

Richmond Mencap newsletter

February 2018 Issue



**New year, New changes,
New opportunities**



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Richmond Mencap
342 Richmond Road
East Twickenham
Middlesex
TW1 2DU

Telephone:
020 8744 1923

Email:
office@richmondmencap.org.uk

Website:
www.richmondmencap.org.uk

Charity Number 1102587
Company number 5002389
Affiliated to the Royal Mencap Society

A FEW Words

From Teresa



It feels a little strange to be writing this, my last "few words" for the Richmond Mencap newsletter. As many of you know I will be stepping down from my role as Chief Officer at the end of March after nearly 5 very happy years! However I'm very pleased to say that our Projects Manager, Laura Turner, will be stepping up into the Chief Officer role as of 1st April.

Laura will be ably supported by 2 new members of staff Paula and Richard, (although as you'll see on Pages 6 & 7 they're not new to Richmond Mencap) who will be taking on the new roles of Project Leader. Both will be working part-time and will spend some of their time in the office and the rest working on our various projects. We talked to both of them for our "Let's talk to" section which is on Pages 6 & 7. I'm pleased to say I will be continuing to do some work for Richmond Mencap, just one day a week, working on a range of specific projects as well as a bit of volunteering.

As usual at this time of year we're busy planning lots of things. We've booked our residential group holidays for this year and you can find more information about these on page 5. We've been working on our Business Plan for next year, deciding what our priorities should be. This will be up on our website soon.

We're very pleased to be signed up to Royal Mencap's new campaign "Treat Me Well" which focuses on ensuring



Find out where we're going on our Holidays this year!

Continued >

people with a learning disability get the treatment they need when they need to visit a hospital. We held an event to launch the campaign on 15th February along with other local Mencap groups around the country. We had a very good turnout and have begun to make good connections with other professionals in local health services. You can find out more about this on Pages 8-9.

As well as having a strong emphasis on health matters, which we have had for the last 2 years, we will also be focussing on issues around Personal Safety and have plans to do a range of things around this over the coming year.

There's quite a bit of information on the carer's pages this time – a few dates for your diary and some useful guides and information that you can access via the internet.

I'd like to draw your attention to the back page which, instead of our usual feedback form, gives you information you need to know, about how we collect, keep and use the personal information you give us.

Finally I would like to say a big Thank You to all of you for making the past 5 years at Richmond Mencap such a great experience for me. I shall miss my job very much however will hopefully still keep in touch with many of you through my continued involvement.

I wish you all the very best for the future

Teresa 😊



Holidays

Great news.....We've booked up our residential group holidays for 2018! This year we'll be going to:

Birch House, Cromer, Norfolk - 9th to 16th June

We'll be heading back to the lovely North Norfolk coast, this time staying in a Victorian townhouse in the seaside town of Cromer – 2 minutes from the beach. There's lots to see and do in Cromer and the surrounding area so we expect this to be a fun-packed holiday.

Latitude Music Festival, Suffolk - 12th to 16th July

We're looking forward to experiencing the delights of Latitude once again. It has something for everyone with the very best of music, theatre, dance, film, cabaret and literature. We'll be camping as usual so it's important that you like the great outdoors!

Rush House, Isle of Wight - 21st to 28th September

For the first time in a while we'll be catching the ferry across the Solent, staying in a beautiful house near the seaside resort of Shanklin. The house has lovely amenities, including its own hot tub and with so much to do on the island we'll be spoilt for choice!

If you have any questions, call Laura or Teresa in the office on **0208 744 1923**

Eastbourne Bungalow

Set in a small modern estate and within easy reach of town, country and sea, this semi-detached bungalow sleeps six and has a driveway for easy parking. It is within walking distance of the Sovereign Harbour and adjacent shops.

Availability for the school holidays is limited, however outside of these there is still plenty of availability.

If you are interested in renting the bungalow in 2018, please contact Sybil in the Richmond Mencap office on **020 8744 1923** or email office@richmondmencap.org.uk



With Teresa stepping down and Laura stepping in to the post of Chief Officer, we've had the opportunity to have a look at our core staffing and to think about what we need going forward. So we are pleased to welcome 2 new staff to support Laura in her new role



Paula Russell

New Projects Leader



“ 1) Is this your first job with Richmond Mencap?

No. I've been working for Richmond Mencap for 3 years now, supporting the Summer Fun activities, Something to Say drama group and the adult Residential Holidays.

2) What other jobs have you done?

I've worked in residential care homes as a support worker for the past 7 years. I have a daughter who has some learning disabilities and believe I have a good understanding of the needs of people with disabilities.

3) What sort of things do you think you will be doing for us?

I'll be working as part of a team to support Richmond Mencap to achieve its goals. I'll be leading on different activities and projects that they run, as well as working in the office. I know I have new things to learn and will look forward to attending some training. Most of all I'm looking forward to empowering people with disabilities to have a voice and be the best that they can be.

4) What other things do you like doing?

I like to knit, sew and exercise. I know British Sign Language and am currently doing my Level 3. I'm involved in my local church teaching children.



Richard Ferriday

New Projects Leader



“ 1) Is this your first job with Richmond Mencap?

I have worked at Summer Fun for the last five summers. On top of that I have occasionally worked in Wii and Pizza and the Sunday Youth Club.

2) What other jobs have you done?

I have done a number of jobs in the past, including:
Being a play ranger, which involved being in a park on a Saturday morning in the middle of winter. I often couldn't feel my toes!
Teaching vocational qualifications in a college.
And..... I've worked as a 'Pokémon Trainer' which involved teaching people to play the card game!

3) What sort of things do you think you will be doing for us?

I will be organising activities for the younger people. This will be things like the holiday activities and the youth clubs. I will also continue to work in these services as well as working in the office.

4) What other things do you like doing?

I like growing things (I have chillies on the kitchen windowsill and succulents in the bathroom!). I also enjoy reading and a day trip to a museum is always good fun.





Health Matters -

Mencap's new "Treat Me Well" campaign

On the 15th February we joined together with lots of other Mencap groups around the country to launch their new campaign called "Treat Me Well".

You can see from the photos that lots of people came to the launch to find out what it's all about, but we want to make sure everybody knows about it, so here's some more information.....

Everyone deserves good healthcare and we know that there is some truly excellent practice out there. However some people with a learning disability miss out on getting the health care they should have, because they need extra support and reasonable adjustments.

Reasonable adjustments are helpful changes to the way a service works to make it easier for disabled people. Examples of this might be:

- Using more simple language or communication aids and avoiding long and difficult words which only healthcare professionals can understand
- Allowing extra time for appointments so people aren't rushed and can take things at a pace they can manage
- Providing written information in an easy to read way



Mencap often receive requests for help from people with a learning disability, their families or support staff, in situations where people are not able to access the healthcare they need. These situations often arise in hospitals, which is why Royal Mencap decided to focus their campaign on this part of the healthcare system.

Their experience tells them that when people with a learning disability miss out on the reasonable adjustments they need in hospital, it is often because healthcare professionals are not given the knowledge, skills or resources they need.

The changes Mencap wants to see are:

- All hospital staff must have learning disability training, which meets "Treat Me Well" standards
- Staff in hospitals must be given what they need to be able to do their job well
- Strong leaders in the government, the NHS and in health organisations

Royal Mencap says "We believe NHS decision makers and practitioners are ready to make a change and the time is right for us to work together to transform healthcare for people with a learning disability". We believe that too..... That's why Richmond Mencap will be working locally to support the national campaign and help make hospital a fairer and better experience for people with a learning disability.





CHRISTMAS PARTY

28th December
2017



Once again we enjoyed a wonderful evening at Clarendon Hall. Thank you to everyone who made this such a great event.



A special congratulations to Andrew Byrne, the winner of the Katie Rayment Dance Competition for most enthusiastic dancer!!



Spotlight

Welcome to mcch



mcch have been awarded the contract to deliver employment support services for people with autism, learning disabilities, complex mental health needs, sensory impairments and/or physical disabilities across Richmond and Wandsworth to find and sustain paid work.

mcch is a registered charity with over 30 years' experience and they have a strong track record of supporting people into meaningful employment.



They can help people to:

- Write their CV and fill out application forms.
- Look for jobs that match their skills and interests.
- Prepare for interviews.
- Keep their job by working with them and their employer

They will work with each person to:

- Write an individual employment support plan with goals and timescales

- Develop their work skills including arranging work trials, work experience, education, training and voluntary work.
- Join a Job Club if they would like to.
- Tell them about other organisations and resources that can help them

If you would like help from mcch you can contact them in the following ways:



By telephone **0800 028 28 15**

By email RandWemployment@mcch.org.uk

If you would like to find out more about mcch their website address is:

www.mcch.org.uk

Their new offices in Richmond are at:

Suites G06 and 210

Diamond House

179 – 181 Lower Richmond Road

Richmond, Surrey. TW9 4LN

STAYING SAFE

We want to make sure that everyone we work with has the information they need to stay safe. We know this is very important and so we are going to do lots of things this year about Personal Safety.

We're going to:

- Put information in our Newsletters about how to stay safe in different situations such as:
 - ✓ In your home
 - ✓ Out and about
 - ✓ On transport
 - ✓ On the phone
 - ✓ At a cash machine
- Run some workshops and other events about staying safe
- Help you to get the things you need to help you stay safe such as
 - ✓ A security chain on your front door and/or a spy hole in your front door
 - ✓ A secure wallet for your contactless card
 - ✓ A personal alarm
 - ✓ Useful tips for keeping yourself and your things safe
 - ✓ Where and how to get help if you need it



To start with here's a few tips about.....

How to keep safe when out and about

When you go out it is a good idea to know how to keep yourself safe so before you go:

- ✓ Plan where you are going and how to get there
- ✓ Keep your money, mobile phone and keys in a safe place like your bag or pocket (not your back trouser pocket though) so they do not get lost or stolen
- ✓ Keep your bag with you at all times and never carry all your money and important things in one bag.
- ✓ If you can, tell someone where you are going and when you will be back
- ✓ Take only the money you need. Keep some in your wallet or purse and some in your pocket
- ✓ Take a mobile phone if you have one and the phone number of someone you know. Take some coins in case you need to make a call from a public phone.
- ✓ Look like you know where you are going and you know how to get there
- ✓ If you have one, take a personal attack alarm with you. Keep it where you can find it easily. Make sure you know how to use it.
- ✓ If you can, go out with friends or someone you know
- ✓ If you can, keep away from quiet, dark places
- ✓ Never get into a car with someone you don't know





You may remember that we featured this in our newsletter in May last year. This is a project started by Royal Mencap which runs in a number of

places around the country. The idea behind the challenge is to encourage people to move more and get involved in more physical activities.

16 people came forward to sign up for the challenge and have been working hard to “build up the miles” by taking part in lots of different activities.

They have done really well and on 29th January we met at the Cabbage Patch to congratulate some of those taking part. David Polya, who works in our office and has been working on the RTWC project presented them with their Certificates of Achievement and a Round the World Challenge T-Shirt!! Here's some photos of the evening.



If you'd like to join in the Round the World Challenge, contact us in the Richmond Mencap office on **020 8744 1923** and we can tell you how...



Did you know.....?

We have Local Elections taking place on May 3rd

The local council election is where people vote for who they want to be on their local council.

The local council makes decisions about things that affect people in your local area such as:

- Schools
- Care and Support
- Roads and Pavements
- Bin Collections
- Housing



This election is your chance to have a say about how your local area should be run. A local area is known as a Ward. You help to choose the 3 people who will speak up for your Ward.

This time you vote using numbers not crosses. You use the numbers to order the people on your voting paper from your first to your last choice. After the election they count up all the votes and the people who got the most votes in their area will be elected as Councillors.

So here's what you'll need to do

1. Put your name on the list of people who can vote. You must do this by 17th April.
2. Decide how you want to vote. There are 3 different ways you can do this
 - Go to a voting place to vote
 - Send your vote by post
 - Ask someone else to vote for you
3. Decide who you want to vote for
4. Vote!



If you need help with any of the above then contact us in the Richmond Mencap office and we can support you to have your say

Save the Date

Richmond Carers Centre will be holding their annual event for Carers

The Carers Wellbeing Day (formerly Carers Conference) will be held this year on **Thursday 14th June** – further details will be available in their newsletter on 1st May.

Another Important date for your diary

STAY SAFE with the Met Police's Big Event Held at Twickenham Rugby Stadium

Saturday 10th March, 10am to 2pm

This event will look at scams, staying safe online and home security. There are guest speakers including the MET Police commissioner, Zac Goldsmith and Gloria Hunniford as well as a few companies to show products that can be used to prevent crime in your home. Tea and Coffee provided.

Care and Support Jargon Buster

This is a plain English guide to the most commonly used health and social care words and phrases and what they mean. The definitions are plain English rather than legal. It is very big and very comprehensive and so, too big to download as a booklet – you can access it online at;

www.thinklocalactpersonal.org.uk/Browse/Informationandadvice/CareandSupportJargonBuster/

Holiday Information Guide

Are you looking for a suitable place to go on holiday with the person you support? Or are you looking for a supported holiday for the person you support to go on, giving them new opportunities and new experiences and you a break from your caring responsibilities?

hft Family Carer Support Service have put together a Holiday Information Guide for 2018 especially for people with learning disabilities, autism or both as well as their family carers. The guide includes information about Tour Operators, Places to stay in the UK and abroad, Specific interest holidays, Insurance and lots of other useful information and advice about holidays. It also has a section on funding and grants available for holidays.

You can download a copy of the guide from here:

www.hft.org.uk/our-services/family-carer-support-service/fcss-updates/holiday-information-guide/

If you don't have access to the internet you can contact us in the office and we will be happy to print one off for you

Changes to providers of Residential and Supported Living Places in the borough

In August last year Richmond Council re-commissioned the provision of 22 services in the borough. Previously these places were supported by 9 different organisations. The council recently announced who they had awarded the contracts for these services to and 3 organisations were successful in their bids. These 22 places will now be managed by either United Response, Walsingham or Metropolitan.

The process of transferring from old management to new is currently underway and from April 1st the new organisations will take over from the old.

In addition, as we reported in a previous newsletter, there is a fairly new adult respite service in the borough which is now run by United Response.

We will be very interested going forward to see how things go with the new providers and will be looking forward to working with them

Information about our Newsletter mailing list

Did you know that the European Government has introduced new rules about collecting, keeping and looking after people's personal information?

The UK Government expects everyone to follow these rules. The set of rules are called The General Data Protection Regulations

We need to tell you about the information we use to send you this newsletter.

We usually send out a newsletter every 3 months or so and we send you a copy because we think you are interested in the information inside.

So that we can send you a newsletter we have your name and address and/or email address on our list; we keep this list on a computer system called Charity Log. This is called a database. Only a few people who work in the Richmond Mencap office can see our list. Some people who work for Charity Log might need to see our list, if we need their help to do something. We have checked with Charity Log and they follow the same new rules as us.

We don't share your information with other people, we only use it to send you information that we think you will be interested in. Charity Log don't share your information with anyone either.

If you decide you don't want to receive any more information from us, you can let us know and we will take your name off our list.

You can call us, email us or write to us if you want us to take your name off our list. The information you need to do this is in the inside front cover of this Newsletter.