

KINGSTON MENCAP Newsletter

The Voice of Learning Disability



Trustee Committee 2011/2012

Chair: Gill Wood **Vice Chair:** Peter Hodges **Minute Secretary:** Sandy York-Mitchell

Treasurer: Mary McDonald

General Trustees: Heather Notermans; John Phillips; Glenna McCulloch; Daniel Sheridan

60th Anniversary

Dates for 2012 Diary



Bollywood Night
13th October

Flag/Awareness Day
27th October

Christmas Fayre/Social
24th November

60th Celebration Ball
7th December

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Dear Members, Friends and Supporters,

It seems to have been ages since our last newsletter and so much has happened..... We have enjoyed the **Mini Olympics & Family Fun Day** in early June; Celebrated Carers Week; visited the Rose Theatre; Seekers trip to Funfest; **Decorated 4 Wheels** for the Olympic Art Trail; **Boat trip aboard the Clifton Castle boat in July**; Celebrated with a **Beach BBQ at the Drop-In**; Day out to **Chessington World of Adventure**; Future Friends day trips in August.

Such a lot of activities and fantastic organisation! Many thanks to all the organisers and volunteers who supported these events.

I am sure you have been enjoying the Olympics in this incredibly fantastic summer - that has proved to be a year to be proud of all our terrific medal winners. Lots of us enjoyed the Torch Relay and the Cycle races coming through Kingston and then hot on the heels followed the Paralympics opening ceremony and now we are settling down to watch the Paralympics!



We are making plans to hold a **Bollywood Night** with a dancing class and DJ/disco and Curry supper during October.

Flag Day is booked for October 27th so if you have not helped before and can volunteer for an hour or two please contact Pat Cox to sign up 0208977 9021

We are also now turning our attention to the **Christmas Fayre & Social** so would be so very grateful for any unwanted gifts, bottles of wine, cosmetics, to use as prizes.

In December we will be holding a **'Diamond Celebration Ball'** so if you want to join us book a place now before tickets are sold out.

That's all for now, enjoy the rest of the summer.....

Gill Wood (0208540 1399)

60th COMMEMORATIVE MUGS

As a keepsake for our learning disabled members we have a Special Commemorative 60th Mug which we have started to give out

If you have not received one yet don't worry as it will take time to get around to everyone. Those living further afield will receive a substitute gift that can be sent in the post.



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

FAMILY FUN & MINI SPORTS DAY 9th June

Trainers and enthusiasm were all that was needed in this our first ever Family Fun Day to celebrate 60 years in this 2012 Olympic Year!

What a fantastic day for our first ever Family Fun day!

After days and days of rain we were so very lucky to have the only one dry day that week with even the 'sun' showing it's face!

We invited everyone to join us in celebrating 60 years at a Family Fun and Mini Sports day on Saturday 9th June

Everyone was invited to take part in the various races and sporting opportunities on offer on this very special sporting day held at Robin Wood Farm courtesy on the McCormack family..

We had masses of entertainment and various sports with running races; wellie throwing; relay races; all with medals for the winners and certificates for everyone who took part.

We were delighted when the Worshipful the Mayor of the Royal Borough of Kingston upon Thames, Councillor Mary Heathcote OBE was able to be with us to officially open the event.



Stud Farm sent along plants and woodwork items made by project workers and raised £120 on the day - all thanks to Stella and her sister who manned the stall as volunteers.



Some of the stall holders and entertainers.....

Family Fun continued....

Many thanks to:

Surrey Starlets; Rock Choir; Gerry Read trio; Fire Engine; Dream Tae Kwon Do; Fulham Football club; Masseur and other stall holders who supported us....

Special Thanks to all our volunteers who manned the BBQ; Cream Tea stall; Drinks stalls; Tombola stall; Raffle and not forgetting all those who helped with the races and all the setting up and clearing away.

We couldn't do it without you all - THANK YOU ONE AND ALL



BOAT TRIP aboard the Clifton Castle

CLIFTON CASTLE BOAT TRIP AND DISCO
 Saturday 14th July - 18th of 8 & 9pm
 Arrive at the Pier, Thomas St, Bristol near the front of
 the main road and go to entrance of Clifton
 Boat entrance at 7pm and return at 9pm
 TICKET includes Fish & Chip supper, Disco & Raffle
 Emergency telephone numbers for on the night:
 Tel: 01175 3661 221 or 01175 366 1247

The Boat trip has always been one of the most popular social events we organise - not sure if it is being on the boat or the fish & chips supper!

We had a full boat on Saturday 14th July with member and friends to enjoy a good evening aboard the Clifton Castle with a Karaoke Disco and of course the wicked Fish & Chip supper!



Thanks to Pat Cox for organising this event and collecting ticket monies.

MODEL RAILWAY OUTING on 17th June

On the annual visit on Father's Day to the Model Railway we were again blessed with the sun - it has been on short supply this summer so were so very pleased to have another dry and sunny afternoon!

There were many queues for riding the various model railway engines and particularly the specially adapted carriage for wheelchair users.

It was a good afternoon for all the family - thanks to all the Engineers

The Engineers wives provided much enjoyed Cakes, Teas and Ice Creams and presented us with £334 collected during the afternoon with the Raffle raising £138.00 - thanks to all supporters!



HAMLET at the Rose Theatre

What a great performance we witnessed by the Blue Apple Theatre touring company with their very own HAMLET production which they visited the Rose Theatre on 4th July

The 6 starring actors all have learning disabilities and were magnificent - a real joy to watch and kept us entertained throughout the whole performance..... Congratulations and well done to all.



205 WHEELS to represent Olympic countries

Kingston Mencap were invited to take part in decorating 205 wheels to represent countries taking part in the Olympic to celebrate the cycle race coming through Kingston.

We were given 4 wheels and countries: Nigeria; Cayman Islands; Argentina and Bolivia and we had to decorate the wheels to represent the countries.

Michelle, Peter and Ben worked with members at the Drop-In to finish in time for the deadline.

They were then displayed in an 'Art Trail' all over Kingston in shops and along the river, prior to the Olympic cycle race coming to Kingston.... What a wonderful artistic job they did!



SATURDAY DROP IN

Saturday Drop-In

The Drop-In is held at the Searchlight Community Centre, Kingston Road, New Malden, KT3 3RX every Saturday from 12 noon to 3pm - except Easter, Christmas and New Year weekends.....

Michelle and Zerrin take it in turns to run each week with help from volunteers

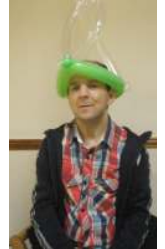
On Saturday 4th August we held a Beach BBQ Party, with games and dancing and of course a hot BBQ lunch of Chicken and Sausages all washed down with creatively named Cocktails. We also celebrated Kirsty and Yogish birthdays..... Thanks to all the volunteers who helped make the day so successful....

SEEKERS CLUB

The weather may be unpredictable but one thing that is always guaranteed is party time at Seekers club every Monday!

We have had a hugely successful spring/summer term, with our spectacular 50th birthday party held and hosted by Kingston Grammar school. A huge thank you to the students and in particular Robyn the organiser who made our event a black and red extravaganza! We ate, we danced, we had gifts and presents and a huge raffle...what an amazing way to mark our 50th..... not to mention a beautiful two tier cake!

As the Olympics raced through our streets and on our screens, Seekers picked up the Olympic theme with our sporty disco, arts and craft and competitive activities. We had our first dance off between male and female members as well as the usual favourites, Karaoke and Seekers Come Dancing. We always celebrate all members birthday every month with a themed birthday disco and a delicious sponge cake which has now become legendary... a huge thank you to all members that take the time to get involved with the theme and keep the party spirit going...we ended our term with a neon theme disco and a balloon modeling entertainer who made individual balloons to capture a personality trait or particular like of each member...he really was a magician with balloons, the Olympic flame was my personal favourite.



Fundraising is an essential part of maintaining and injecting funds and opportunities into the Seekers experience. We are very lucky to be supported by various pubs across Kingston who keep a can for us on their counters. So the next time you are in The Fighting Cocks or the Hop and Vine drop some loose change in as it comes directly back to us! If you know of a local pub that is interested in holding a can for us...please do let us know!

Recently the Fountain Pub in New Malden was the venue for our annual pub quiz, organised by our fabulous volunteer Paul Roberts....we held an afternoon of eating, drinking and fried brain cells....We raised over £150 with the help of some fantastic raffle prizes donated by Paul's dadbig thank you to Paul and family who all came to support us.

We start the Autumn term with our fingers crossed for an Indian summer to see us through our Sponsored Walk on the 10th September at our beautiful Sunbury location. Sponsor forms are circulating amongst members as we speak so dig deep and sponsor our guys whilst they keep fit and enjoy a hot dog....

Last but not least we say goodbye to our long serving volunteer Kath, who has been volunteering for quite a few years but is now having a well deserved break! Thank you Kath for your support and enjoy the rest - you will be missed! Also Dave our driver is stepping down, after almost a year driving for us relentlessly he too needed a break and we would like to say a big thank you for all of his work....

Thank you to all of our volunteers without whom Seekers couldn't boast of being 50 years old and stronger and bigger than ever before...Thank you all!!! ZERRIN x

If you want to learn more and get involved with Seekers please contact me on 077523 969 855 or email zed333@hotmail.co.uk



FUTURE FRIENDS

Future Friends

Hello from Future Friends

We have had a great Summer at the Canbury Pavilion, making the most of what good weather we have had and making the best we could out of the bad weather! Highlights have included trips to the pub, Sing Star at the Canbury and a very popular BBQ in the rain!

We also had a Summer fun week during which we went on day trips to the Natural History Museum to see the dinosaurs, sightseeing in London and picnic in Richmond Park. All of the trips were great fun and as always, I want to say a big thank you to all the volunteers who help me run Future Friends. Finally we had an absolutely fantastic Summer Party at the Canbury where we had music provided by DJ Ranjeet and MC Jon!

Thanks to all who came and made the Summer so fun. We will be returning to Searchlight on 13th September for a football and board games session.

See you there!

If you know someone who would like to come and try Future Friends as a member yourself please let me know and we can arrange a trial session. We are open to 18-35 year olds and we meet up every other Thursday evening. For more information:



07725562434



futurefriendskingston@gmail.com

We hope to hear from you soon.....

Kirsty Fraser



XPRESSION YOUTH PROJECT



Well, it's the end of yet another school year, and this year was a very special one!

This year marked the first time we have had an Xpression Graduation ceremony, where our members who have surpassed 19 years graduate to move on to Future Friends, another Mencap club – for members from 19 to 35 year olds.

For more information contact Kirsty at futurefriendskingston@gmail.com or 07725562434.

We gave these members a great send off, with our obligatory end of term party, loads of grub, a presentation with parting gifts and to top it all off, Xpression members performed their first ever play in front of an audience of parents, carers, friends and volunteers. They put on a stunning show!

Members have been working extra hard all term to come up with ideas, write a script, make props, decide on costumes, rehearse, rethink everything they've done, and perfect their performances. On the night itself, we had a great turn out, so a big thank you to all family and carers who were able to make it along to the show. I think you'll agree that the members did a great job and deserve a huge congratulations!!

As for the moment Xpression will be back on 11/09/2012 for a whole new term of adventures and good times.

If you know someone who may be interested in joining us, please contact me at: Xpressionyouthproject@gmail.com

We look forward to seeing you again then!

Dave Cafferty Xpression Youth Project Leader 07749 275 425



CARERS - Carers Week 18-24th June

The Kingston Mencap Carers Group continue to meet up on the first month at HFT day centre at Spring field Place, New Malden from 7.30 - 9.30pm

Wednesday of the

During Carers Week Kingston Mencap made plans to celebrate and decided to go out for dinner on Thursday 18th June at the Turkish restaurant "Cappadocia" in Fife Road opposite Kingston station.



Cappadocia is a restaurant that specialises in quality authentic Turkish cuisine.

Turkish food is internationally renowned for its fresh ingredients and spices but is rarely served as it should be outside of Turkey.

Cappadocia brings you the genuine taste of Turkish cuisine, as it should be, with fresh ingredients and authentic spices cooked by Chefs from Turkey, experienced in serving ministers in Istanbul. The restaurant has also been designed in the Turkish tradition, and has a laid back, relaxed atmosphere, with belly dancers every Thursday.

Next Meeting: 5th September; 3rd October; 7th November;

PLEASE NOTE THERE WILL BE NO MEETING IN DECEMBER

Carers go out for Xmas dinner.

If you would like to join us for dinner or need more information please contact:

Gill Wood 0208540 1399 or email gillcwood@blueyonder.co.uk

60th ANNIVERSARY BALL - 7th December



This special Diamond Anniversary Ball will be the final event celebrating Kingston Mencap's 60 years and will be held at Glenmore House in Surbiton.

This is an opportunity to really dress up and have a ball!

This is a magnificent house and we have booked the Elizabethan Suite for Kingston Mencap members and friends to celebrate....

There will be a pre-dinner reception with drinks at 7pm followed by a 3 course dinner with a live band. Round tables will seat up to 10 people and we are now taking bookings. Full payment now or deposit of £10 to secure a seat.

Please see order form for details and ticket price.....

HOLIDAY HOUSE IN Christchurch Dorset

There have been lots of bookings for the holiday house all summer and now we are coming to the end of summer, so are now taking weekend or mid week bookings for £275 for September and October.

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

If you are interested in making a booking or to view a brochure contact:

Gill 0208540 1399 or email gillcwood@blueyonder.co.uk



CHESSINGTON WORLD OF ADVENTURES

We were offered FREE tickets to join other Mencap groups to celebrate Merlin's Magic Wand 25th Anniversary at Chessington World of Adventures on 25th July.

Colin, Edward, Debbie and Natalie supported by Michelle, Zerrin, Declan and Gill had a fantastic day out on proved to be one of the hottest days of the year!

We enjoyed various rides, including the water raft ride, some of us braver than others, and decorated cakes and had a terrific time.



LIBRARY DISPLAY - celebrating 60 years



If you have visited Kingston library this summer or other libraries in Kingston, including Rose Theatre, you will have seen our posters highlighting Kingston Mencap's magnificent past 60 years and how things have changed over this time.....

Many thanks to Glenna McCulloch for all her hard work in producing this display.

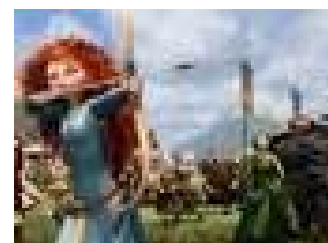


AUTISM FRIENDLY FILMS

The next film is Disney Pixar 'BRAVE' on Sunday 16th September at 11.30am

What makes the screenings autism friendly?

- The lights will be on low
- The volume will be turned down
- There will be no trailers at the beginning of the film
- You'll be able to take your own food and drinks
- You'll be able to move around the cinema if you like



Look out for at your nearest Odeon cinema currently participating....

Call 0800 138 3315 for tickets and advice on accessibility

CHILDREN



YORDA ADVENTURES news update

We've had the most amazing summer!

We are so proud of our fantastic play workers for helping us provide play schemes and adventures holidays for 60 children and their families over the past 5 weeks.

We are closed from 25th August to 4th September for all our team to have a break before the new term starts.

Family Day - September 15th

We are going to the climbing wall at High Ashurst.

They have an amazing climbing system which means all our children can get to the top if they want to!

Bring a picnic! - contact Charlotte for booking 07545974734.

WE hope you enjoy the rest of the summer.....

Laura and Charlotte

Email: laura@yordaadventures.co.uk Tel: 07939844978



SWAPS dates at Warren Park - 3 to 5pm

The next Sunday fun sessions for children with autism to be held at Warren Park are:
9th September; 7th October; 4th November

If you want to find out more or how to join SWAPS contact Sian Palin:

Email: swapskingston@googlemail.com

OFSTED REPORT

The Ofsted report with damning safeguard failings, way back in July, was really shocking and a major blow. No one could understand how Kingston had been classed as "inadequate" with many serious issues needing to be addressed. Kingston Council are now carrying a comprehensive audit to carefully check out practices and processes to make sure they are right to deliver the best results for Kingston's children and young people.

For more information or to read the full report go to: www.kingston.gov.uk

HELP YOUR GP HELP YOU.....

The General Medical Council (GMC) have developed a new website to help doctors when treating patients with a learning disability.

Go to: www.gmc-uk.org/learningdisabilities

NEWS FROM ROYAL MENCAP.....

OUT OF SIGHT - REVIEW OF WINTERBOURNE ABUSE

The recent serious case review into the abuse at Winterbourne View gave us all a chilling memory of last year's Panorama programme when we watched in horror, some having to switch off in tears, at the abuse that had been going on!

The review found that concerns were raised before the abuse was uncovered by secret filming, but nothing was done. It says places like this should not exist and there is an urgent need to "begin the complex task of commissioning something better"

The new Care Quality Commission (CQC) official report shows that less than 48% of hospitals and care homes comply with 'essential' standards. Concerns were fewest at NHS run services with privately run services most likely to fail both core standards, but biggest concerns were at council run care homes.

The new "Out of Sight" campaign report by Mencap and the Challenging Behaviour Foundation is now out and wants to make sure these kind of places are closed.

Some people are sent to these kind of units because they are not getting the medical support needed in the community.

Chrissy features in the campaign report and she was sent to a similar unit because she was in a terrible state and when she arrived she had bald patches from pulling her out and self inflicted wounds and bruises. Her family were supportive of the move as they wanted to her be safe and to be treated but she is still there almost 3 years later.....

Things will only change if the government takes action to make sure people like Chrissy are given the care they need in local services so there family are there to see them regularly and to offer support.

There will be a debate in Parliament on 3rd September so lobby your MP to make sure they attend and help stop abuse and neglect for people like Chrissy....

For more information go to : www.mencap.org.uk/out_of_sight

MENTAL CAPACITY ACT Resource Pack

Mencap has launched a new Mental Capacity Act resource pack to help families and carers make best interest decisions.

The Mental Capacity Act supports and protects people who may be unable to make some decisions, including people with profound and multiple learning disabilities (pml). Often the person's family will make these decisions, but sometimes others (such as a doctor or local authority) must make the decisions, however anyone making best interests decisions must consult with their family.

Mencap has produced a resource pack for families and carers of PMLD which will enable their involvement in best interest decision-making, to equip them with information and help them understand how it impacts on decisions.

For more information go to : www.mecap.org.uk/mcaresource

RESCARE

Rescare have a new website and it went live on Friday the 6th July. Please visit www.rescare.org.uk to take a look.

The website is still work in progress, but over the next few weeks we will be producing fact sheets, in addition we will creating a members area where members can access current and past editions of Resnews and other information relevant to members.

There are Blog and Latest News sections and we intend to update these weekly, so the website will be worth regular visits.

NHS LONDON - New Information Booklet

Focusing on Assessment & Treatment units for people with learning disabilities

As part of its response to the 'Winterbourne View' scandal, NHS London is producing an information booklet for the families of people with learning disabilities who go into Assessment and Treatment units or secure mental health units. The information booklet will include a set of standards so that families know what they and their relative should expect.

They are looking for family members to join the Advisory group or to read drafts of the booklet eg. brothers; sister' or grandparents

If you are interested in getting involved, or know someone who might be, please contact Angela Cole **by September 30th 2012** or Tel. 01621 869340
support2improve@live.co.uk

RAISING YOUR GAME

- Raising your game is a five year project developed by Mencap, I CAN and Nacro and funded by the Big Lottery Fund.
- It aims to improve the lives of young people aged 14 and 25 who are at risk of offending.
- It operates in six locations across England
- In Manchester - Raising Your Game launched its community impact project in June to see young people working together on a project to benefit the community

To find out more got to: <http://raisingyourgame.mencap.org.uk>

KEEP YOUR RELATIVE SAFE

New Safeguarding resource for family carers

The National Family Carer Network and learning disability charity Hft have launched Safeguarding resources for family carers of adults with a learning disability.

"The Making Sure Your Relative is Safe" resources comprise two publications
Top Tips provides suggestions about preventing harm and what to do if things go wrong
The Essential Guide booklet covers some of the key terms family carers may come across in relation to safeguarding. It suggests what to do to keep your relative safe and what to do if they have been harmed.

Go to <http://tinyurl.com/safeguardingresource>

The Evening Club & the Putty Potters

This 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

For more information contact:
Edward Klepp 07877 715 701



STUD FARM NURSERY

Stud Farm Nursery is a partnership project with Historic Palaces, Kingston Mencap and RBK and on Thursday 30th August they had a special visitor when the Mayor Mary Heathcote came to visit staff and project workers.

She was amazed at the work going on and has been really wanting to visit for ages after hearing how much people enjoyed working there from Parliament members at Session House.

Whole day rates £50 and half day £25 with shared support staff
Reduced rate for those providing own 1 to 1 support on request

If you are interested in attending the Nursery please contact:
Jean Brooks at Session House

Tel: 0208547 6652 or email jean.brooks@rbk.kingston.gov.uk



BOOGIE NIGHTS



The next Boogie Night is on Friday 21st September 7.30pm to 11pm
Kingsmeadow, Jack Goodchild Way, 422a Kingston Road, Kingston KT1 3PB

Tickets £5 on the door - carers go free.....

Find us in 'Groups' on Facebook: [boogienights@groups.facebook.com](https://www.facebook.com/groups/boogienights)

Contact Melissa 07947423083 or email: hulbertmelissa@hotmail.com

HOME FARM TRUST

On Thursday 30th August the HFT house in Thetford held their very own Paralympics for residents and their friends in their garden followed by a BBQ

They tried out football with blindfolds and balls with bells to see how things would be for unsighted players and played volley ball and basket ball. Good evening and a way to celebrate the Paralympics....



Everyone went home having had a good work out, well fed and thoroughly exhausted !

WELMEDE CHOIR

Love singing along to your favourite pop songs but can't find someone to sing with?

Wish you were better at singing?

Then come along and join the WELMEDE CHOIR



On Tuesday evenings you can sing your heart out to some of your favourite pop songs.

We will be singing songs by Adele, Rhiana, Stevie Wonder and many other great artists that you get to choose from.

It doesn't matter if you sing really well, or just a little bit - we welcome everyone who likes music!

To find out more contact: yourtime@welmede.org.uk or Tel. 01932 577144

SURREY STARLETS

Cheerleading Sessions.....

Following their magnificent performance at our Family Fun day the Surrey Starlets went on to organise a 2 day summer camp during August at the Chessington Sports Centre.

If you took part and would like to do more or never got the chance please do let me know ?

Gill 0208540 1399



Learning Disability PARLIAMENT

Kingston Learning Disability Parliament hold 'Open Meetings' every five weeks at Session House.

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 from



Next meeting dates:

Tuesday 18th September; Friday 26th October; Tuesday 27th November;

Contact: ldparliament@hotmail.com



Parliament office: 0208547 6645

Sessions House, 17 Ewell Road, Surbiton, KT6 6AF

PARTNERSHIP BOARD

The Partnership Board meetings are open to everyone and are held every 3 months are co-chaired by Simon Pearce and Philip Hitchen.

The next Partnership Board will be held at Kingsmeadow Stadium on Wednesday 12th September from 10am to 1pm.

A sandwich lunch will be provided after the meeting and it would be helpful if you can let us know you are coming - contact Dawn Ross 0208547 4703

If you would like to see the Minutes they are on the website
www.kingstonld.info

KINGSTON MENCAP'S WEBSITE

For as long as I can remember we have battled to start or even finish our website and although we have various help in the past we have never truly got it off the ground!

James Notermans spent ages designing and updating as much as he could but with a full time job it was inevitable he could not keep it going (thank you James for all your past support)

But we are now in a position, with our new admin worker Jenny in place, to take it forward and we are hoping to officially launch during the Autumn.

Jenny works part time on Monday, Wednesday and Friday and will be supporting the Chair and other trustees with various admin work and you will see her name mentioned in flyers and other letters to contact for tickets or information.

www.kingstonmencap.co.uk (under construction)

SPOTLIGHT: Independent travel projects

As part of the day service re-structure last year RBK Learning Disability Service agreed some funding to support more people with learning disabilities to travel independently.

A one year contract with Community upon Thames, a local social enterprise, has just been signed to develop travel projects in Kingston.

- The aim of the project is to support more people with learning disabilities to use public transport, independently or with support
- Community upon Thames offer **Travel Training** for those want to learn to travel independently, and can help people who may need on going support to use public transport to get a **Travel Buddy**.
- They will also be running **First Route** - aimed at giving people with learning disabilities more confidence when travelling on buses and understand more about keeping safe when travelling. It is also a useful opportunity for staff who may be supporting anyone who finds accessing buses difficult for any reason.
- The project will also support people who want to use their Individual Budgets to travel differently.



If you want to find out more contact:

Lynne Hawkins at Community upon Thames

07766 311 248

Community upon Thames is based at:

Cowleaze House, 39-45 Cowleaze Road, Kingston
KT2 6DZ

community upon
thames



MEMBERS BIRTHDAY.....

Happy Birthday to all in June: Marie Gold; Paul Ascot; Laura Hannan; James Cottrill; Joshua Peck; Greg Rata; Jehan Din; Maruf Ahmed; Serena Awda; Robert Brent; Martin Dawson; Susie Skinner; Pat Gilligan; Stephen Sinclair; Harry Brennan; Rebecca Alexander; Andrew Miller; Wyne Thibaut; Jack Whelan

Happy Birthday to all in July: Michael Balding; Emily Bird; Caroline Hanna; Barbara Fyffe; James Velli-Smith; Hannah Notermans; John Harrison; Amy Adamson; Alex Lacey; Jem Eustace; Sebastian Jacobs; Peter Armstrong; Stephen Burningham; Natalie Baker; Julie Castle

Happy Birthday to all in August: Louise Phillips; Caroline Ellis; Kirstie McDonald; Warami Tuoyo; Phoung Pham; David Bennett; Jake Read; Santosh Beharry; Lee Jex; Michelle Hawes; Heather Hobart; Joshua Barley; Sam Sparkes; Lorraine Cain; Dena Russell; Clifford Littleworth; Stuart Taylor; Magali Perret

NB. Sorry if we have missed your birthday but please do tell us so we can put things right.....

Members News and others.....

GET WELL WISHES TO

Mary Pitter

Mary was taken poorly quite suddenly and has been in Kingston Hospital's intensive care unit or a few weeks with pneumonia and other complications. Just recently Mary has been allowed home to Coombe Oak to convalesce.



Get well and hurry back to Seekers club....

McCluskey's the Off Licence in Kingston, have held one of our collection cans on their counter for many years, have just passed over a magnificent sum of £206.45 donated by customers. THANK YOU



HAPPY 50th BIRTHDAY WISHES
to Debbie Cox
on 20th September

Support Kingston Mencap and buy a Supermarket Coin Key ring for £1.50
They are available from Heather and will be on sale at the Christmas Fayre



Thanks to everyone who has sent in old mobile phones and used stamps
We particularly need foreign stamps
Thanks to all who save for us.
KEEP THEM ALL COMING.....



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
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