

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



Mini Olympics
9th June

Model Railway Visit
17th June

Boat Disco
14th July

Christmas Social
24th November

Flag/Awareness Day
27th October

60th Celebration Ball
7th December

Dear Members, Friends and Supporters,

I really thought Summer was here at last, but what a dreadful cold and wet weekend for the H.M. Queen's Jubilee?

We have lots of news and updates since the last newsletter.

We have held a **Country & Western evening and the AGM** (see page 2 for details) and now we are ready to embark on our biggest event ever the **'Family Fun Day'** on the 9th June (see page 3)

As ever we are grateful to the many members who pay the annual subscription with added donations so promptly, but we still have a number of people who are attending clubs and yet have still failed to renew!

I just need to point out that the clubs we run are for Kingston Mencap members and we rely on these subs to help with the birthday vouchers and to help with some of the newsletter expenses. We will be chasing those non payers, but if you are unsure please ring or email me and I will check the membership list.

It has been a really busy time for all our Event Organiser's to make sure we put on events that members tell us they enjoy and in July we have booked a **Boat Trip**, one of the favourite events, on board the Clifton with a disco/karaoke and fish and chips supper.

The **Model Railway** visit this year will be held on 17th June.

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, have a good summer.....

Gill Wood (0208540 1399) gillcwood@blueyonder.co.uk

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Family Fun & Mini Olympics Day 9th June

Do come and join us for a day of fun and sporting events for all the family at Robin Wood Farm, Robin Wood Way, Kingston Vale, SW15 3QH

- Sports Races; Jubilee Relay; Egg & Spoon
- Fulham football coaching; Rock Choir; Surrey Starlets; with live music
- Fun stalls; Try a sport; Tombola; Raffle; Fire Engine
- BBQ; Cream Teas; Ice Cream;

Support Kingston Mencap and buy a Supermarket Coin Key ring £1.50
They will be available at the Family Fun day



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

VOLUNTEERS PARTY in January

Some extra photographs taken by John Kemp:



Cutting the cake!



Declan and Zerrin



Chris, Shirley and June with the giggles!

Country & Western on 31st March.....

This was the largest Country & Western evening we have held in ages and we have to thank Iris and Tony Todd for all their hard work in organising the Pizza and making all the scrummy salads.

The band was really good and managed to play all the songs the guys love to hear and dance to and we welcomed 2 new people from Hampton Wick.



AGM on 27th April

There were over 70 members and volunteers packed into Dysart school hall on the AGM evening to hear about this past year and to elect the new Trustees and approve the Annual Report and Accounts.

Simon Pearce gave a general update of RBK learning disability service including details of the recent Learning Disability Review but most people had come to hear Mencap's President Lord Brian Rix.

Lord Rix shared his memories and stories over the past 60 years - all part of our celebrations in 2012.

Many people were really interested to hear about his early contact with Mencap and all his hard work to make people in 'high places' listen. Lord Rix re-told many stories and was so good with dates and names and we heard about his contact with government ministers and encouraging them to listen and make such a difference to people's lives in the very early days. At the end everyone enjoyed the refreshments prepared by the project workers at Victoria Café. If anyone would like a copy of the Accounts please let me know....



FAMILY FUN & MINI SPORTS DAY on 9th June

As part of our 60th Celebrations and in this Olympic year we have planned a Family Fun and Mini Sports event at the Robin Wood farm in Kingston Vale.

The Robin Wood farm is home to the McCormack family who have very kindly offered to host for Kingston Mencap and to help us raise awareness of learning disability to a wider audience.

Three of the trustees have been meeting and planning for months and now the day is upon us!

We do hope you will come and enjoy the day out for all the family, friends and neighbours and take part in the races, try one of the sports on offer, listen to the Rock Choir, see the Surrey Starlets, watch the Tae Kwon Do display, try out football with Fulham FC, see the fire Engine, buy an Ice cream or Cream Tea, enjoy the BBQ and listen to the live music...

There will be fun stalls; tombola; raffle and lots of volunteers to make sure you enjoy the day...

What more could you want for a day out on your door step?

Please do come and support us

Heather, Peter and Gill

If you want to help or have anything we can use as a prize or on the tombola please do let us know and contact Heather 0208549 7450



THAMES BOAT TRIP DISCO 14th July

The Boat trip is one of the most popular events we run and many members have already booked tickets and as we go to press I fear all the tickets have now been sold!

The Clifton Castle has been booked for Saturday 14th June and there will be Disco with a Karaoke singer with a fish and chip supper.



Pat Cox has been taking bookings and monies so if you want to check or be put on the waiting list in case anyone drops out .

Tel. 0208977 9021

60th ANNIVERSARY BALL - 7th December

This special Diamond Anniversary Ball to celebrate 60 years will be held at Glenmore House in Surbiton and is an opportunity to really dress up and have a ball!

This is a magnificent house and we have booked the whole ground floor for Kingston Mencap members and friends.

There will be a pre-dinner reception with drinks; 3 course dinner and live music and raffle Round tables will be arranged for up to 10 people and we can take bookings for 120 people with good access for wheelchairs.

Tickets £20 for people with learning disability and paid support staff

Tickets £30 for members Ticket £40 non members



We are now taking bookings and payment can be made at a later date so to reserve a table or book tickets contact: Gill 0208540 1399 or Heather 02085497450

SATURDAY DROP IN

Saturday Drop-In

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

Michelle and Zerrin, our 2 experienced leaders take it in turn each Saturday, supported by our fantastic volunteers who turn up faithfully each week. They all make it a very welcoming, friendly place to drop by at the weekend.

The Easter party held on 31st March was well attended and included Lunch; Easter Egg hunt; Games; Disco and lots of fun and laughter

Many thanks to all the volunteers who make these days possible and very special for everyone.

MODEL RAILWAY OUTING 2pm on 17th June

This year the visit is on Sunday 17th June - Father's Day - and as always everyone is welcome!
There are various model railway engines with rides for all including a specially adapted carriage for those in wheelchairs.
Good fun for all the family
Cakes, Teas and Ice Creams all provided by the Engineer's wives with a Raffle and Tombola.....



HAMLET at the Rose Theatre

Don't forget that Blue Apple Theatre are touring with their HAMLET production starring six actors with learning disabilities.

Hamlet is coming to the Rose Theatre in Kingston on 4th July
Some members have already booked so if you want to join us tickets are £8.00 from the Rose Theatre box office.



NIGHTRIDER - Jeremy Osborn

On the evening of the 9th June into 10th June Jeremy Osborn will be taking part in the 100km moonlit cycle ride past London's most iconic landmarks - a one day charity ride with a difference It's at night!

Jeremy works at Stud Farm and is riding on behalf of Kingston Mencap - which is fantastic!

Jeremy is trying to raise as much funds as possible for Kingston Mencap in this our 60th Anniversary year and we all wish him well.

If you would like to sponsor his efforts and make a donation go to:

<http://uk.virginmoneygiving.com/JeremyOsborn>



SEEKERS CLUB

Summertime at Seekers is finally here..... we have open doors, open windows and a positively buzzing atmosphere in Newent house.

To welcome in the sandals weather we themed our birthday parties around wearing yellow and floral patterns as well as a circus theme...I feel a Bahamas theme in the pipeline too!

St Patrick's day was marked with a selection of Irish nibbles washed down with Guinness and topped off with our favourite Irish artistes we all wore green and even attempted a jig!



Easter was a chocolate extravaganza...this year we had a large selection of eggs for each member to choose...we continued our chocolate theme with a sensory story re enacting Charlie and the chocolate factory with props, interactive movement, and of course touch and taste...mainly of chocolate!

This proved very popular as it engaged members on all levels and of all abilities and it is definitely on the "do again " list!



In April we were thrilled to be joined by a 16 piece "Rock Choir" they surpassed all of our expectations by putting on an amazing musical experience. We sang, danced, clapped and learned lyrics with this interactive workshop. Everyone was buzzing and

engaged and the club was completely mesmerized by how talented and entertaining the music and choir were...thank you Rock Choir, you are definitely going to be invited back again and again.....



Another Seekers first, our lovely volunteer Ted and colleague (nurse) gave our members a comprehensive, fun and interactive first aid session. We learned how to call for help and administer basic first aid, we all had a go giving CPR and practicing the recovery position.



Our annual BBQ was a beautiful evening of sunshine burgers sausages and music....the flow from the garden to dance-floor was topped off with a mega raffle and many happy members.

Exciting up and coming events.... 24th June summer coach outing to Fleet, outdoor Fun Day. 2nd July Seekers 50th birthday party, formal black and red party hosted by Kingston Grammar School.

As we break for August we will be back with bags of energy for the sponsored walk in September..... date to be confirmed.

Its always worth remembering that Seekers club cannot run effectively without our wonderful team of volunteers who support us week in week out regardless! Thank you to all of our volunteers , drivers and escorts old and new....

A special mention to Kingston Grammar school who over the busy exam times have put down their revision books to join us...

Happy Summertime to you all..... Zerrin



FUTURE FRIENDS

Future Friends

Hello from Future Friends!

Have you all been enjoying the sun?

We certainly have been making the most of the outside space at our summer venue, the Canbury Pavilion.

We moved there in April and since then we have enjoyed some great activities. We tried our hands (and feet) at Salsa dancing, followed by a Mexican tasting feast, paid a visit to a Live Music night at the Boaters Inn and had a great night, playing the ever popular 'Singstar'! We have some brilliant singers at Future Friends and the Boys vs Girls round are alwaysspirited!

At our next session, we will be making music videos which should be a good night.

We are hoping to have a four day programme of day trips in August, ending in a big Summer Party at the Canbury Pavilion. To do this, we are likely to need some extra volunteers.

If you feel you could help us with this, please do get in touch to arrange to come to a session. Suggestions for trips so far have included a picnic in Richmond Park, a trip to the City Farm and a Ghost tour so it should be a fun week!

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



Kirsty Fraser

XPRESSION YOUTH PROJECT



Hello everyone,

It's been a great year for Xpression so far! Recently we've been busy in preparation for our first Xpression show, the members have rewritten Aladdin with a subversive twist, and it's shaping up to be a great show!

In other news, we've been very lucky in getting new members who have settled in incredibly quickly, and the club has a great buzz about it now.

As you are aware, Xpression has been going now for nearly 8 years, and consequently one of the great strengths of the club is that so many of our members have grown up with the club, and have been able offer support and guidance to newer members.

What this has meant though, that a number of our members have now exceeded our upper age range (which is 19) and will have to leave us.

How we are going to deal with this and make sure everyone gets a good send off is to have a yearly "Graduation/coming of age" party.

So if you turn 19, the next graduation night will be your last night with us at Xpression....

We will be very sad to see any members leave us, but rest assured, they won't be short of things to do, as they are all welcome to move on to Future Friends, our step up Kingston Mencap group.

Our graduation night this year will be on 17th July 2012..... It will be a belter of an evening!

This also means that there will be ample opportunity for new members to continue to join us.

If you are 12-19 with a learning disability in Kingston and you would be interested in attending a youth project on a Tuesday night, then drop me an email at Xpressionyouthproject@gmail.com or phone and leave a message on 07749 275425.

We run from Searchlight youth and community centre every school term time Tuesday night from 7pm until 9pm. It's a great chance to meet and hang out with friends, learn new skills and try new and enjoyable pastimes. The more the merrier! Let me know if you are interested! Look forward to seeing you at Xpression!



Dave Cafferty

CARERS - Carers Week 18-24th June

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

CARERS WEEK : 18th to 24th June - Why not join in the celebrations

Hampton Court by Boat
10.30am - 3pm, Monday 18 June
 Starting and ending in Kingston, this is a great way for carers who haven't been on the trip before to take time out & meet other carers.
 Picnic lunch and boat trip paid for.
 To book call Kirstie on **020 8547 6124**

Family Thames Walk
Sunday 24 June
 Meeting riverside, base of John Lewis from 10.30am, the walk will start at 11am.
 Bring your family down to the river in Kingston for this fun, fund and awareness raising walk along the Thames.
 For info contact Jo on **020 3031 2757**

Retreat Day
9.30am - 5pm, Wednesday 20 June
 Meet at the Noble Centre, 109a Blagdon Rd New Malden KT3 4BD
 A relaxing day out for carers at a Healing Sanctuary in Shere, Surrey
 £10. For more info or to book contact Adelaide on **020 3031 2757**

Pampering and Information Day for Carers

2.30 - 7.30pm, Thursday 21 June

Noble Centre, 109a Blagdon Rd, New Malden KT3 4BD

Drop in to find out about the range of services and support for you and the person you care for, including equipment, benefits and allowances, employment advice, breaks, social activities and much more.

Walking distance from New Malden High Street and parking on site.

For information or to book a free treatment, contact Kirstie on **020 8547 6124**

During Carers Week Kingston Mencap have made plans 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.

Dinner will cost £20-25 per head with drinks - Deposit £10 to book a place.

Next Meeting: 6th June; 1st August; 5th September; 3rd October; 7th November;



PLEASE NOTE THERE WILL BE NO MEETING IN:

JULY - Carers going to see Hamlet at Rose Theatre

DECEMBER MEETING - 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

HOLIDAY HOUSE IN Christchurch Dorset

The holiday house bookings are still coming in but we do have some odd weeks still available, especially during September.

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.

2012 Members Price: 1 Week £440 OR Mid week or Weekend £275

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

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



CHILDREN



YORDA ADVENTURES news

QUIZ NIGHT

There will be another Quiz Night at Dysart School on 25th July and we promise slightly easier questions this time! Get in touch with Laura if you would like book tickets.

Thanks to all who came out to the Easter Egg Hunt we raised £150.00

Play Projects:

Dysart After School club has extra places starting week begin 23rd April ending 9th July.
Dysart Students and Kingston residents only aged 5 to 18 years.
However if you live out of borough or are aged over 18 please get in touch.
Contact Charlotte 07545974734 or email Charlotte@yordaadventures.co.uk

Vacancy: We are looking for a volunteer to help us with administrative tasks.
We need 4 hours a week to come to the log cabin and support Laura and Charlotte.
Tasks vary - Please spread the word to anyone whom you think might be interested and ask them to contact :
Laura - 07939844978 laura@yordaadventures.co.uk



NETBUDDY - go to www.netbuddy.org.uk

Marie from the Parliament office reminded me about this great website for parents that I first advertised in the newsletter about a year ago but they have come a long way since then.

'Netbuddy' is a great website for parents and carers who have children with learning and profound disabilities and Autism.

It includes hundreds of practical tips from parents, carers, teachers, therapists and health professionals e.g. help with brushing teeth; bed wetting; constipation; social skills; respite care; challenging behaviour; sensory issues and lots lots more.....

Go to : www.netbuddy.org.uk

DOWNS SYNDROME: The Biography

A thorough - and often dark - history of Down's syndrome.

As a guide to the history of Down's syndrome, Chris Nancolla's book is a compelling and accessible read and like a popular history book!

It combines well documented advances in modern medicine with living conditions.....
Written with wit and a large dose of dark humour, it is anything but sentimental and leaves the reader 'positive' that there is a brighter future for those born today with Down's syndrome!

£12.99 and is published by Darton, Longman and Todd

Go to : www.dltbooks.com

Feeling blue

The third edition of the Blue Badge Guide for London has been fully updated to take into account this year's Olympic and Paralympic Games. The guide contains clear maps, details of parking bays for blue badge holders, restrictions on length of stay and the accessibility of cars parks for families and carers. The Blue Badge Guide costs £5.99 Call 0844 847 0875 or go to www.thepieguide.com

TENNIS for 8-18 years

Disability Tennis Sessions at
Surbiton Racket and Fitness Club

Berrylands, Surbiton, KT5 8JT

Ages 8 – 18

Saturdays 11.30am - 1.30pm



For more information and to register interest please contact:
Matt Maguire, Fulham FC Foundation Operations Officer:

0870 442 5432 or mmaguire@fulhamfc.com

AUTISM FRIENDLY FILMS

June's autism friendly filming at selected Odeon's is Men in Black 3

Sci-fi adventure Men in Black 3 (MIB3) (PG, 2D) is our next Autism Friendly Film Screening at over 80 ODEONS across the UK and Ireland on **Sunday 17th June, 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

The nearest Odeon currently participating are Epsom and Richmond

Call 0800 138 3315 for tickets and advice on accessibility



SWAPS dates at Warren Park - 3 to 5pm

The next Sunday fun session at Warren Park is 24th June

Other dates: 15th July; 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

Jolly Day Supported Holidays

For more information and to view all the supported holidays on offer:

Telephone: **01277 35 55 65**

E-mail: enquiries@jollydaysholidays.co.uk

Website: www.jollydaysholidays.co.uk



NEWS FROM ROYAL MENCAP.....

HELP FIGHT HATE CRIME during Learning Disability Week

This year's Learning Disability Week will be held 18-23rd June and will focus on Hate Crime. The Met Police have signed in support of the campaign but we realise that officers and staff on the ground may not always know everything they can and some local promotion and networking would go a long way. This goes particularly for staff who aren't regular visitors to local services and have no contact with people with learning disabilities at all. The Campaign team want local groups to visit their largest local police station either in learning disability week or beyond, with as many staff/volunteers/members to talk with officers and staff about the Police Promise.

The aim of the visit to:

- Break down barriers between police officers and staff and people with a learning disability, to reduce fear of reporting and to build trust
- Raise officer's awareness of learning disability and how better to support victims
- Promote the Met Police commitment to the Police Promise to stop disability hate crime

Here in Kingston the Parliament have been working closely with the Police to make sure officers and staff are aware of this Police Promise

If you want to find out more or how you can get involved contact:

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

SOCIAL CARE IN CRISIS

The Learning Disability Coalition (LDC) revealed the extent of the care crisis for people with a learning disability in England in a report published in April.

The LDC comprises 15 learning disability organisations, including Mencap

Social Care in Crisis - the Need for Reform finds that over 3/4 (77%) of local authorities are facing difficulties in funding services for people with a learning disability and have made either cuts or savings. Of these 9 out of 10 local authorities anticipate further 'efficiency savings'

The survey of local authorities is supported by information from people with a learning disability and service providers. It reveals that 90% of providers feel the funding situation is 'difficult' and nearly 1/2 of people with a learning disability have had their support reduced or charges increased.

On going cuts are being made to services causing very real difficulties for people and the government must urgently reform the system and invest more money to end the care crisis.

An open letter was sent to the government warning of an 'urgent and deepening crisis' and appealed to the government to overhaul the care system.

To read more go to: www.mencap.org.uk/social-care-crisis

DOCTORS ADMIT HEALTHCARE DISCRIMINATION

Doctors believe that patients with a learning disability receive poorer healthcare according to a survey. A poll commissioned by the General Medical Council (GMC) shows that half of doctors in the UK think patients with a learning disability receive poorer standards of healthcare or facing discrimination.

To read more go to: www.gmc-uk.org/learningdisabilities

AGREEING TOGETHER

'Agreeing Together - a contract for the future' key authors are Ismail, Lloyd, Josie and Scott.

The contract has 15 agreements to make things better for people with a learning disability over the next 10 years. The agreements were suggested by a large number of individuals with a learning disability as well as advocacy groups.

The Learning Disability Coalition are hoping for widespread sign up to the agreements and many of our supporters are already emailing their MPs to encourage this.

We are hoping that Agreeing Together will go some way to assuage the learning disability specific policy void that has been left after the early termination of Valuing People Now.

There is nothing exceptional about the agreements. T

They are the everyday rights that everybody should expect, but for people with a learning disability these everyday rights are not always respected.

That is why it is important that we all sign up to say that we agree.

The 15 agreements can be used to make sure that these everyday rights happen for everyone.

Copies of the agreements can be downloaded to be signed at:

www.learningdisabilitycoalition.org.uk

GOOD HEALTHCARE FOR ALL

A Guide to get the best from NHS

The Foundation for People with Learning Disabilities has launches 'Good healthcare for all' It's a new guide on what people with a learning disability should expect from the NHS

The guide is written in an 'easier-to-read' format with practical tips on how best to use the NHS, what to expect when going to see a doctor or staying in hospital with legal rights under the Mental Capacity Act. It includes real-life examples of challenges people face and how they can overcome, as well as advice on how to get help.

To download this free guide go to : www.tinyurl.com/FPLD-healthcare

DISABLED CHILDREN WAIT TOO LONG !

Disabled children and young people and their families wait far too long for services and mobility aids. A Care Quality Commission review of healthcare services found that the national average wait for a referral for community physiotherapy was seven weeks and around 12 weeks for a speech and language therapist....

*Editor' Note: Do we know how long it is in Kingston?
If you have had to wait even longer can you let us know?*

CHALLENGING BEHAVIOUR FOUNDATION'S

The new Challenging Behaviour Foundation's new website includes information and resources for families and professionals, including an interactive map, video clips and an online ordering service.

Go to : www.challengingbehaviour.org.uk

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

The Next meeting dates are: June 6th; 13th 20th 27th

For more information contact:
Edward Klepp 07877 715 701



K.C.I.L. - Quiz night on 6th July

KCIL are planning an evening of Fun and Fundraising to include a Quiz, Supper and Raffle to be held on Friday 6th July 2012 at Kingsmeadow Stadium.

The raffle prizes have been donated by local business and the main prizes are:

1st Prize – Touch Screen Mobile Phone

2nd Prize – Chelsea FC Silver Crested Watch

3rd Prize – £25 Gift Voucher (M&S)

Other prizes include: Wimbledon AFC Football (signed); Kingstonian FC Shirt (signed); Cuddly toys – Clintons Cards; Toiletries - Body Shop; Handmade Greetings Cards; Wine
Raffle tickets will be available from the KCIL office from the 11th June.

All proceeds from the Quiz Night and Raffle will go towards supporting disabled people.

We look forward to seeing you on the night.....

Best regards Theo Harris **Tel:** 020 8481 1444 or **Email:** theo.harris@kcil.org.uk



YOUR SPACE Drop- In

Your Space has moved to the United Reform Church:
Malden Road, New Malden KT3 6DR (just off the Fountain roundabout)

Drop In costs £3 Stay as long as you want but please provide your own support if you require it.

FRIDAYS : 9.30AM to 12.30am

Art Session costs £10 and includes drop-in fee and refreshments

Coming soon:

MONDAYS : 9.30am to 12.30pm Drama and Dance session - cost to be confirmed

For more information contact Andrew Stride :

Email : andrew.stride@welmede.org.uk or Tel: 01932 571444



BOOGIE NIGHTS

Boogie Nights



The next Boogie Night is on Friday 22nd June 7.30pm to 11pm
Kingsmeadow, Jack Goodchild Way, Kingston Road, Kingston KT1 3PB

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

Find us in 'Groups' on Facebook: boogienights@groups.facebook.com

Contact Melissa 07947423083 or email: hulbertmelissa@hotmail.com

HOME FARM TRUST

NEW AREA MANAGER PILOT FOR SOUTH EAST

Our Area Managers have a broad remit requiring them to lead a number of services, as well as continuing to grow our business and develop areas of expertise. Growing our specialist knowledge and professional skills is key in developing and moving forward as a specialist learning disability provider. Consequently, we have decided to introduce a pilot to trial a new functional management structure. This means that our Area Managers will take on lead roles that cover specific areas of expertise and span the whole region.



Nigel Horne Area Manager, will take on lead responsibility for all residential, supported living and domiciliary care support across the region.

Tracy Lazell Area Manager, will work with all resource centres and flexible support services, referred to in the South East Region as L.A.C.E – Learning, Activities, Community inclusion and Employment – to develop and grow this service across the region.

Ron Brown Strategic Development Manager, will lead on developing and growing new services throughout the South East, and in managing administration.

The pilot will run for a year and we hope will enable our Area Managers to really focus on growing and developing their specialist areas to the benefit of the whole of the region.
The findings of the pilot will be reviewed in early 2013

For day centre queries contact Melissa Hulbert, Day Service Manager 0208942 9769
Supported Living Houses Vanessa Kalesha 0790 969 7423 or Maria Doswell 0787 981 2950

If you would like to receive the HFT 'Link' Newsletter or a full copy of the new management structure please contact Chahnaz 0208942 9769

FIRCROFT TRUST

Maple Lodge residents and others supported by the Fircroft Trust moved into their new home in Chessington at Firs Court at the end of March.

Everyone seems to have settled in really well and the large spacious rooms are very impressive and everyone was really amazed about the space!

Raymond, Sally, Jackie, Colin and Caroline enjoyed a sneak preview before the move.....



HOLIDAY GRANT SCHEME

Kingston Centre for Independent Living (KCIL) administer grants on behalf of Kingston Council.

**Application forms can be obtained from K.C.I.L.
River Reach, 31-35 High Street, Kingston KT1 1LF**

A grant can only be applied for once every 12 months and you must be eligible for respite or relief care from Adult Social Care and be over the age of 16 years.

The maximum grant allocation per holiday is £175

Holiday grants are available to people who have a long term and substantial illness and/or disability who reside in the Royal borough of Kingston upon Thames.

For more information contact Tel: 0208546 9603

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 10th July; Friday 17th August; Tuesday 18th September; Friday 26th October; Tuesday 27th November;

On Tuesday 17th July there is a Big Day planned for people with learning disabilities on "Individual Budgets" at Kingsmeadow from



Contact: ldparliament@hotmail.com



Parliament office: 0208547 6645

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



Learning Disability Review

The aim of the review was to find out if the Learning disability service was providing high quality services that are good value for money and to look at how the service fits in with how the wider Council works.

Following the first report, and after speaking with people with learning disabilities, carers, families and staff, a second and final Deloitte Report has now been published. There has been 3 weeks for everyone to contribute and to make comments before Simon Pearce writes a paper based on the final report and people's comments.

A few of us met with Simon last week to share our views and concerns so we are hoping he will take on board our joint comments and his paper will reflect our views.

The paper will suggest a way forward for the future of the learning disability service and this will be discussed at the Council People's Committee meeting on 3rd July.

If there is a proposal to change the way the service is run there will be a 3 month consultation which will give people the opportunity to say what they think and to voice their views.

PARTNERSHIP BOARD - 12th June

The Partnership Board meeting is chaired by Simon Pearce (Executive Head of Adult Care) and Philip Hitchen (MP). This is an open meeting so anyone is welcome to attend.

The last Partnership Board was on 12th March 2012, and you can see the full minutes on the website www.kingstonld.info Next meeting is on Tuesday 12th June from 10am-1pm at Kingsmeadow and a sandwich lunch is provided after the meeting.

SPOTLIGHT: on Work & Job Coaches

Many of our members, especially the younger ones coming through to adults services tell us they want a paid job.

Some just want something worthwhile to do with their time so even a volunteer job would be a useful stepping stone!

But as we know jobs are hard to come by and we seem to get overlooked time and time again, although people could work with extra support in place there just doesn't seem to be the opportunities!

Kingston Mencap are hoping to take on an administrative worker very shortly and part of this role will be to job carve some of the work so it can be offered to someone with a learning disability with the right skills.

But this may take some time....

Leeni Szalay the 'Paid Employment Co-ordinator' is looking for 'Job Coaches'

Volunteers as Job Coaches

Would you like to become a Job Coach for people with learning disabilities?

The Paid Employment Coordinator from the Learning Disability Team is looking for people who would like to become Job Coaches. Training will be given to the volunteers to learn how to become a Job Coach to a person with learning disabilities in the workplace.

The work entails supporting people at work, liaising with the management, and communicating with the Employment Coordinator.

Following reviews, the amount of support is gradually reduced.

The role of a Job Coach is to fully support the service user when they are an employee. He/she will work very closely with the employer and employee to ensure all required tasks are completed to the satisfaction of the employer.

The ideal scenario

Ideally a Job Coach's role is to provide a "traffic light" system of support to the service user.



Code Red - The Job Coach stays with service user constantly on a one-to-one basis for a set period of time.

A review will take place and if all is going well reduce the time.

Code Amber - The Job Coach works with service user for half of the working shift.

When it is felt the service user is ready another review will take place.

Code Green - The Job Coach visits employer and service user weekly for a period of four weeks. They then visit every three months up to 1 year of employment to ensure everything is running smoothly.

The traffic light system is an ideal situation; however I am aware that volunteers may not be able to commit to the service user for the whole time they are in work. If the Job Coach can be available for some of the time that will be useful and I will keep in touch with all parties involved.

If you are interested in becoming a job coach and adding to your current experiences please contact:

Leeni Szalay, the Paid Employment Co-ordinator:

020 8547 6654

Email leeni.szalay@rbk.kingston.gov.uk



MEMBERS BIRTHDAY.....

Happy Birthday to all in March: Jason Brockwell; Bruce Read; Laurie Robson; Phillip Hitchen; Natalie Francis; Una McCormack; Cherelle Govier; Sam Holness; Gillian Hacker; Julia Kelly; Claire Sheridan; Louise Monks; Richard Laslett; Lee Chung; Nicky Watkins; Roger Taylor; Michael Birch

Happy Birthday to all in April: Sophie Thornton; Jon McGrady; George Bowman; Daniel Wolff; Claire Hitchcock; Katie Knowles; Nicholas Sims; Peter Shaw; Malcolm Gubby; Lawrence Murphy; Owen Hughes; Dexter Hutchinson; Louise Hein; John Diamond; Jack Cherrington; Kiri Mompalao; Amy Fraser

Happy Birthday to all in May: Johanna Owston; Natalie Furniaux; Tayler Young; Kim Bright; Graeme Green; Margaret Rose; Steven Close; Diana Todd

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

Members News and others....



Len Rowland



Celebrated his 70th Birthday with a Birthday Party aboard the Yarmouth Belle on the 26th May Len, along with his family and friends has presented Kingston Mencap with a wonderful donation of £415.00

Congratulations Len

Congratulations to Councillor Mary Heathcote who is the new Mayor. Mary is the 'disability champion' and will be attending the Family Fun day on 9th June



BIG HEATH CHECK DAY

Wednesday 13th June at Kingsmeadow

This is an opportunity for people to have a say about what is working well in health, how it could be improved and what the priorities are in developing health services for people with learning disabilities.

Lunch and refreshments will be provided with information displays about local services.

To find out more contact:
Pat Morgan 0208547 6559
Email : Pat.morgan@yourhealthcare.org

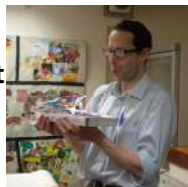
MAYOR'S COMMUNITY AWARD

This is the promised picture of your Chair receiving the Mayor's award at the Guildhall back in May



Congratulations to Declan Dixon

Declan celebrated his 40th birthday on 22nd May and we just couldn't let that pass without celebrating at the Drop - In with a birthday cake and a 'happy birthday song' Michelle made a wonderful card that all the regulars signed.



Declan is one of our cherished volunteers who has been helping us at the Drop In and Seekers Club for a number of months.

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

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