

Kingston Mencap

# NEWSLETTER


April - June 2019

Charity No: 1170322

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# Dear Members, Families and Friends

There is so much going on at Searchlight, (the Home of Kingston Mencap), and we want you to become as involved as possible. Please look at the events that are on offer and come along and join in!

We would also like to see you at our annual RAILWAY AFTERNOON at the Malden and District Model Railway in Thames Ditton on Sunday, 16th June. A great afternoon out, with unlimited free train rides and delicious afternoon teas.

As you know, I will be standing down at our AGM in May. Being a Trustee of Kingston Mencap has been a great honour. During my time, we have acquired our own base at Searchlight Community Centre and strengthened our relationships with other local charities. As a result, Searchlight is used by many charities throughout the week, in addition to holding our own clubs, meetings and workshops. We are constantly told that Searchlight is a great venue.

We have just had a Magic Table projector installed, my thanks to George Tong for arranging this. The Magic Table will soon be used by our members and we hope they will enjoy using this.

I will still be around after the AGM, and I look forward to seeing you all as usual! We have a fantastic band of volunteers and club leaders: Kingston Mencap would not exist without them. We always have room for more volunteers, if you could spare a few hours a week, we would love to see you! Contact Michelle about volunteering opportunities with us. Have a good Easter and I look forward to seeing you at Searchlight soon!

## Kingston Mencap Annual Subscription

Thank you to those of you who have subscribed either by cheque, BACS, Direct Debit or cash. We very much appreciate that many members have added to their subscription by way of a donation, to which we can add Gift Aid (eg £20 becomes £25). Subscriptions and donations are a vital part of our income for the support of our work in providing workshops for families, our clubs and activities.

If you would like to subscribe please email [Michelle@kingstonmencap.org.uk](mailto:Michelle@kingstonmencap.org.uk) or call on 0208 546 2837

*Peter Hodges*

If you receive this newsletter by post and would like to look at the links included on the internet Kingston Mencap have monthly drop-in sessions where members can use computers with support. Please call Michelle on 0208 546 2837 to arrange.

The next session is on 25th April at the Searchlight between 10 - 12 midday.

# Our Workshops on Housing

## Do you want to know more about the options for arranging housing and support?

Over the past few months Kingston Mencap has been helping families to know more about the housing and support options for people with learning disabilities from the age of 18 onwards.

Sometimes housing and support are arranged together and in other options they are separate so it can feel a bit of a maze. But across the country there are a variety of interesting ways of working it out. Steve Harris, who has worked nationally for many years to give people with learning disabilities and their families information about the range of options, ran a workshop in January to help families think about the right housing with the right amount of support.

Steve covered the housing options that may already be available in a local area such as:

- Shared supported housing
- Shared Lives
- Supported Living Networks
- Cluster flats and extra care housing

He then went on to talk about some of the options to set up somewhere new to live such as:

- Renting from a council or housing association
- Renting from a private landlord
- Renting from a specialist provider
- Shared ownership

Some of the options Steve highlighted were new to families in Kingston who said they would like to know more. So, a follow up a workshop was held in March when David Abbey, from My Safe Home came to talk about a scheme to achieve home ownership through buying a shared ownership property and applying for a HOLD (Home Ownership for people with Long-term Disabilities) mortgage. There are various criteria for this scheme so it is not available for everybody but one of its advantages is that people have greater security than renting on the open market. If you would like to find out more look at the My Safe Home website ( [www.mysafehome.info](http://www.mysafehome.info) ) or email David at [davidabbey@mysafehome.info](mailto:davidabbey@mysafehome.info) . Some of the families who came to the workshop are looking at continuing to meet to explore how this might work for their son or daughter so please get in touch with Christine (details below) if you would be interested in doing this even if you are looking at the longer term future.

## Our Workshops on Housing contd.

We are going to arrange a workshop in June on Supported Living Networks (where people are supported to build connections with others living nearby and with their community, in addition to any paid support they need). The Chief Executive Officer from Keyring will come to talk about the work they do and more broadly about building community connections. This workshop will be on June 11th 10.30 - 1.00 - more information will be sent out soon but please put the date in your diary or email Christine to book a place.

If you are wanting to think about what options might work well why not have a look at the section in the Easy-Read I'm Thinking Ahead guide called 'How to Get the Right Housing and Support'? There are lots of questions to ask and pages that can be filled in to build up a picture of what might work well. Free to download here <http://www.togetharmatters.org.uk/how-to-get-the-right-housing-and-support-pdf/>.

Alternatively, you could look at the more detailed chapter in the Thinking Ahead planning guide for family carers, also free to download <http://www.togetharmatters.org.uk/6-housing-and-support-pdf-2/>.

If you would like any more information please get in touch with Christine: [christine@togetharmatters.org.uk](mailto:christine@togetharmatters.org.uk) or 07931 727 367. Please let her know if there are any other topics you would like to be covered at Kingston Mencap- we want to provide the workshops you need!

Christine Towers



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Mencap on Facebook**

### David Still Advice Sessions

David Still, from Kingston Carers Network, is at Kingston Mencap's Searchlight Centre monthly to provide one to one advice sessions for family carers. He has been advising on issues such as welfare benefits (including PIP assessments), changes to your relative's care and support, charges for care services, carers' employment rights and deputyship.

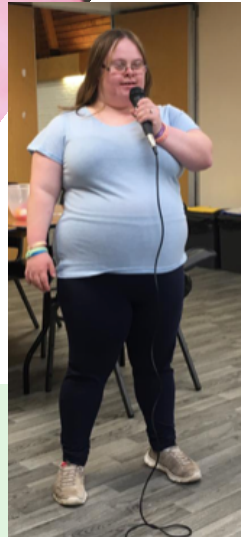
The appointments are for family carers who have a relative with learning disabilities and are Kingston residents. The next session will be on Friday May 3rd 10.30 - 12.30. Please email [Michelle@kingstonmencap.org.uk](mailto:Michelle@kingstonmencap.org.uk) or call 0208 546 2837 to make an appointment.



# Club News

## Seekers Club

Seekers Club has hosted an Abba tribute night, a Glow Dance Party with Martel and a Musical Bingo session. There are lots of new and exciting ideas on the way so please look at the timetable to see what's coming up. Whether you want to dance or do some drama, meet friends or play a game Seekers is a fun place to be on a Monday night.



## Future Friends

The highlight has been Talent Night with fantastic performances from all the members that attended, such as Katherine's expressive dance, Jon singing 'Living La Vida Loca' with some rather raunchy moves and Anna singing her favourite song by Blue. We also had Katie telling some hilarious jokes and David blasted us with some tunes on his trumpet!!

We also managed to have a fun night of bowling, which brought along some members we haven't seen for a while. The quality of bowling was pretty high and the games were very close, but Josh was the overall winner in the end.

We celebrated Valentines night with a love song quiz with great prizes to be won....appropriately Jon and Katherine were the winners!

There was a Race Night, with all the members having lots of fun placing bets – the atmosphere was great as everyone was cheering and shouting and got into the spirit of it. By the end of it Anna was the clear winner!

# Club News

## Saturday Drop In

AFC Wimbledon have announced that they have funding enabling them to carry on delivering the Multi-Sports Skills session every Saturday until July. This is great news as the session is a fun way to get some exercise. Alternatively, if you want to relax there are always other activities going on such as Boccia, Bingo and socialising with friends. Martel, who some of you know already, has joined Ben and Michelle and will be running the club on every third Saturday.



The Saturday Drop-In will cost £2 from the 27th April

A huge thank you to all our amazing volunteers. We couldn't run the clubs without you.

We are always in need of volunteers for our clubs but we especially need escorts for the bus for Seekers Club on Monday night. If you would like more information please speak to Michelle or Peter.

## 'NEW' Thursday Drop-In 2pm - 5pm

This is a new drop-in session delivered by Nicola from Kingston Mencap. It started as a YMCA Lifeskills Group but the sessions have developed with the help and ideas of everyone who comes along. There is a different activity focus every week but there will always be some light exercise, a game of Boccia, arts and crafts and different games. The cost is £3 which includes tea, coffee and juice.

The photo shows the result of a silhouette puppet making session last week.





## Notice board

### KINGSTON ALL AGES LEARNING DISABILITY PARTNERSHIP BOARD

#### What is the partnership board?

The partnership board is a group of professionals who provide services to the communities well as people with learning disabilities their parents and carers.

The board makes sure that the learning disability strategy is happening. We work together to improve services.

#### How can you help?

We are looking for people with a learning disability or their carers to be involved with the work of the board.

Your voice matters. It is important that we speak to people who are accessing services in Kingston.

For more information contact Scott Bacon on:

PHONE: 0203 326 1255

Email: [scott@healthwatchkingston.org.uk](mailto:scott@healthwatchkingston.org.uk)

By Post or in person: Kingston Quaker Centre, Fairfield East, Kingston, KT1 2PT

### LET ME IN DRAMA FESTIVAL at The Rose Theatre

You are invited to a weekend of entertainment and activities at Let Me In – our inclusive drama festival with a series of events for guests with physical, learning and sensory needs, carers, families and friends. Join us for our creative workshops as we voyage from the Rose Theatre in Kingston to the moon and beyond in Let Me In: Lift Off! We will also be joined by a whole host of exciting guests, from Bloomin' Arts who present a show about families and care, to Collar & Cuffs and What's Coming Out of the Box, who explore the senses with their colourful and sensory shows. And don't miss the backstage sensory tour.

To check which workshop you will find the most enjoyable please contact Harriet Astbury at the Rose Theatre.

For more information visit the Rose Theatre website

[www.rosetheatrekingston.org/whats-on](http://www.rosetheatrekingston.org/whats-on), or call the Box Office on 02085466983.



# Dates For Your Diary

Every Saturday until July AFC Wimbledon coaches Doruk and Jess will be delivering Multi Sport sessions for all abilities

Time: 12 midday - 1 pm (Drop In is open from 11.30 - 2.30pm)

Cost: £2

## Thursday Drop-In

Come along if you enjoy playing games like Boccia, cooking, want to improve your social skills, health and wellbeing and meet new friends. Activities change every week.

Time: 2pm - 5pm Cost: £3 includes tea, coffee and juice

## Thursday - Yoga For You with Maya (Yoga for families)

Time: 4 - 5.30pm (Booking is essential as each family has an individual time slot, Maya will take bookings, email [michelle@kingstonmencap.org.uk](mailto:michelle@kingstonmencap.org.uk) for more information )

Cost: £2

## Thursday 25th April

Drop In session with Orchard Hill College - learn computer skills, play games or programme Lego cars

Time: 10 am - 12.00 midday. Cost: Free

This is a monthly session for anyone who would like to learn about computers or the internet and improve their skills. All levels welcome.

## Tuesday 30th April

PMLD Day - This is our fourth event, it's a fun day for everyone, Summer Fun is the theme this time.

Time: 10.30 am - 2.30 pm

Cost: £5 ( lunch is included in the price.)

This is an event for people with profound and multiple learning disabilities, their friends, family carers and support workers.

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](mailto:michelle@kingstonmencap.org.uk) if you would like to book a place.



# Dates For Your Diary contd.

Friday 3rd May

Advice session with David Still from Kingston Carers Network

Time: 10.30 - 12.45 (appointments are at 10.30, 11.15 and 12.00)

Email [michelle@kingstonmencap.org.uk](mailto:michelle@kingstonmencap.org.uk) or call 0208 546 2837 to book an appointment

Tuesday 11th June

Making the Most of your Networks: a workshop for family carers to hear about building community networks based on the work of Keyring (<http://www.keyring.org/>) and their learning from around the UK.

As it's Carers Week, there will be a sandwich lunch afterwards so people can meet and chat together.

10.30-1.00 (coffee from 10.15)

Sunday 16th June

Railway outing at Thames Ditton Model Railway

Time: 2 - 5pm

Free entry

Sunday 21st July

Dragon Boat Race

Time and details : TBC

Saturday 26th October

Kingston Mencap Party night with DJ Tom and Andy

Time: 7 - 11pm

Saturday 30th November

Christmas Fair

Time: 11am - 2pm

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](mailto:michelle@kingstonmencap.org.uk) if you would like to book a place.

# And Finally.....



## Hire The Searchlight Community Centre

The Searchlight Community Centre is the perfect space to celebrate a special occasion. Please contact Michelle to make a booking or for more information.

Call Michelle on 0208 546 2837 or  
email [michelle@kingstonmencap.org.uk](mailto:michelle@kingstonmencap.org.uk)

## 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](mailto:michelle@kingstonmencap.org.uk)

## Trustees 2019

Chair: Peter Hodges, Treasurer: Komal Yagnik, Trustees: Ilze Hopper, George Tong, Emily Dyson - Hawkes, Paul Roberts, Portia Borrett, Tony Al Hoisri and Judith Broome

Visit us at [www.kingstonmencap.org.uk](http://www.kingstonmencap.org.uk)