

KINGSTON MENCAP Newsletter

The Voice of Learning Disability



Trustee Committee 2013/2014

Chair: Peter Hodges **Vice Chair:** Gill Wood **Minutes Secretary:** Sandy York-Mitchell **Treasurer:** Mary McDonald
General Trustees: John Phillips; George Tong ; Katy Robinson

Dates 2014 Diary



Carers' Group Meetings

Age Concern,

New Malden, 7.30pm:

7th May; 2nd July;

3rd Sept; 5th Nov

Hft, New Malden 1.30pm:

2nd April; 4th June;

1st October

(for details see page 6)

AGM Friday - 25th April

Railway Outing - 22nd June

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Dear Members and Friends of Kingston Mencap,

I am pleased to report that Kingston Mencap continues to attract new members at the Clubs we run throughout the week. Our new Club Leaders are all well and truly in place, and they are bringing their own ideas to life. Read their individual Club reports in this newsletter to see what is happening.

Did you know that we have a Twitter Account? If you are one of the army of Twitterers you may like to follow us at <https://twitter.com/KingstonMencap>.

We are in the process of selling the holiday house in Christchurch. Many of you have used the house for holidays, but bookings have been down and the Trustees decided that the time had come to sell up. We shall be looking to re-invest in a local project, which will be of benefit to all our Members.

We are in need of new Trustees; currently we have six Trustees but ideally we need eight Trustees. We meet every third Tuesday evening at Sessions House. Trustees are encouraged to take an interest in, and occasionally visit, our Clubs, in addition to attending Trustee meetings. If you are interested in joining us as a Trustee, please do not hesitate to contact me for an initial chat.

Thank you all for your loyal support, without which Kingston Mencap would not survive. Our Clubs provide activities, and a chance to socialise, regularly for almost 100 members each week. We are very proud to be able to offer our Members these facilities. Every club is subsidised from our funds, which almost entirely derive from your generosity: a big thank you from the Trustees and all our Members.



Peter Hodges, Chairman

Kingston Mencap AGM

Our AGM is on Friday 25th April, 7pm at Dysart School, 190 Ewell Road, Surbiton KT6 6HL. If you would like to attend or would like a copy of our annual report, please call Jenny on 0208 816 7500 or send an email to jenny@kingstonmencap.co.uk.

Facebook and Twitter

You can now follow Kingston Mencap on Facebook and Twitter for up-to-the-minute news! We're 'tweeting' regularly with updates.



SATURDAY DROP-IN

Saturday Drop-In

The Kingston Mencap Drop-In is held every Saturday between 12 and 3pm at the Searchlight Community Centre, Kingston Road, New Malden KT3 3RX for people with learning disabilities who live in Kingston (131 bus route and Kingsmeadow bus stop). We have 2 fantastic Co-ordinators, Michelle and Lucy, who run on alternative weeks with dedicated volunteer support from Declan and Beth. At this session we provide various activities including Games and Puzzles, Art & Craft, Boccia, Badminton, Basketball, Pool, Table tennis, plus lots more... Some people just drop in for a chat and cup of coffee whilst others stay for the whole 3 hours - it is entirely up to you!

For the time being, we are able to continue running without making any charge and welcome everyone, but must stress we do not provide support. The co-ordinator will oversee and make sure the session is running smoothly and will provide and suggest activities and help run the Café, but cannot assist individuals. The Café provides coffee, tea and snacks at reasonable prices with the help of volunteers John and Gabrielle who work hard in the kitchen to keep up with orders. We also encourage people to bring their own packed lunch – after all it is lunchtime! Every so often we run themed Lunch Events eg. Easter; Summer BBQ; Halloween; Christmas; these are always well attended and we are able to provide a hot lunch at a very reasonable price of only £5 alongside all the extras – free raffle; drinks; dancing and so on.

On 14th December we held a Christmas party which attracted lots of people who enjoyed a hot Pasta lunch, Salad and Mince Pies. We played Bingo, followed by Racing Chairs and Statues with Christmas music and the ever popular Raffle with 15 prize winners - everyone went home with a small gift to open on Christmas morning. A really enjoyable festive event that we could not hold without all our fantastic volunteers – HUGE THANK YOU TO ALL WHO HELP US. If you would like to pop in one Saturday we would be very pleased to see you, so give us a try and visit us next time you are passing. For more information contact Gill Wood on 0208540 1399 or 0775 9363747.



There will be an Easter event at the Drop-In on 12th April - Tickets £5 on the door to include hot lunch and Easter egg hunt amongst others...



CLUB LEADER VACANCY



XPRESSION YOUTH PROJECT LEADER

Our current Club Leader is moving abroad and so we are looking for a suitable enthusiastic person to co-ordinate and lead the Xpression Youth Project from mid May 2014 onwards.



Kingston Mencap Xpression Youth Project has been providing social and leisure activities for young people with a learning disability, aged 12-18, for over 9 years and is extremely popular with our members and volunteers. Please contact Peter Hodges for further details and an application form. Email peter.kingstonmencap@gmail.com or tel: 020 8546 1434.

Closing date 4th April 2014

COUNTRY & WESTERN EVENING

A great time was had by all at our annual Country & Western evening on Saturday 1st March. Iris Todd kindly organised the event which was held at Dysart School in Surbiton. It's always a popular event, and the tickets sold out very quickly - sorry if you didn't get a ticket this time.

We had 70 people attend and they danced to the fabulous Ridgeway Band who played all their favourite country and western songs. There was no shortage of stunning outfits, with some superb cowboy hats on show, well done everyone for making such an effort!

Iris organised the delivery of delicious pizza and made salads for everyone, as well as organising the raffle, with a super selection of prizes, and raised over £70! We would like to say a very big thank you to Iris, and her husband Tony for all their hard work. Iris loves to chat to the Kingston Mencap members as she remembers teaching many of them at Dysart School!



Top: Iris & Tony. Above: Heather & Peter



GIVE AS YOU LIVE DONATION SCHEME

Give as you Live is a scheme that allows people to give to charity every time they shop online. All you need to do is register an account, shop with your favourite brands/stores, and nominate a charity that you want a percentage of the total to go to - Kingston Mencap in this case - at no extra cost to the customer or the charity. For more information, visit <http://www.giveasyoulive.com/>
About Give as you Live: <http://www.giveasyoulive.com/aboutus>
How it works for charities: <http://www.giveasyoulive.com/howitworks/charities>



This is what The Independent newspaper had to say about the scheme: "A leading example of an innovative technology that is currently turning charity giving on its head is Give as you Live, a swiftly growing way to give through existing online shopping habits. To date over 2,000 online retailers have signed up to donate a percentage of every online purchase to any UK charity - without charging the shopper a penny more."

SEEKERS CLUB

Hello to everyone!

These last few months have been great fun at the Seekers.

In November we went bowling and because everyone enjoyed it so much we've decided to go every couple of months.

December was a busy and great month with us all enjoying the Panto 'Cinderella' at the Yvonne Arnaud Theatre. The visit from Father Christmas went down a treat and he gave all our members a present. And our Christmas party with the Blo Band was fantastic.



In January we welcomed everyone back and some of our members talked about what their Christmases were like. It was lovely to hear the stories shared.

We'd like to thank the Learning Disability Parliament who visited us recently with their roadshow. They gave everyone lots of information about what they can do to support and how they champion for people with learning disabilities. If anyone would like to speak to them about any issues or for any support in improving their lives then call them on 0208 547 6540 or you can look on their website: www.kingstonld.info

On the 10th February we had our Valentine's disco that went down a treat. Here are some photos of the lovely couples.



Eona & Robert



Adam & Natalie



Pat & Peter



Belinda with her step-mum Mecky

Lastly, we urgently need more volunteer helpers, including minibus drivers, and would love more people to be involved. If you feel you could spare a few hours I am sure you would enjoy your Monday evenings with us. Please get in touch with me on leeniseekersclub@gmail.com or 07523 969855.

Best wishes to you all, Leeni



FUTURE FRIENDS

Future Friends

Future Friends have been meeting regularly as usual. We returned from Christmas to bowling, and have also been getting to know each other better with a group games session.

We all got baking and decorated Valentine's cupcakes, there were enough to eat and share with the one you love!



Come and join us, future sessions will include Mexican food night and adventure golf!

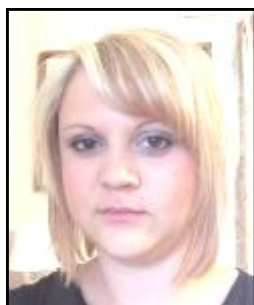
If you are interested in joining Future Friends, please visit www.kingstonmencap.co.uk for details.

We are always pleased to welcome new Members and Volunteers.

Danielle, Club Leader



XPRESSION YOUTH PROJECT



Happy New Year!

I want to firstly say a MASSIVE thanks to all those who supported the Xpression Panto and were involved in putting it on. The members did a great job at bringing Snow White to the stage and sharing the comedy and fun with those that came to watch it.

We had our annual award ceremony which saw the members' hard work appreciated and awarded. Last term saw the departure of our minibus driver Diane, and we would like to take this opportunity to say a big thank you to her for all her hard work and both the volunteers and members will miss you greatly! You have been an essential part of the team for such a long time and we wish you well in the future.



Peter Hodges and Diane Marlow

So far this term we have been busy out and about on trips to bowling and golf, with more planned for later in the term.

We would like to welcome a few new members to the group and hope that over the next few weeks we can recruit some more. If anyone knows of anyone who would enjoy Xpression, please get in touch!

Krystina, Club Leader



Club Leader Krystina narrates the Christmas Panto in style!

CARERS' GROUP

Kingston Mencap Carers' Group - The Future



MEETING DATES FOR 2014

Wednesday 7.30pm-9.30pm at Age Concern, Raleigh House, Nelson Road, New Malden, KT3 5AE

7th May; 2nd July; 3rd September; 5th November.

Mary Macan will continue to facilitate this evening session.

Hft, Springfield Place, New Malden KT3 3LJ - Wednesday 1.30pm-3pm
2nd April; 4th June; 1st October

No facilitator but a chance to exchange information and ideas in the upstairs kitchen.

At the first daytime meeting at HFT on 2nd April at 1.30pm, we have invited Christine Towers, who works for the Foundation for People with Learning Disabilities. Christine has written a guide called 'Thinking Ahead' - a guide to support families to think about and put things in place for the future'. There will be information and plenty of time for questions and discussion.

(No meeting during August or December - Christmas dinner will be organised if required).

We met up on Wednesday 5th February to discuss the future of the carers group and were really disappointed that so few members turned up! At the time we thought it can't be valued and maybe we should not bother running but then I heard back from a number of people who have attended in the past with the following comments :

- Sorry just forgot - I like being reminded on the day or few days before
- Really value and just finding difficult at present with dark nights and winter
- Would prefer different day as work on a Wednesday
- Daytime meeting would be better for me
- Would really miss, but know I have not been good attendee of late
- Great way to share experiences and knowledge
- Really want to keep - need to know about changes and things in the pipeline
- I can't leave my daughter and would need to pay for sitter
- Not easy to get to on public transport - I don't have a car now
- Life just gets in the way but speakers good idea
- Great way of meeting people with similar problems
- Really value but often don't get the emails
- Don't attend often but when I have 'witnessed a real need'
- Things smoothly running at present so getting on with life

With all this in mind we have decided to only run at Age Concern every other month in the evening with invited Speakers and the alternative month to hold at HFT during the day. If you can join us in March we will be discussing which speakers and/or information, so if you can't get along but have suggestions please let me know.

For more information contact Gill on 020 8540 1399.

STUD NURSERY UPDATE



Stud Nursery and the Gardening Group

It's been a wet and windy couple of months for Stud Nursery and the Grass Roots gardening group but the service users have still been hard at work.

At Stud Nursery the work Historic Royal Palaces are undertaking to renovate the greenhouses is underway, the bricks have been cleaned and the wall foundations of the Camellia House are starting to take shape, so we are looking forward to having both greenhouses completed by the early Spring.

Access to Stud Nursery has temporarily changed as Historic Royal Palaces are currently re-surfacing the main access road from Kingston Gate through the Park. If you want to visit Stud Nursery access is now via the Stud House gate approximately half way down Hampton Court Road. So please feel free to come and visit us.

Thanks to the generosity of the friends of Bushy and Home Park we have now purchased fruit trees which will be placed alongside the walled area opposite the Mencap House Garden. This will be an exciting venue for the service users to plant and stake the trees and hopefully they will be producing fruit in the years ahead.



The Grass Roots Gardening Team are continuing to maintain the gardens at Sessions House and Woodbury and are looking forward to the Spring to see the planting undertaken in the Autumn come to life.

The Parliament have recently visited Stud Nursery and Victoria Park Cafe to speak to service users about the work of the Parliament and set up a Service user Forum to ensure that service users are fully informed about choice.

Victoria Park Cafe and the Sandwich Business

We are currently working closely with Chris Jones – Learning Disability Development Officer and Phil Levick – Communications Officer and the Parliament to increase the profile of the cafe and to attract more customers in the Winter. We will be looking at inviting groups of people to access the cafe and the service users will provide refreshments. If you know of any groups that may be interested please contact David Hooper.



The Sandwich Business is growing rapidly and we are now providing on a daily basis sandwiches, drinks, sweets and crisps for Sessions House, Guildhall 1 and Guildhall 2, alongside catering for meetings. Last week the service users supported by staff were making and delivering

between 70 and 90 sandwiches a day!!!!

We currently have vacancies at all the Work Activities projects.

If you require any further information on Stud Nursery or other Work Activities please contact Jean Brooks on 0208 547 6652 jean.brooks@rbk.kingston.gov.uk or David Hooper on 0208 547 6658 david.hooper@rbk.kingston.gov.uk

CHILDREN



WIMBLEDON MATCHDAY EXPERIENCE

Football fun for everyone!



Owen, Evan and Joe with Haydon the Womble

A heartfelt thanks to AFC Wimbledon who gave Kingston Mencap free tickets for our younger members to attend a football match on Saturday 25th January. AFC Wimbledon were playing Exeter City and won 2-1 - a thrilling match! All our members received a programme and free hot food, plus a visit from the womble.

Rob Hughes took his sons along and had this to say: "What a great time we had on Saturday! Everyone was really friendly, the atmosphere in the ground was great with no swearing - perfect for the impressionable children I had with me. The football was enjoyable and the mini tornado that swept through the second half made it a real spectacle! Haydon was fantastic and the boys love the wheelie bin. Thanks so much."



Tennis for all

Dedicated sessions for children with learning disabilities

Thursday afternoons 5-6pm starting 27th February 2014

Equipment provided - please bring suitable footwear

£20 per child for 5-week block (up to end of Spring Term)



All sessions run by licensed LTA coaches at
 Surbiton Racket & Fitness Club, Berrylands, Surbiton KT5 8JT 020 8399 1594

for more information contact Chris Starrett at chris@surbiton.org



DISABILITY WORKSHOP

Disability Matters

A free one-day workshop for parents and carers in Kingston, 15th March 2014 - Kingston College, Kingston Hall Rd, KT1 2AQ



Presentations and workshops include: Essential information; education and the law; understanding your rights; local and national changes to disability provision; local resources; hands-on demonstrations and workshops; local support services; and activities and associations. For further details and to register visit: www.leadkingston.org.uk or visit www.eventbrite.co.uk

NAS SUNDAY FUN SESSIONS

Sunday Fun Sessions are held each month for children with autism at Warren Park, National Children's Home, Kingston Hill, Kingston. The next dates are 27th April; 18th May; 22nd June; 20th July 14th September; 12th October; 9th November; 14th December.

To join SWAPS and to receive up-to-date news and dates for talks please contact Sian Palin: **Email: swapskingston@googlemail.com**



YORDA ADVENTURES

Spring is on its way and we are absolutely thrilled to see the return of the sunshine! It made our half term days out that much better and we enjoyed spending time cycling, visiting the animals at Chessington, donutting, TVAP and the discovery centre. On top of this we still managed to fit in time for a couple of sensory stories at the scout hut! The good weather also means we can start planning lots of trips and outdoor activities for our after school club children.



Multicultural dance event

On the 24th May we will be hosting a multicultural dance event at Tolworth Girls School between 6 and 9pm! It is looking to be a great night out for you and the family. Tickets are just £10 per adult, £5 per child and family tickets are available for £20. There will also be a raffle and the prizes are looking rather fantastic!

Mischief in the wild woods this Easter

Head2head theatre are staging an interactive performance, storytelling event for young people with disabilities, their siblings and wider family members and friends. Entry will be free for each young person and their accompanying carer. All other members of the party will be charged £5 each. More information including dates is available on the following website: <http://www.head2headtheatre.co.uk/special-needs/free-holiday-activities>

We connect website <http://weconnectnow.wordpress.com/> is a website that has been set up in order to support college students with disabilities. It was developed in order to connect, integrate and support students by giving them a voice in the virtual community.

Keep in touch with Yorda Adventures on twitter, facebook and visit the website at <http://www.yordaadventures.co.uk/> where you can find all the contact details.

Laura Smyth, Manager

NEWS FROM ROYAL MENCAP.....

MENCAP TO ENCOURAGE VOTER REGISTRATION

Mencap, along with five other organisations, has been awarded funding by the government to encourage voter registration amongst those who feel most distant from the political process. The organisations will deliver a range of innovative ideas and materials to improve engagement with the democratic process, and Mencap will aim to ensure people with a disability have their important voice heard in government.



Funding of £4.2 million will be shared by the five organisations, which includes Mencap, the Hansard Society, UK Youth, Scottish Youth Parliament and Gingerbread. Mencap, with its 'Me and My Vote' project will create resources for people with a learning disability and champion a one-to-one support model for people including families and carers, with the aim helping people register to vote.

Ismail Kaji, one of Mencap's spokespeople (pictured above outside Parliament) says that people with a learning disability are not being supported to understand how the voting system works, and as a result are not having their voice heard. The funding aims to help a greater number of people with a learning disability become more involved in politics. Mencap has worked for many years to encourage people with a learning disability to vote as part of its get my vote campaign. Jan Tregelles, chief executive of the Royal Mencap Society, said: "We are delighted to be awarded funding to help people with a learning disability become part of the democratic process. This funding is a positive step, and this project will enable people with a learning disability to influence decisions which will have a real impact on their lives."

LORD RIX CELEBRATES HIS 90TH BIRTHDAY

Among his countless contributions to Mencap's work, he says the charity's decision to change its constitution in 1998 to include all people with a learning disability ranks among its finest moments. Alongside his wife Lady Rix, the actress Elspeth Gray who sadly died last year, Lord Rix has been a tireless campaigner helping people with a learning disability to access better support and have equal rights. In an interview in the Guardian recently, he reflected on his personal reasons for devoting so much of his life to supporting people with a learning disability. Lord Rix's relationship with Mencap began in 1980 when he became secretary general. He entered the House of Lords in 1992.

He says: 'When my daughter, Shelley, was born with Down's syndrome in 1951, people with a learning disability were seen as complete outcasts in society. Whilst we haven't achieved total integration, we've come a long way in the right direction. Jan Tregelles, chief executive officer of Mencap, adds: "Lord Rix has perhaps done more to positively influence the lives of people with a learning disability than any other. His tireless campaigning in the House of Lords has led to some landmark decisions for the people we support, and his unique personality and enthusiasm allowed our organisation to become the UK's leading learning disability charity. Everyone associated with Mencap will be forever indebted to Lord Rix and we look forward to celebrating his latest achievement, his 90th birthday, in typical style and humour."



CHILDREN & FAMILIES BILL

Mencap has welcomed substantial changes to the Children and Families Bill that will improve the special educational support received by children and young people with a learning disability. Government amendments were passed in the House of Lords, addressing some concerns Mencap had about the proposed reforms. This marks major progress for families of children and young people with a learning disability in future.

The government will now legislate to ensure that children and young people with an Education, Health and Care (EHC) Plan are able to receive the social care support that is identified in their EHC Plan. The House of Lords also approved government plans to review improvements to the process in which families can appeal decisions about their special educational needs (SEN) support. This includes how the First Tier Tribunal could play a role in hearing appeals and complaints across education, health and social care to create a more integrated route of redress. The government has pledged to pilot the Tribunal's role in considering health and social care appeals as well as education appeals.



Mencap's president, Lord Rix, welcomed the amendments, saying that they "move us closer to that holy grail of integrated education, health and social care". The Children and Families Bill will reform the SEN system, including replacing statements with Education, Health and Care Plans and extending the age to which young people can be supported to 25. It is now returning to the House of Commons to be considered before it is passed into law in March and implemented from September this year.

CARE BILL DEBATE

Mencap spokeswoman Lorraine Bellamy has told the joint meeting of the All Party Parliamentary Group on Health and the All Party Parliamentary Group on Learning Disability about how she struggled to live independently before she was able to get valuable social care at home. The meeting looked at the future of social care and discussed the Care Bill, which is currently being debated in Parliament. Research by Mencap and leading disability charities shows that over 100,000 disabled people will not have access to care and support for basic needs, under the Government's proposed changes to eligibility criteria in the Care Bill.



56-year old Lorraine Bellamy, who works for Mencap and has a learning disability, said: "I have been living on my own now for six years and I used to not get any support at home, I struggled a lot. Mencap helped me get a social worker and six hours of support a month from social services. It has made a big difference." Lorraine spoke to peers, MPs, senior social care figures and people with a learning disability at the APPG about how just six hours of social care support a month keeps her in work, out of debt, and able to do activities that she is passionate about.

One third of people who use social care services are working-age disabled people, like Lorraine. Social care for working-age disabled adults is under-funded by at least £1.2 billion. What's more, 40% of people with a disability said that social care services don't meet their basic needs like washing, dressing or getting out of the house, and 47% said that the services they receive do not enable them to take part in community life.

LEARNING DISABILITY PARLIAMENT



Last year the Council carried out a piece of work to find an organisation that could support and develop the Parliament outside the Council. The job of the Parliament was advertised on Kingston Council's website. Organisations that were interested had to write in and say how they could support the Parliament. They also had to come to Sessions House and give a presentation to a panel of people including RBK staff, people with learning disabilities and family members. This was so the Council could see if the organisations could do the job. In

January it was agreed by the panel that the organisation that applied was very good at some things but not able to do all of the things needed to support and develop the Parliament.

The Parliament will continue to be supported by the Council. The Council will work together with the Parliament to find the best way for it to grow and get stronger. The current MPs will be standing down in April this year after three years. The Parliament and User Involvement Team are planning for the future and how they will meet their goals to:

- Represent and reach more people more people so more people can have a say
- Become more user-led so that people with learning disabilities are more involved
- Develop paid roles for people with learning disabilities on the Parliament
- Be more independent of the Council

To find out more about work that the Parliament has done, or if you would like support to speak up about something, contact Fen or Marie on 020 8547 6540 or e-mail ldparliament@hotmail.co.uk.

LEARNING DISABILITY SERVICE UPDATE

Kingston Council will be transferring the learning disability provider services, currently provided by the Council, to a social enterprise organisation. The services include: Woodbury Residential Care home & respite service, Kingston Supported Living Service, and the Work Activities & Transport Service. Following a selection process involving service users and families, Kingston Council has now chosen a social enterprise organisation that will support and develop the services above in future. The organisation is called Pure Innovations, an independent charity and not-for-profit organisation.

Pure Innovations already support an organisation in Kingston called Balance, previously known as 'Workstart' when it was part of Adult Social Care Services. The Council will work with Pure Innovations to move the services into Balance. Both organisations have a strong track record of supporting people with learning disabilities and we are confident they will do a good job of running the services and supporting them to develop. You can find more information about Pure Innovations and Balance by visiting their websites: www.pureinnovations.co.uk www.balance-cic.com

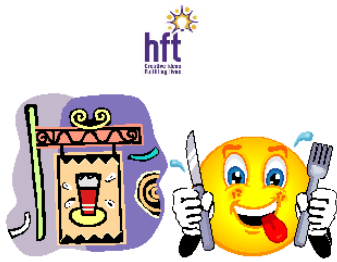
Same staff, same services, same place - People who are supported by the services will keep getting the same service and go to the same places but the support staff will work for Balance instead of Kingston Council. Kingston Council will still be responsible for making sure people using the services continue to get good quality support that is right for them and helps them to stay independent and safe.

What happens next - There is a lot of work to do before the services move in to Balance. The Council will start working with Pure Innovations and Balance from the middle of March and the goal is for Balance to start running the services from June 2014.

Keeping you informed - If you or a family member are supported by any of the services, you will be sent information about the changes directly. Meetings will be set up shortly so you can meet with managers from the services and the new organisation to find out more and ask questions.

We will also put information in Pinboard and on the website www.kingstonld.info. In the meantime, if you would like to speak to someone about the changes, please contact: Jane Wells, Provider Services Manager on 020 8547 6518 or Bethan Clarke, Service Development Officer on 020 8547 6646.

HFT NEWS & UPDATES



SUNDAY LUNCH CLUB

Come and join us at a local pub once a month on Sundays at 12.30

Next meeting on Sunday 23rd March
At The Watchman, New Malden

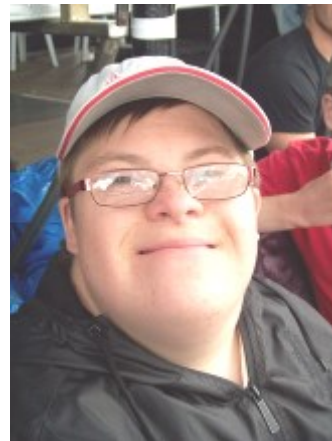


With Melissa

For further info call Melissa Hulbert
Tel: 0208 9429769 Mobile: 07947423083

Say hi to Charlie!

Hft would like to give a big welcome to Charlie Crossley who has started at Hft Resource Centre in January. Charlie is taking part in a variety of activities including Art, Zumba, Rambling and working in the canteen. He has already made lots of friends!



Parliament Open Meeting



At HFT Day
Centre Springfield
Place, New Malden
KT3 3LJ

On Friday 28th March
At 10am to 12.30pm

Come along have a say
we love to see you.



Come join us for some
Traditional Curries
Indian Dance and
Disco



Friday 4th April
6:30-10pm

At Hft Resource Centre

INDIAN NIGHT



Tickets: £7
Call Melissa to
book
0208 9429769



RAILWAY OUTING - SUNDAY 22ND JUNE

Kingston Mencap invites you to the Malden & District Society of Model Engineers at the Thames Ditton Model Railway, Claygate Lane, Thames Ditton, KT7 0DL

Sunday 22nd June 2014

2.00pm – 5.00pm

Passengers of all ages may ride with a special adapted wheelchair carriage
Operated entirely by unpaid volunteers

Entrance and rides free

It's a great afternoon out!
Teas/Cakes/Ice Creams,
plus a Raffle...



Wheelchair Rugby is coming

21ST February - 7th & 28th March - 4th April 6-8pm

WHEELCHAIR RUGBY TASTER SESSIONS

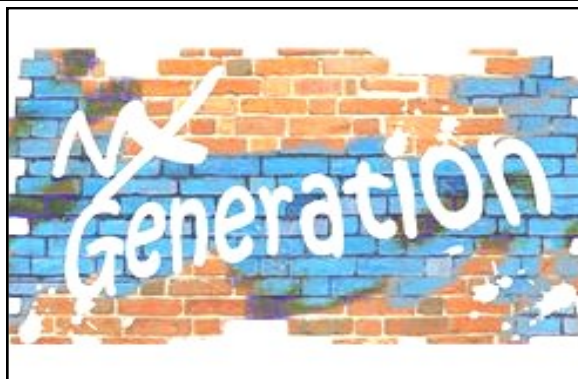
Come and have a
go at:

Stanley Park High
Sports hall
Damson Way
Carshalton
Surrey
SM5 4NS



NEW PLAYERS WANTED

Great Britain Wheelchair Rugby, the London Wheelchair Rugby Club & the Weir Archer Academy are bringing this incredible sport to South London. Sessions are open to any potential players with a physical impairment aged 16 or over - beginner or pro, male or female! Volunteers also very welcome! Rugby Chairs & Coaching provided.
Please register by contacting Paul Arnold the GBWR Regional Development Officer on T: 07872 664927 E: paul.arnold@gbwr.org.uk



The NX Generation club meets every Friday night at The Dickerage Sports & Community Centre, Dickerage Lane, New Malden, Surrey KT3 3EQ. The club is on from 7:30pm - 9:30pm and costs £10 per person. Activities include floodlit five-a-side football, tennis, sate park, pool and snooker, table tennis, Wii & PS3. Other activities: Recording studio and Driving simulator. As a group we also enjoy a night out each month, to a local theatre, pub or to play tenpin bowling. If you are interested in joining, please contact YourTime Team 01932 5716666.

SPOTLIGHT: DOWN'S SYNDROME AWARENESS WEEK

17th - 23rd March 2014



Each year the Down's Syndrome Association (DSA) focusses on a particular aspect of living with Down's syndrome and this year during awareness week is campaigning for **Better Health Care for adults with Down's syndrome**. Every adult with Down's syndrome is entitled to an annual health check with their GP. Annual Health Checks should provide GPs with a thorough, comprehensive understanding of an adult with Down's syndrome's health, flagging up any problems at an early stage and helping people with Down's syndrome feel more in control of their health.

But for many people, this isn't happening. Many people aren't even aware of Annual Health Checks, or if they are, the checks they get just aren't good enough. Rushed appointments, incomplete check-ups and a lack of GP awareness about the medical conditions that more commonly affect people with Down's syndrome all mean that people with Down's syndrome aren't receiving the quality of Annual Health Check they need.

The DSA wants to help GPs get Annual Health Checks right. To do this, the DSA has launched several tools that GPs can use to properly monitor the health of adults with Down's syndrome. Its new Health Book aimed at adults with Down's syndrome and their families can be taken to Annual Health Checks, giving GPs all the medical history they need in one place and helping adults with Down's syndrome understand more about their own health. It has also developed a website, www.dshealth.org, especially for GPs and health professionals with detailed information on the common medical issues that can affect people with Down's syndrome.

Big Step Forward

To coincide with this year's Down's Syndrome Awareness Week, the DSA has decided to move this year's Big Step Forward walk to March and they would love for you to join them to celebrate!

This year's Big Step Forward will be taking place on Sunday 23rd March 2014 and returning to the stunning Richmond Park for a stroll around the Isabella Plantation – hopefully making it round without getting lost!

The Big Step Forward is a nationwide event to raise awareness and much needed funds for the Down's Syndrome Association and its affiliated groups. Walks are happening up and down the country and the DSA has decided to hold it's walk on Sunday 23rd March at 11am with a celebratory drink in a local pub afterwards. The walk itself will take place around the Isabella Plantation meaning we will meet at the Broomfield Hill car park from 10.30 onwards.

Registration for the walk is only £5 per sponsored walker. This cost includes registration costs, sponsor forms and walkers T-shirt. Anyone wishing to walk but not get sponsored can pay just £2 for their T-shirt. If you would like to walk in one of the DSA's brand new Keep Calm T-shirts, these can be purchased separately priced at £10 for adults, and £8 for children.

If you'd like to register, contact Alexa Dizon for a registration form. If you have any questions or would like further information, call 0333 121 2300 or send an email to alexa.dizon@downs-syndrome.org.uk.

MEMBERS BIRTHDAYS

Happy Birthday to all in JANUARY: Katy Rowland, Jack Spencer, Edward Maule, Karl Gibbins, Jamie Duncan, Lee Hope, Adam Burkeman, Sophie Harrison, Sally Piercy, Richard Broome, Emile Bezodis

Happy Birthday to all in FEBRUARY: Peter Privett, Michael Bassett, Georgina Wooderson, Robert Johnston, Ben Rogerson, Claire Smith, Angus Hall, Andrew Morgan, Andrew Brownrigg, Roger Varoujian, Sadick Muyingo, Rory McCall, Natasha Hopper, Sarah Page, William Lawrence, Eona Fraser, Mitchell Gray, Helen Lay, Rodney Asling

Happy Birthday to all in MARCH: Bruce Read, Laurie Robson, Philip Hitchen, Natalie Francis, Una McCormack, Cherelle Govier, Sam Holness, Gillian Hacker, Julia Kelly, Claire Sheridan, Louise Monks, Richard Laslett, Lee Chung, Alan Booth, Nicky Watkins, Roger Taylor, Michael Birch



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

MEMBERS NEWS AND THANKS

Sad news

Christine must have been one of our oldest members and I first met Christine and Richard when selling Mencap cards.

In recent years I know Christine struggled with ill health and was unable to get out much. As her son Michael said, "She was the same age as the Queen but sadly did not get the same attention."

I attended the funeral on 22nd January on behalf of Kingston Mencap members with many friends and family and heard lots of good memories. Our sincere condolences have been conveyed to Richard, Michael and family.



Grim Challenge

Many thanks to Ted Wightwick who completed the Grim Challenge last year to raise money for Kingston Mencap.

It really was as awful as it looks in the picture

Ted assures us!

Freezing cold, muddy and exhausting, but a great sense of satisfaction for Ted. Thanks so much! Do let us know if you are contemplating a challenge to raise money for us - we are keen to support fundraisers.



If you have any comments 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.

Email jenny@kingstonmencap.co.uk or call 0208 816 7500.

Disclaimer:- as far as possible we make sure that articles and information are correct, but do point out that the information and views expressed by individuals or other organisations do not necessarily represent those held by Kingston Mencap. The Editor cannot accept responsibility for any goods or services mentioned in or enclosed in the newsletter.