience of working with people who have a learning disability

Daniel Sheridan
 Sheridan & Co Solicitors
 020 8541 1181
daniel@sheridanlaw.co.uk
www.sheridanlaw.co.uk

MEMBERS BIRTHDAY.....

Happy Birthday to all in September: Paul Bassett; Mary Taylor; Catherine Moretti; Adrian Healy; Chris Kettle; Linda Cotton; Gary Gates; Belinda York-Mitchell; Mark O'Rourke; Katherine Morland; Sandra Ormiston; Kayleigh Toogood; Alec Massie; Julia Grevatt; Debbie Cox; John Cottee; Kashif Salam; Nadia Farr; Anne Franklin; Ranjeet Mann; Niall Colwell; Kate Lines; Pat Deacon; Thomas Barker; Kevin Summersby; Paul Carlake

Happy Birthday to all in October: Sam Ford; Libby Evans; Rachel Ugke; Anya Downie; Adam Blake; Matthew Tebb; Malcolm Cox; Lisa Gallagher; Jane Foster; Maureen Scaife; Molly Haughton; Tomas Cardillo-Zallo; Lana Skinner; Harvey Males; John Myatt; Belinda Begley; Lauren Thompson;

Happy Birthday to all in November: Vincent Pleece; James Mayes-Reid; Ben Read; Stuart Allan; Phillips Black; Anthony Crowley; Stuart Disspain; Isobel Tyrrell; Jasper Bagtzo; Joshua Palgrave; John Carter; Jayanna Carroll; Colin Cushing; Jennifer Linehan

Happy Birthday to all in December: Sam Jerwood; Elizabeth Ciano; Lucy Barnes; Mary Pitter; Peter Hearne; Tanya Mains; Keith Hitchin; Raymond Bezzina; Susannah Gibbins; Everton Mair; 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

DONATIONS

We have a number of Kingston Mencap donation boxes in various shops, centres, off licences and public houses around the borough which we regularly empty after being filled up by generous donations from customers and staff.

We just wanted to say a BIG THANK YOU to the following:

- MCCCLUSKEYS off licence
- MERRITYRES
- RICHMOND ROAD MEDICAL CENTRE
- FIGHTING COCKS public house
- HOP & VINE off licence



Thank you from us all and we hope for your continued support in 2011

Thanks to everyone who still send in old mobile phones and used stamps - Keep them all coming! We have just banked £174.00 Thanks to all who save for us!

SONY DIGI BOX available for small donation to Kingston Mencap - Top of the range and can offer help to set up Contact Pat 8977 9021

Sunday Lunch Club

Would you like to join us at a local pub once a month to meet new friends whilst enjoying good food?

To find out the date of the next club contact Melissa 0208942 9769

HANDYPERSON SERVICE

At the beginning of March, Age Concern Kingston launched it's new handyperson service. This is a low cost, non means tested scheme available to over 55s and under 55s with a disability. The handyperson is able to carry out non emergency work involving small repairs and odd jobs. The cost is £20 per hour plus materials.

Contact Heather Bruneau 0208408 8177

Welcome to New Members

Jane Fielder

Cherrington family

Morgan family

Taylor Young

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.

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.