

Richmond Mencap
newsletter
August 2018



Autumn 2018



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CHRISTMAS PARTY


Come to the Richmond Mencap Christmas Party!

On Friday 28th December 2018

From 6pm – 9pm

At Clarendon Hall, York House, Twickenham

Don't forget you can compete in the 3rd Annual Katie Rayment Memorial Dancing Trophy for the Most Enthusiastic Dancer!!



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TW1 2DU

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020 8744 1923

Email:
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www.richmondmencap.org.uk

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

Annual Fundraising Dinner

7.15pm Thursday 25th October

at **Richmond Gate Hotel**
1 Richmond Hill, Richmond TW10 6RP

Guest of Honour
The Mayor of Richmond

Tickets £60.00 per person (Tables of ten available)

For tickets contact Pammie Rayment on **020 8741 2929** or pammierayment@talktalk.net

2018 is proving to be a year of change for Richmond Mencap. Our biggest change this year was deciding not to reapply for our children and young people's services contracts from AFC. Sadly this meant we have closed our two youth clubs (Whitton All Stars and our monthly Sunday youth Club) and we did not run a summer holiday programme for under 18's this year. We were sad about closing these but we are sure that we will be running some exciting new services in the Autumn (we've been asking for ideas and thinking about these so if you haven't filled in a consultation page please contact us to get one; we need your ideas and feedback!)

We have also made some changes in our Job Club that we run jointly with RHLT. We closed for a long summer break and it will restart in September in partnership with mcch as well as RHLT. It will be very different – we will have a 16 week Job Club that will be more skills based. We will also hold a Drop-in at the same time as we know some people liked the friendliness of Job Club. Contact Paula in the office for more information.

We have been busy with our health campaigning Treat Me Well, which is going very well. We're extremely proud of our events and the film we helped to make. There is still lots more work to do though and we have a busy few months ahead. National Mencap are coming to do a workshop with us in the Better Together Group (more details on page 11)

HOP has just finished and I can safely say that everyone had an amazing time!! All I saw was lots of smiles and laughter. We hope everyone has a lovely last few weeks of summer.

Laura Turner,
Chief Officer

Richmond Transport and Mobility Forum

Would you like to access your local community?

Do you have issues with public transport?

Come along to the Richmond Mobility and Transport Forum and have your say. Open to anyone who faces a challenge with mobility or public transport, to get information and advice and to share your views.

Topics include:

- Personal Safety on Public Transport
- Accessible transport



When: Thursday 27th September 2018, 2pm-4pm

Where: The DAAC, 4 Waldegrave Road Teddington TW11 8HT

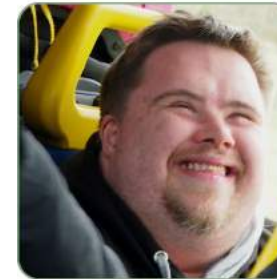
Come, hear & have your say on the Council's plans for transport in the borough.



Holiday Opportunities Programme 2018



Richmond Mencap 59th Annual General Meeting



Please join us at 4pm

on Thursday 6th September 2018

in the Hyde Room, York House, Twickenham (beside the Clarendon Hall)

An update by the Working Together Group on our new "Treat Me Well" Health Campaign

and

Guest Speaker: Cllr Piers Allen, the new Richmond Council Cabinet Member for Adult Social Services & Health

- * All members and supporters welcome
- * Learn about Richmond Mencap's current plans
- * Enjoy refreshments by "Maggie & the Ferry Road Group"



Wii & Pizza Club

It's back! Friday 28th September, 1pm-5pm

@ The Cabbage Patch

Please book a place by email to office@richmondmencap.org.uk or call the office on **020 8744 1923** and speak to Richard or Paula

Ruils' Accessible Community Allotment

Ruils have created an accessible allotment at Shacklegate Lane Allotments in Teddington. It is a unique space as it has raised beds and paths to make it easy for wheelchair users and people with mobility needs to access.

The allotment is open every Tuesday from 10am-2pm and Thursdays 1-3pm.

Find out more: allotment@ruils.co.uk or 020 8831 6083

Dignity in Care Awards 2018

The 2018 Community Heroes' Awards, featuring the Dignity in Care Award, will be launching next month. Keep an eye out for more information and start thinking about nominating your carer.

Barnes 80s Disco

Friday 9th November

6pm until 9pm

At Barnes Green Centre

There will be a buffet with party food

Tickets £10 payable on the door

18+

Please book a place by emailing office@richmondmenap.org.uk or phone 020 8744 1923

Holidays 2018



Twitter

At @LatitudeFest been in awe of group from @RichmondMencap - they've partied all weekend, their support have just oozed fun and laughter - just brilliant example of how support should be - and yes they Stayed Up Late! #nobedtimes #gr8supportmovement

Jul 16, 2018 · East, England

♡ 22



We have been working hard on our **Treat Me Well** Campaign in the last three months.



- We made a film with Kingston and Richmond CCG to tell GP's why it is so important to do good Annual Health Checks for people with Learning Disabilities. You can see the video at: www.youtube.com/watch?v=ZLn4qEM5X4c
- We went to National Mencap's Parliamentary launch of Learning Disability Awareness Week
- We held three events in Learning Disability Awareness Week. One at West Middlesex Hospital, one at Teddington Memorial Hospital and one Better Together Group where we learnt about our rights in healthcare.
- We have trained some people who work in health, some nurses and a paramedic.

We will be busy for the rest of the year. We are helping to make another film, training more health workers and holding more events. Make sure you come along to them and support us. It is very important that people with Learning Disabilities and social communication conditions get good health care in hospitals. We are helping staff to get more training so they can understand people's needs better.

SEXUAL HEALTH WORKSHOP

Wednesday 3rd October, 11am to 1pm
at Searchlight Centre, Kingston Rd, New Malden KT3 3RX

“Talking sexual health with a young person with additional needs”
in particular learning disabilities, social communication conditions and ADHD.

Open to parents and carers of young people and adults who would like to get more comfortable talking about **bodies, relationships and sex**.

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

This session about sexual health will take a question and answer forum and is meant as a space to start conversations. **After this session we may be able to run further sessions on specific topics if people are interested.**

This session is jointly run by Kingston Mencap and Richmond Mencap.

Kingston Hospital 
NHS Foundation Trust

WOLVERTON
Sexual Health Kingston

To book a place please contact:



local
mencap
Richmond

For Richmond Residents:
020 8744 1923
office@richmondmencap.org.uk

Or Kingston Residents:
020 8546 2837
michelle@kingstonmencap.org.uk

local
mencap
Kingston

BETTER TOGETHER GROUP



‘Know Your Rights’ health workshop

Thursday 13th September 2018
12pm to 3.30pm

Crossway Centre, East Twickenham
(Next to St Stephen's Church)

Teas, coffees and food will be provided.

What will the workshop be about?

This workshop will be given by National Mencap and is hosted by Richmond Mencap's Better Together Group. You will learn about your rights in hospital and how to get good health care. You will also find out about Mencap's new health campaign and how to get involved.

Who is the workshop for?

This is a fully accessible event for people with a learning disability, carers and supporters.

How can I book a place?

Please book a place by contacting the office on **020 8744 1923**

61016: British Transport Police's non-emergency text number

You can text 61016 to tell us about non-emergency incidents. In an emergency you should always dial 999.

You can text us on 61016 to report non-emergency incidents, similar to the ones you would report to the 101 phone number provided by your local police.

The text number is watched 24/7 and, while it is not for reporting emergencies, we will be able to send officers if required.

When to use the text service:

Text 61016 (or call 0800 40 50 40) when you want to contact us about an issue that doesn't require an emergency response. For example, you can text when:

- You want to tell about an incident that has already happened
- You want to tell us about issues affecting your rail journey or your local station
- You have a general police enquiry

If your enquiry concerns buses or roads, you can contact local police anywhere in the country by dialling 101.

When to call 999:

Always dial 999 when you need an urgent police response such as:

- A crime is happening
- Someone suspected of a crime is nearby
- Someone is injured, being threatened or in danger

Your mobile service provider may issue a small charge to text 61016. The exact cost will depend on your network and tariff.



Adult Social Care: What do you think?

Richmond Council are running a public event for local residents to share their views on the future of adult social care. The event is part of a nationwide consultation by the Local Government Association (LGA) looking at adult social care and how it needs to change to meet rising demand.

This event is taking place on **Thursday 13th September 2018, 6 - 8pm at Clarendon Hall, York House, Richmond Road, Twickenham TW1 3AA.** Light refreshments will be provided.

Table discussions will be focusing on:

- People's views and experiences of adult social care.
- What changes should be made to the system and which of these should be prioritised.
- How changes to the system should be funded.

The findings from this consultation will be used to inform the Government's upcoming Green Paper on adult social care and spending plans, which are due to be reviewed in Autumn 2018.

The event is **free**, but **registration is required** - Visit <https://goo.gl/6CWJ2u> to register for the event.

The Job Club

Job Club is back on the 20th September with a new 16-week course! Call Paula in the office on **020 8744 1923** to find out more.

New Drop-in

RHLT are starting a new drop-in at the People Hive starting on 20th September. Contact Susie at RHLT for more information **020 8977 5447**

Personal Independence Payment (PIP)

People with the most severe, life-long conditions will no longer have to attend regular reviews for PIP. New guidance is coming into effect this summer which means people who are awarded the highest level of support under PIP – and where their needs are expected to stay the same or increase – will receive an ongoing award of PIP with a light touch review every 10 years.

The government will be working with stakeholders to design the light touch review process.

As soon as any further information is available we will, of course, update you with it <https://www.gov.uk/government/news/government-to-end-unnecessary-pip-reviews-for-people-with-most-severe-health-conditions>

PIP Summer of Action 2018: What's it all about?

What is it? The Disability Benefits Consortium (DBC) will be supporting disabled people, family carers, and anyone with an experience of Personal Independence Payment (PIP) to meet their local MPs to talk to them about PIP. We want MPs to be aware of the problems with PIP and to know what we want to change.

Why is the DBC doing this? To refocus MPs, and to keep PIP in their minds. There has been much debate about Universal Credit recently – and this will continue – but we can't let PIP slip off the political agenda.

When will it start? This activity will start in May 2018 (after the local elections), and continue throughout summer into September. So campaigners can get involved when it suits them best.

Who is it for? Everyone who cares about PIP! It doesn't matter if you've never met your MP before or if you're at your MP's surgery every week – if you want MPs to be aware of the problems with PIP and to be taking action, this is for you!

How can I get involved? There is a campaign guide which will help you arrange a meeting with your MP and give you ideas on what to say when you meet. The guide is available here: disabilitybenefitsconsortium.wordpress.com/2018/05/02/pip-summer-of-action-get-involved. There will also be a video to tell you more about this kind of campaigning, so watch this space! If you can't meet your MP locally, you can support by sharing what other people are doing on social media – using the hashtag #GetAGripOnPIP.

Richmond Carers Centre Workshops

Following feedback from local carers, Richmond Carers Centre will be running two pilot Carers Information and Support Sessions (CISS) in October and November, with a view to adding information sessions to our regular programme of support for carers

Carers Information and Support Session for parents caring for a child under the age of 18 with a mental health condition: Tuesday 30th October, 10.30am-12.30pm.

Carers Information and Support Session for parents and carers of children and adults with Autism: Monday 5th November, 12.30-2.30pm.

For more information on each of the workshops, visit:

www.richmondcarers.org/2018/07/25/new-carers-information-and-support-sessions/

Sessions held at Richmond Carers Centre. To book a place on either of the above sessions call 020 8867 2380 or email support@richmondcarers.org

Are you a parent or carer of a child with autism?



Ambitious about Autism would like to hear about your experiences of the English education system.

Throughout 2018 the charity is running a campaign called We Need An Education – highlighting issues preventing children with autism accessing the education they deserve.

Please complete this short online survey about your experience here: <http://bit.ly/2P4Plxh>

Deadline: 26 September 2018

Do you have any ideas, comments, suggestions or complaints about Richmond Mencap?

We are happy to hear from you and love to have a chat so let us know what you think of us.

Call: **020 8744 1923** or Email: office@richmondmencap.org.uk

Or write here:

And either pop it through our letter box or send it to Richmond Mencap, 342 Richmond Road, East Twickenham, TW1 2DU

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?

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.