

Trustee Committee 2019/2020

George Tong; Judith Broome; Paul Roberts

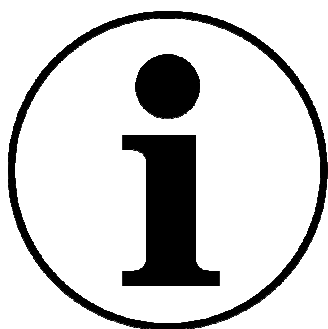
Kingston Mencap Newsletter

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Dear Members,

As we all know, Kingston Mencap is a wonderful and extremely rewarding charity to be involved with. It is inspirational to see all of the hard work that goes into keeping Mencap running smoothly and the resulting joy and support that it brings to everyone involved is heart-warming.

As trustees we play a small but hopefully essential part in this work. As with the rest of the volunteers and staff that make up our organisation, we are here to work for you, the membership. Our role is to make sure that your organisation continues to exist and is able to provide the services that you and your family and friends will need and enjoy far in to the future.

We are always trying to improve the way we work, and one of the key goals for the board of trustees at the moment is to increase our communication, and to make sure that we are more closely in touch with our members. It was in that spirit that we recently sent out a letter asking members for input and explaining some of the challenges that we are facing.

The feedback from this letter came in two main forms.

The first is that our request for input was really well received, we had a very good turnout for the membership meeting which we organised and there have since been a number of offers of much needed help. We are very optimistic about the impact this will have.

The second piece of feedback was that we had potentially caused undue concern by giving the impression that Kingston Mencap is currently in an unstable situation financially. It is therefore important for us to emphasise that this is not the case. We do have a comfortable reserve of funds which gives us a reasonable buffer. However, it is equally important that we work hard to keep it that way, to ensure that our funds are spent in a sustainable fashion and that ultimately our income is not less than our outgoings if it were, then no matter how much money we had in the bank, it would eventually be depleted.

It is with that goal in mind that the board has been undergoing a process of financial planning, to ensure that we are aware of the upcoming costs and that we have the income to cover them.

We were very fortunate to have the assistance in this process of a qualified accountant who gave her time voluntarily, acting for a period as our treasurer.

As can be seen from our published accounts we have over the last few years spent more than we have taken in, and while we do have the buffer already mentioned, this is something that we will eventually have to address. Understandably the advice of the treasurer was to take action by either reducing our expenditure or increasing our income (or both, of course!).

To that end, our stewardship of Searchlight has been a great success. It has both saved us money for the costs of running our clubs, and has provided a source of external income when we rent it out for other uses. One of the best things about this is that it makes Kingston Mencap and its members much more visible to the wider community, as many people who use the centre may never have previously come into contact with the great work that Kingston Mencap does. But we do need to ensure that we maximise the benefit from the centre, and that is an area for us to concentrate on.

In addition, we were very sad to have had to say goodbye to a number of trustees recently, and this has made the work of the remaining trustees quite challenging. However, we are really looking forward to using this as an opportunity to work much more closely with our engaged members in the form of committees, the first of which is currently being set up to help with the maintenance and administration of Searchlight.

We are very keen to recruit more trustees right now, especially from those who are already involved with Kingston Mencap, and so we would encourage you to look at the vacancies section of our website to get more information about the roles or to contact us directly if you have any questions.

We are always keen to hear your feedback, so please come and speak to us if you see us at a Mencap event, or get in touch with us via our email address: trustees@kingstonmencap.org.uk.

Yours Sincerely, the Kingston Mencap Board of Trustees

SATURDAY DROP-IN

In 2019 the Saturday Drop-In welcomed Martel as a new club leader. She has joined Michelle and Ben to create a fun, arty and sporty sessions that everyone can join in with. Doruk from the AFC Wimbledon Foundation has been coaching football and multi sports, we are hoping that this will continue in 2020.

Saturday Drop-In

The focus has definitely been on health and wellbeing this year with Beth, Declan, Tim, Sylvia and Yvonne all volunteering to make sure everyone can join in whether it's Boccia, Beach Volley Ball or an old favourite, Bingo! Peter, our singing volunteer has supported Martel to create the Saturday Drop-In choir who performed at the Christmas Fayre and we now have a monthly singing session which everyone enjoys. Please come and join us in 2020 to catch up with old friends or come and make some new friends and have fun in a safe and friendly place.



Michelle, Ben and Martel

THURSDAY DROP-IN 1.30pm to 4.30pm

Cost £3 (includes drinks)

The Thursday Drop-In is now in it's second year and mixes exercise, dance, musical bingo and Boccia with some arts and crafts.

It's a social club for people who want to meet new friends in a friendly fun place.

Thanks to funding from Royal Mencap through the Round the World Challenge scheme the club will start "Sit and Sing" sessions from the 9th January and this will be a seated exercise and singing session with Nicola.



CHRISTMAS FAYRE

Our Christmas Fayre was a wonderful success with a great turnout of members with the fabulous Rock Choir to entertain everyone, following on from our own Drop In choir. Delicious hot food and afternoon tea was available thanks to the hard work of our volunteers and our wonderful band of stall holders who worked tirelessly throughout the day.



The Raffle was a great success thanks to the hard work and commitment of Heather Notermans, this is her last year as organiser, and we can't thank her enough for her dedication and hard work over many years.

We made a total profit of £1947.37 which is magnificent
We could not hold a Christmas Fayre or Raffle without your generous support and we thank you one and all!

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|--|-----------------|
| 1) Christmas hamper | Joan Chung |
| 2) Bottle of Baileys | Connie Page |
| 3) M&S Voucher | Veronica Farr |
| 4) Bottle of Vodka | Carol Bilton |
| 5) Laura Ashley candle | Susan Foster |
| 6) Set of 4 mugs | Gill Wood |
| 7) Panettone | Nigel Hunt |
| 8) Sparkling wine | Jan Close |
| 9) Calcot Manor Spa pamper collection | Jane Johnston |
| 10) Jigsaw Puzzle set | Cherelle Govier |
| 11) 24 in 1 multi tool | Veronica Farr |
| 12) AFC Wimbledon vouchers | Leeni Szalay |
| 13) Laura Ashley place mats and coasters | Jane Johnston |
| 14) Bottles of white and red wine | Lynne Mattick |
| 15) Flower arrangement | Kishov Gandhi |
| 16) Tin of shortbread | Tim |
| 17) Elephant soft toy | Linda Harris |
| 18) Yankee candle | Nigel Adlam |
| 19) Sanctuary "Spa in a Jar" | Zoe Wolff |
| 20) M&S Royal Jelly set | Colin Cushing |

SEEKERS CLUB

This Autumn Seekers club members have enjoyed live music from Beatlemania, Tel and the Ukulele Group came and performed Christmas songs to get us in the Christmas spirit, and we also saw the return of the Blo band, who have now changed their name to the Harvey Baker band. We've also had multi sports sessions from Carol, who has kindly donated a badminton net and equipment. Members have also enjoyed a glow stick party with Martel, magical drama with Claire, and a Christmas craft session with Christine, as well as the favourites Bingo & Karaoke.



Nicola club leader

SeeKers

FUTURE FRIENDS

Future Friends

We've had great fun this winter at Future Friends, with members taking part in some of our classic activities, as well as introducing some new ones. Bonkers Bingo was truly bonkers, resulting with the members having a crazy dance off with each other; and some great skills were displayed when we went bowling and the members were as competitive as ever! We also had 'Noche de Mexico'..... a fantastic night of Mexican food which our members made, plus music and a Piñata which Deidre successfully smashed open to release all the sweets! During one of our sessions we had a go at making a music video, creating our own version of The Greatest Showman song, with Jon 'Jackman' and Katherine the dancer leading the array of dressed up, colourful characters such as David the trumpet playing flamingo, James the monkey man and Katie the amazing racoon! Thank you to all the members and Gina for all their effort in making each session so fun and enjoyable. We are looking forward to 2020



Ben club leader

ALBERTS BAND

On Monday 16th December Alberts Band came to visit us at Searchlight Community Centre and entertained over 70 guests from Kingston Carers Network and Kingston Mencap. The three musicians from the Royal Albert Hall came to tell stories and play Christmas Carols from their new songbook.

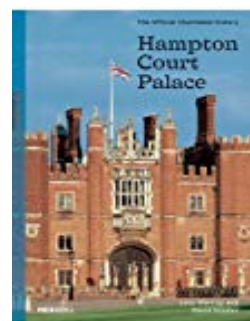


It was a very festive morning as everyone was invited to sing-a-long while the band played some old favourites — they were brilliant entertainers and musicians.

The morning ended with mince pies and hot drinks and was a great way to start the Christmas celebrations.

HAMPTON COURT PALACE VISIT

Kingston Mencap are part of the Community Access Scheme and on Thursday 21st November a group of members were invited to Hampton Court Palace to a Tudor afternoon tea party experience along with people from Richmond People Hive.



A good time was had by all and we were entertained by staff dressed up in Tudor style dress and the visit finished in the Hampton Court kitchens where a roaring fire warmed us all up!



Thanks to Michelle for organising and our volunteers which made the visit possible and of course Sarah and the wonderful historic staff team at Hampton Court Palace.

An added bonus was that everyone was given tickets to tour Hampton Court in 2020

VOLUNTEERS — thank you evening

Every year Kingston Mencap likes to say a huge thank you to their wonderful volunteers by holding a Fish and Chip supper evening. The clubs would not run without them and we value all of them and appreciate their continued support.

Some of our volunteers have been supporting us for over 35 years and our members love seeing people they have known for a long time. We also enjoy having our younger volunteers who bring new and fresh ideas to the club.

This evening was a chance for us all to socialise because on a club night it's always too busy.

Volunteering for Kingston Mencap is rewarding and fun!



Can you spare a few hours a week to volunteer at one of the Clubs?



If you would like to join our team please contact Michelle on michelle@kingstonmencap.org.uk 0208546 2837

AROUND THE WORLD CHALLENGE

The Around The World Challenge with Royal Mencap project started last year to launch learning disability awareness week, and the theme was sport.

Since then we have had 31 members who have signed up to the project with the aim to do more exercise. This could be walking, swimming, cycling, dancing or any type of activity that gets people to move more.

Kingston Mencap has received funding for this project to create some exercise sessions and to buy equipment.

This will happen in 2020 and we will keep you posted.



TREAT ME WELL CAMPAIGN

Treat Me Well is a Royal Mencap campaign to transform how the NHS treats people with a learning disability in hospital
For more information go to: www.mencap.org.uk

Kingston Hospital Acute Care learning disability collaborative - Treat Me Well Campaign

Kingston Mencap has been attending meetings with staff from the Kingston Hospital NHS Foundation Trust and other organisations such as Your Healthcare, Richmond Mencap, Involve (RBK) and Healthwatch with an aim to improve services for people with learning disabilities at the hospital. Kingston Hospital have been reviewing the booking system, the electronic flagging system on arrival at the hospital and appointment times, mainly how to improve communication. The hospital has funding to teach 15 nurses Makaton.

FACEBOOK

You can now follow Kingston Mencap on Facebook for up-to-the-minute news!



Visit the website: www.kingstonmencap.org.uk

We are in the process of redesigning the website but you can still find lots of information.

Contact Michelle michelle@kingstonmencap.org.uk

CARERS GROUP CHRISTMAS DINNER

The Carers group has not met up for ages but this did not stop 10 family carers getting together for a Christmas supper at the Watchman in New Malden on Tuesday 8th December. Good food at a very reasonable cost and a good evening had by all! If you would like to join us next time do let me know and watch this space for our next meeting or evening out!

Gill (07759363747) gillcwood@blueyonder.co.uk



Carers week 8th to 14th June 2020

COMMUNICATIONS EVENT

On Tuesday 19th November from 2pm until 6.30pm Kingston Mencap hosted a Communications Big Day at Searchlight along with Healthwatch from 2pm until 6.30pm

This event was organised by a sub group of the Partnership Board and it was an opportunity for families and carers to find out more about what services and activities are now available in Kingston for people with a learning disability. There were numerous stalls, in fact they outnumbered the attendees, but it was a great opportunity to raise Kingston Mencap's profile and to show off Searchlight.

Our members turned out in force and although we shared information as far and wide as possible it was disappointing that others didn't do the same!

The Mayor Councillor Margaret Thompson came along to offer her support and to officially open at 3pm



DATES FOR YOUR DIARY in 2020**Thursday 9th January 2020****Sit and Sing**

This is a new activity which will take place during the Thursday drop in session. It will start with a seated exercise session to warm everyone up followed by a singing session.

Thursday 30th January**Computer Skills Drop-In**

The next Computer Drop - In Session with Orchard Hill college is on Thursday 30th January 10am - 12 midday.

This is a free monthly drop-in session for people who want to learn how to use a computer or find some information on the internet. We also have games to play on ipads or you can make Lego cars and make them move using a laptop.

Friday 31st January**Advice Sessions with David Still from KCN**

David Still from Kingston Carers Network is coming to Searchlight to offer family carers one to one advice sessions. If there is an issue you need help with eg. welfare benefits including PIP assessment, welfare advice about your family members care and support, carers employment rights or deputyship. Booking time slots is essential

10.30 to 11.15 11.15 to 12 noon 12 to 12.45

Please contact Michelle 07745 814 050 to book a time slot

Tuesday 18th February

Connected Kingston information sessions for family carers to learn more about the website 10am to 12.30

To book a place contact Michelle 0208546 2837

Saturday 22nd February and other dates

Beyond words book group at Kingston Library

Interested in sharing stories through pictures

11am to 12 noon. Sign up at kingston.library@kingston.gob.uk

WILLS & TRUST INFORMATION

We are hoping to hold a Wills & Trust workshop later in the year with staff from Royal Mencap to provide up to date information and advice about Trust Funds and how to leave a bequest to a person with a learning disability.



Ring Gina or Laila on the Helpline 0207696 6925 for info. We know that leaving a gift in your Will is a big decision and something you'll want to think about very carefully but even the smallest bequest (1%) naming '**Kingston Mencap**' will help us to continue to run our clubs, activities, information, workshops, special events and trips.

WOULD YOU LIKE TO JOIN KINGSTON MENCAP?

If this is the first time you have seen the newsletter and would like to receive your own copy, please let us know so we can send you details on how to join - just £5 per year.

NEWSLETTER 

Kingston Mencap wants to reach as many people as possible to share information about what is happening in Kingston. Email is best and saves time and money and also makes sure news gets to you quicker.

But we can also post out the newsletter if you prefer a paper copy.

Contact: michelle@kingstonmencap.org.uk 0208546 2837

HIRE SEARCHLIGHT COMMUNITY CENTRE

The Searchlight Community Centre is the perfect space to hire for a regular booking for your club or group. Prices are very competitive and you get a lot for your money. There are several slot times when we have availability so to discuss your needs: Please contact michelle@kingstonmencap.org.uk

