

KINGSTON MENCAP NEWSLETTER

THE VOICE OF LEARNING DISABILITY

Trustee Committee 2017/2018 Chair: Peter Hodges Vice Chair: Treasurer Mary MacDonald
General Trustees: Ilze hopper, Emily Dyson, George Tong, and Paul Roberts



Dear Members, Families and Friends,

We have put together a Spring Newsletter for you to get up to date with developments at Kingston Mencap and at our Searchlight Community Centre. It was a year ago when we moved in to Searchlight, with the daunting task of refurbishing the building in readiness for us to move in during the summer. Those of you who have seen the building have been pleasantly surprised at how it now looks. We are now almost fully booked in the evenings and actively working on more daytime and weekend lettings. To date, all our lettings have been to local charities or members, making it a proper Community Centre. Michelle Kitch has taken over as our Administrator and she has already contacted many of you regarding Annual Subscriptions and the new General Data Protection Regulations coming into force on May 25th. If you do not give your consent for Kingston Mencap to keep information about you on our database please inform us and we will remove your details. Michelle has also been building links with other organisations who work with people with learning disabilities, and we are exploring ways in which we can work together.

Please look through the Newsletter for events that are coming up, such as The Walk for Peace at the end of April, our AGM and Thinking Ahead in May and an important event on Monday, 25th June to highlight the Mencap 'Treat Me Well' campaign together with an RBK initiative to improve awareness of Cancer Screening among adults with Learning disabilities.

We also have dates for social events, including the Railway Day in June, the Seekers Outing, the Dragon Boat Festival in July and the Christmas Fair in December!

Diary Dates

Annual Review Workshop with Christine Towers

26th April 6 - 8.30pm

March For Peace Sponsored Walk

29th April - 9am

PMLD Big Event with Involve

1st May 10 - 4pm

AGM

19th May - 1pm

Thinking Ahead Workshop with Christine Towers

May 25th - 10.30am - 1pm

Railway Day Out

17th June 2 - 5pm

Mencap Treat Me Well Campaign/Cancer Screening Workshop for members, families and carers with Involve the NHS, HFT and RBK

25th June 6 - 9 pm

Seekers Day Out

15th July - 9am - 5pm

Dragon Boat Festival

22nd July - All day

Christmas Fair

1st December - 11am - 2pm

Please let Michelle know if you would like a stall

Carers' Group

As some of you will know already, the Carers' Group has been suspended while we re-evaluate how to run a group for our carers. The number of carers attending was getting very low, and we decided to re-think what we can offer to encourage people to come along. The Trustees are in the process of evaluating the situation: if you have any suggestions to make, please do not hesitate to contact me.

Peter Hodges

Thank you to those who have paid their annual subscription, it is much appreciated. We have kept the subscription at £5 to make it affordable for Members. Many of you add a donation to your subscription which, with Gift Aid, makes a welcome difference to our income. If you have not yet paid, please send a cheque, made out to Kingston Mencap, with your name and address, to Michelle Kitch, Kingston Mencap, Searchlight Community Centre, Kingston Road, KT3 3RX. Your contribution will be much appreciated.

We are improving our website, and are hoping that Members will visit it regularly, to keep up to date with what is going on at Kingston Mencap, other local Charities and general meetings which we think will be of interest to you. For example, did you know that we have regular exercise classes in conjunction with the YMCA? All on our website!

www.kingstonmencap.org.uk Please give us your feedback if you think we are missing something. Finally, I am sorry to report that Mary McDonald has decided to retire from her role as Hon. Treasurer and as a Trustee. The last year has been particularly busy and Mary deserves a well-earned rest! We have recently advertised for new Trustees and a Treasurer. If you are interested in becoming a Trustee (or have the requirements for a Treasurer), please contact me or Michelle, and we will arrange to meet up with you.

Please look through this newsletter, put dates in your diary and we will be very pleased to see you supporting our events.

With thanks for your continued support, we hope to see you during the year ahead.

Peter Hodges

Chair Kingston Mencap.

We are sad to report that Don Brent, Jane Din, Eric Owston, Peter Hearne, Steve Rata and Linda Cotton passed away in recent months. They were all Kingston Mencap members and will be missed by many.

Our grateful thanks for donations collected on our behalf by their families.

Easy Fundraising

We have suggested this before, but only a few people joined up!

Easy Fundraising is just what it says! You simply sign up online, stating the charity you wish to support (Kingston Mencap). With so much being bought online, it is a very good way of raising money. If you buy online from one of the many companies which take part, **Easy Fundraising** will be flagged up and Kingston Mencap is credited with the percentage the company offers. Kingston Mencap receives a payment every three months. If you buy things online and would like to join in, please go to www.easyfundraising.org.uk and sign up. Make sure you put KINGSTON MENCAP as your charity, as there are many other Mencap organisations on the list! A list of companies taking part is on the website and it includes many well-known companies. You will be raising money as you buy all sorts of things! Please let us know if you do sign up, so that we know from where the money raised is coming. Thank you

AGM

The AGM is booked for Saturday 19th May 2018 and will be held at:
The Searchlight Centre, Kingston Road, New Malden, KT3 3RX at 1pm

The AGM is a very important event for Kingston Mencap and an opportunity for members to hear what has been happening in the past year and to receive and agree the 2017 official report & accounts and to vote in the new Trustee committee. This is a time for members to come forward to stand for the Trustee Committee so please let Michelle or Peter know if you are interested.

Thinking Ahead Workshop

By Christine Towers - May 25th - 10am - 1pm

This session for families and carers will focus on planning for the future. More details will be on the website or sent out to you nearer the time.

Annual Review Workshop with Christine Towers Thursday 26th April 6 - 8.30 pm (The Searchlight Centre)

Kingston Mencap were very pleased to be part of a group looking at Annual Reviews in Adult Social Care. The group was led by the Care Management team based at Sessions House. This work has led to a new look to annual reviews to make them work better for everyone involved. The new look started in November and Kingston Mencap are holding an evening event to let families know about the changes so they can be prepared for their relative's next review. An effective Annual Review is key to ensuring that our family members get the support they need.

Please book in advance email michelle@kingstonmencap.org.uk or call 0208 546 2837 Refreshments and sandwiches provided.

Charity Walk For Peace 2018

Kingston Mencap together with many other charities are taking part in this years sponsored walk. The walk will start at Savill Court Hotel, Wick Lane, Windsor, TW20 0XN at 9am. Please contact Michelle for more information and a sponsor form.

The Saturday Drop In

The Drop In has a new look this year. Apart from the new interior the YMCA Inclusive Lives Project have been delivering exercise classes every Saturday between 12 -1pm. This has been very popular as have the instructors Tracy and Nicola. This will continue please check the website for details.

Lucy has been on a World Cruise but is back in May, I'm sure she can't wait to tell us all about her travels. Ben and Michelle have been holding the fort along with volunteers, Beth, Anna, Declan, John and Gabriel many thanks to all of them.

As well as the keep fit the Drop In has continued to be a place where people can pop in, see their friends, do a puzzle, play Boccia or Bingo or just chat. We sell refreshments and snacks but please feel free to bring a packed lunch.

The Saturday Drop In 11.30 – 2.30

Cost £1 which includes the exercise class.

Michelle, Ben and Lucy

Seekers Club

We've had so many different activities at Seekers Club this year. Tel and the Ukulele Group, Heenal with her unique Yoga class, Alan came to teach Boccia. One of the highlights was Edwin and his drum workshop. This was amazing, if you want to see a short clip you can find it on the Kingston Mencap Facebook page. The highlight for me was the performance of 'Seekers Does Cinderella' directed by our volunteer Nina and starred many of our regular Seekers Members.

I want to thank all the Seekers Volunteers who support the club every week to make it a fun and friendly place to be on a Monday night.

April's programme is on the website www.kingstonmencap.org.uk Seekers is on Monday 7 – 9pm.

Cost £4 which includes refreshments.

Michelle



KINGSTON MENCAP WEBSITE

Take a look at our website www.kingstonmencap.org.uk. Along with lots of information, there's a photo album, details about all of our clubs and upcoming events, as well as membership and volunteer forms. We would appreciate your feedback and are happy to post your photos to the website.

Email: michelle@kingstonmencap.org.uk

Future Friends

We have had fun at Future Friends doing a whole host of different activities. Members showed off their artistic side when they took part in a still life drawing activity recently. We have been learning how to cook some new dishes, including lemon cheesecake, cupcakes, Middle Eastern pizzas and cheese rolls. The members had a great time dressing up in spooky costumes and telling ghost stories at Halloween, toasting marshmallows on bonfire night and at the Christmas meal at The Royal Oak pub in New Malden. Our favourite trip this term has been bowling at The Rotunda - Jack won with the highest score! Charlotte, the club leader, is expecting a baby and will be going on maternity leave in July 2018. Ben Hodges will be looking after the club while she is away.



Jack with the highest score





The YMCA Inclusive Lives project have been running some great workshops at the Searchlight Centre.

Laughs and Scarves every
Saturday 12 - 1pm **£1**

Creative Wellness Wednesday 12 -
3pm **FREE** Starts on 26th April-
30th May (6 week course)

Is this the first time you have seen the newsletter and/or would like to receive your own copy please do let us know so we 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 copies by post.

TO FIND OUT MORE - Contact: Michelle on 0208 546 2837 or Email:

michelle@kingstonmencap.org.uk