

NEWSLETTER

The Voice of Learning Disability



THE DRAGON BOAT RACE

“What a brilliant day. We improved our time by 9 seconds.”
Richard Broome



Kingston Mencap news, health pages and dates for your diary.

August - December 2018



Dear Members, Families and Friends

Time has flown since our Spring Newsletter, during which time Kingston Mencap has had a full programme of activities.

Our Annual Railway Afternoon in June, at Malden and District Model Railway, was a great success. Thanks to all those who contributed by making generous donations for the teas and buying raffle tickets. In all, we raised over £500.00 on the day. A magnificent sum! Our thanks too, for the hospitality given by the railway volunteers, who make the afternoon safe and enjoyable for all of us.

You will see reports of our clubs, all of which have been busy.

The Searchlight Centre continues to thrive, with regular bookings by a variety of other charities helping us to meet our overheads. We do have some weekends free during the summer. Please ask Michelle for details if you need a space for a summer party or family event.

We are pleased to announce that we have two new Trustees. Judith Broome, who is a Kingston Mencap member and also active with the WI and ROYAD and Portia Borrett who manages a national Christian Charity.

Christine Towers has been leading workshops for families around how to cope with the ever-changing rules and regulations in the lives of people with learning disabilities. Watch out for workshops in the autumn.

Finally, I would like to reiterate my thanks to our wonderful volunteers. Kingston Mencap would not be able to function without them. They support our paid Club Leaders, who also do a magnificent job in providing a wide range of exciting activities for our members.

Thank you all for your continued support of Kingston Mencap, it is much appreciated. Do come along to the free YMCA classes at Searchlight, you will find them very enjoyable.

Peter Hodges

Follow us on Facebook



**We are in need of a Treasurer.
If you are interested, or know of
someone that might be, please get in
touch.**

News from the clubs

Future Friends

Charlotte, leader of Future Friends, has just gone on maternity leave: we wish her all the very best and look forward to seeing her back on duty in the Spring. Ben and Lucy will take over until then

Here is a photo from the gender reveal party that they had with family and friends, when they found out that they were expecting a boy. We also had fun playing baby shower games with the members on their last club night, such as pin the dummy on the baby and guess the baby food flavour! I will miss everyone a lot but will definitely bring in the baby when it is born for a visit.

Charlotte & Bashar



Saturday Drop In

The Drop In is still proving to be as popular as ever. The dancing, fun and frolics, has really taken off and is enjoyed by all who take part. Great exercise too. Laughs and Scarves 12 - 1pm every Saturday until Christmas.

We also regularly do art, bingo and Boccia, as well as games and puzzles played at leisure.

Everyone that comes along likes the variety this brings.

We look forward to a fun filled year ahead.

Lucy, Ben and Michelle



Seekers Club

Seekers annual summer outing was to Southampton this year. We were kindly invited by David Webb Ellis, of the Shirley Masonic Lodge, to have lunch at Southampton City Golf Club, with the Mayor of Southampton and his wife in attendance, followed by a mini tour of the New Forest and the coast. It was very hot, but we survived, and a good time was had by all! We are most grateful to the Lodge for providing us with lunch and warm hospitality.

We have enjoyed a varied timetable including live performances from Rock Choir, Crew Beanz, the Ukulele group, the Spring Grove Morris Dancers and Bingo Ben. Michelle



How can Kingston Mencap help you get the information you need?

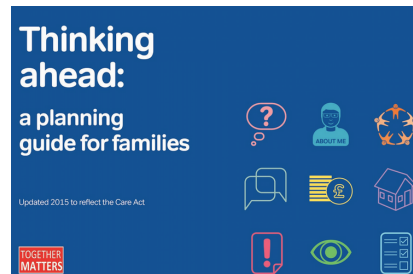
Have you come along to one of Kingston Mencap's recent workshops for family carers? We have run these at our Searchlight Centre to help families get the information they need for themselves and their relative with a learning disability. The first workshops covered the changes that are taking place to annual reviews in Kingston (see article on the next page) and these were followed in May by a session on planning the future. In the autumn we have more workshops on topics families have requested.

Planning the Future

This workshop was held in May for families to hear more about how they could make plans for the future, based on the Thinking Ahead guides written by Christine Towers who is helping us develop our information work to families.

The guide for families has nine sections (see the diagram below) which can all be downloaded for free at

www.togethertomatters.org.uk/resources-and-information/



At the workshop we talked about the different concerns family carers have when considering the future and looked at how the information in the guide could assist. Everyone had a go at using person-centred planning tools to help inform future plans. Some of the families who came along needed to get on with some planning for changes they are currently facing and so a small group are going to meet up to keep going, with Christine giving support and ideas. Please get in touch with Christine if you would like to know more about this.



After the Thinking Ahead workshop, families talked about what else they would like to know more about in relation to making future plans and this has led to two workshops being arranged for the autumn.

Future workshops

In September, Toby Williamson will be coming to talk about decision-making covering mental capacity assessments, best interest decisions, the Court of Protection and Lasting Powers of Attorney. This may all sound a bit dry but it's very useful for families to know how they can be part of decision-making and the law that health, social care and support providers follow. Toby will talk about the subject in a way that gives answers to the questions families usually have.

In October, Steve Harris will be running a session on Housing and Support Options and more information will be sent out about this nearer the time. If you are interested, save the date.

Both Toby and Steve have lots of national knowledge and practical experience on their topics.

Please get in touch with Christine if you would like to know more about any of these sessions:

christine@togethertomatters.org.uk or phone 07931 727 367

How was your last Annual Review?

Anyone receiving support from adult social care should have a review each year. This is to make sure they are getting the right support.

Kingston Council decided to have a look at how they could improve these reviews and asked for various interested groups to attend a series of meetings. Kingston Mencap contributed to the meetings and have since held two workshops at the Searchlight Centre to let families know about the changes that Kingston's Care Management team have introduced.

Here are some of the changes that were put in place at the end of last year:

- The person having the review will be sent an easy read invitation a couple of weeks before the meeting, which will include a checklist of papers to take to the review (this should give time to prepare for their review)
- A standard easy read agenda will be used that covers all the important parts of someone's life (this helps people to think about what they want to talk about beforehand as well as making sure everything gets covered at the meeting)
- All the agreed actions will be noted during the meeting and written into an Action Plan. Everyone will be given a copy of the Action Plan at the meeting so that there isn't a delay in getting things done
- The notes from the meeting will be sent out within five weeks.

Legal bits and pieces

The Care Act 2015 sets out Local Authorities' duties on Annual Reviews.

The review should look at whether the Care and Support Plan is working to meet the 'assessed eligible needs'.

'Assessed eligible needs' might be being met by support funded by the local authority or by informal help. So, it's a chance for family carers to say whether they are able and willing to provide the support they give.

There's an expectation (but not a duty) that reviews should be 'no less frequent than annually'.

There's a recommendation to review soon after a service begins (usually seen as six weeks).

Family carers often help their relative to get the most from their review. They can help to check that the new process for annual reviews in Kingston is being followed. Please let us know whether or not you think your 2018 review was better than last year, or any ideas you have to improve reviews, by emailing christine@togethertomatters.org.uk and Kingston Mencap will feed this back to the Care Management team.

In the next newsletter there will be ideas about how to make sure someone with a learning disability is involved as much as possible in their annual review, especially if they find meetings difficult. There will also be ideas about preparing for a review to make sure you cover all the important things.

Christine Towers








Health news



Did you
know about

*A sexual health service for people of all ages with
learning difficulties or Autistic Spectrum Disorder*

www.ConnectKingston.nhs.uk

 WHEN?	Appointments are available 2pm-4pm every Wednesday
 WHERE?	 The Wolverton Centre Kingston Hospital NHS Foundation Trust Galsworthy Road Kingston upon Thames Surrey KT2 7QB
 WHO?	 Sarah Nurse  Richard Nurse  Marion Doctor  Souria Doctor  Louise Technician  Amanda Technician
 HOW?	<i>To book an appointment contact us at the Wolverton Centre:</i> Tel: 020 8934 3399 <i>or</i> Email: khn-tr.WolvertonCentre@nhs.net

Support is also available for parents, carers and professionals.

People of all ages with learning disabilities can attend the Connect clinic. You can come by yourself or bring someone with you.

You can book your own appointment or ask someone to do it for you. Ask for a Connect appointment.

Health news cont.

Screening for cancer

Public Health Kingston want to make sure that everyone who needs a cancer test has one. Cancer testing can also be called screening. Screening means checking healthy people for changes in their body that might be cancer. There are 3 screening tests in England, these are for cervical, breast and bowel cancer.

If you are a woman aged between 25 and 64 years old, you will be invited to have a cervical test, sometimes called a smear test every 3 to 5 years. A cervix is inside the part of a woman's body down below. Men do not have a cervix and are not tested for cervical cancer.

If you are a woman aged between 50 and 70 years old, you should be invited to have your breasts screened every 3 years.

If you are a man or a woman aged 60 to 74 years old, you should be invited to do a bowel cancer test every 2 years. You can do this test in your own home. It will be sent to you in the post with instructions about how to use it. If you need help, you can contact Your Health Care or speak to your family carer /support worker or doctor.

You should always talk about cancer testing at your annual health check!

If you have any questions you can get in touch with Tony by telephone at 07894 235685 or email at antoine.alhosri@kingston.gov.uk

Seekers Club held a Cancer Screening information evening for members, family carers and support workers. Health professionals from all 3 cancer screening areas came to give out information and advice.

[Click here for an easy read newsletter by Involve about cancer screening.](#)

Treat Me Well

Treat me well is a campaign by Royal Mencap to transform how the NHS treats people with a learning disability in hospital. It is known that 1,200 people with a learning disability die avoidably in hospital each and every year.

This campaign calls for NHS England and the Government to ensure no doctor or nurse sets foot on a hospital ward without being trained on learning disability. Royal Mencap are also calling on hospital staff to make the small changes that make a big difference - more time, better communication and clearer information.

Click here [to join the campaign and find out what's happening at Kingston Hospital.](#)



Dates For Your Diary

Thursday 13th September - 18th October

Life skills course (YMCA Inclusive Lives)

Time: 2.00 - 5.30

Free

Wednesday September 26th

Workshop: Decision making for you and your family

With guest speaker Toby Williamson

Time: 10.15 - 1.00

Free workshop for family carers

Tuesday 2nd October

PMLD Big Day

Time: 10.30 - 4.00

Free

This is a fun day with activities for everyone. Lunch will be provided.



AND



Kingston & Richmond Mencap

Wednesday 3rd October

Workshop: Talking about sexual health with your young person

Time: 11.00 - 1.00

“Talking sexual health with young people with additional needs” in particular, learning disability, social communication conditions and ADHD.

Come along and find out more about how to feel more comfortable talking about bodies, relationships and sex.

Our speaker will be Sarah Freeman, Sexual Health Outreach Worker for the Wolverton Centre for Sexual Health at Kingston Hospital. She will talk about the Connect clinic, what they provide and why it's an important resource we can use.

All events are at The Searchlight Centre, Kingston Rd, New Malden KT3 3RX.

Please contact Michelle on 0208 547 2837 or michelle@kingstonmencap.org.uk if you would like to book a place.

Dates For Your Diary contd.

Wednesday October 17th
Housing and Support Options
With guest speaker Steve Harris
Time: 10.15 - 1.00
Free workshop for family carers

Saturday 3rd November
Bollywood party night
Time: 7.00 - 11.00
Cost: £10

If you need support to come along, your supporter
doesn't have to pay.



Saturday 1st December
Christmas Fair
Time: 11.00 - 2.00
Free entry

Saturday 11th August - 15th December
Laughs and Scarves with Nicola from the YMCA
Inclusive Lives Project
Time: 12.00 - 1.00
Dance and exercise class for everyone
Cost £1

All events are at The Searchlight Centre, Kingston Rd, New Malden KT3 3RX.
Please contact Michelle on 0208 547 2837 or michelle@kingstonmencap.org.uk if you would
like to book a place.

And Finally.....

Support from Kingston Carers Network

Kingston Carers Network provide support to all carers in the borough. We have been talking with them about how we can do more work together to support family carers of people with learning disabilities (information to follow in future newsletters). They already have lots of regular activities that some carers might like to go along to:

- Fitness Classes including stretch and strengthen, Pilates, meditation and Zumba for beginners. For more details on these classes, [visit this page](#).

- A monthly programme of social activities and wellbeing workshops and outings. Once a month there is usually a trip; this could be to see a play, visit a museum or have afternoon tea. There are monthly workshops on subjects such as: first aid, mindfulness and stress management. [Take a look at the upcoming activities](#).

- Craft sessions and 'Bring Your Own Craft' Coffee Mornings on the third Friday of each month 10:00am - 12:00pm at the KCN office on Tolworth Broadway. For more information please contact Vanessa on wellbeing@kingstoncarers.org.uk or 020 3559 2824.

- KCN also offers a variety of complementary therapies and beauty treatments at very affordable prices including massage therapies and hairdressing. For more information on the therapies and prices, [visit this page](#).



Congratulations to Charlotte and Bashar, they welcomed baby Alix on Sunday 29th July. He weighed in at 7lb 8oz

Can you spare a few hours a week as a volunteer ?

We are always on the lookout for volunteers for our clubs, particularly drivers and escorts for Seekers Club. To find out more call Michelle on 0208 546 2837 or email michelle@kingstonmencap.org.uk

Trustees 2018

Chair: Peter Hodges, Trustees: Ilze Hopper, George Tong, Emily Dyson - Hawkes, Paul Roberts, Portia Borrett and Judith Broome

Visit us at www.kingstonmencap.org.uk