

Richmond Mencap
newsletter
March 2019



Spring 2019



Health Focus:

Some of the things
we've achieved in the
last year

Staying Safe:

Some of the things
we've achieved in the
last year

Spotlight:

Certitude Shared
Lives Scheme

contents

contact

- 3** An Office Update / Eastbourne Bungalow
- 4** New Children and Young People's services for 2019
- 5** RM News: Holidays 2019
- 6** RM News: The Job Club
- 7** RM News: Holiday Opportunities Project 2019 / Christmas Party 2019
- 8-9** Staying Safe: on the Internet / Some of the things we have done in the last year
- 10** Treat Me Well: What we've achieved in the last year
- 12** Spotlight: Certitude Shared Lives Scheme
- 13-15** Carers Corner
- 16** Your Feedback / Information about our Newsletter mailing list



March 2019

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An Office Update

Wow, time has flown by in the last year at Richmond Mencap. Teresa, Paula, Richard and I have all been in our new jobs for nearly a year and things have gone very well!

We are so pleased to say we have just started a new programme of Children and Young People's activities after our last ones ended in June. We think our new activities might be even better! We are doing regular discos, weekend day trips and a social group for teenagers. See page 4 for more details.

I am also so pleased to say the first round of our new-look Job Club has just finished and it was a true success! A sixteen-week course focusing on getting work ready, in partnership with RHLT and our colleagues at Choice Support (previously mcch) who are helping people who finish the course to get a job with their very own job coach. More details on page 6.

We have lots more plans for 2019 so look out for more exciting news...!

Laura Turner,
Chief Officer

Eastbourne Bungalow

Our lovely bungalow is within easy reach of the town, countryside and sea. It sleeps up to six people and has a driveway for easy parking. It is within walking distance of the Sovereign Harbour and shops.



If you are interested in renting the bungalow in 2019, please contact Sybil in the Richmond Mencap office on **020 8744 1923** or email office@richmondmencap.org.uk



We are pleased to announce our new children's services for 2019. Funded jointly by Hampton Fuel Allotment Charity and Richmond Parish Lands Charity these are for young people aged 8-17 with mild to moderate learning disabilities, social communication conditions and other additional needs (including ADHD) who live in the London borough of Richmond upon Thames.



Discos throughout the year

8-12

For 8-12 year olds. A fun disco with food, music and games.

Upcoming dates:



Weekend Trips most months

8-13

Exciting trips and activities for 8-13 year olds.

Upcoming dates:



Discos throughout the year

13-17

Themed discos with a DJ and food for 13-17 year olds.

Upcoming dates:



Weekend Trips most months

14-17

Exciting trips and activities for 14-17 year olds.

Upcoming dates:



Social Group

14+

Raising independence for people aged 14 and upwards. Contact the office for more information on this group.

Upcoming dates:



Holidays

Great news.....We've booked up our residential group holidays for 2019! This year we'll be going to:

Churchview House, Dorset - 10th to 14th June

We're excited to be heading to this beautiful new house in Dorset, near the sea and pretty villages and pubs. We're looking forward to blue sea, green fields and yellow sun..!



Latitude Music Festival, Suffolk - 19th to 22nd 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!



Center Parcs, Longleat - 9th to 13th September

We'll once again be staying in the beautiful Longleat Forest. The hilly scenery is really spectacular and you can see giant hundred - year-old trees. We'll be staying at a lovely lodge in the heart of the forest. To get around, we'll cycle, walk or catch the land train.



If you have any questions, call Paula in the office on 0208 744 1923 or email office@richmondmenap.org.uk

The Job Club



Our new look Job Club recently finished its first course...and we are pleased to say it has been great! The group have had sixteen weeks with Paula and Joe from RHLT focusing on thinking about work, applying for work and what to do in work.

The group have enjoyed the course which we also worked with mcch on – they help people in Richmond to get jobs and everyone on the course has their own job coach now who will help them get voluntary work or paid work.



Clive, who went to Job Club told us that “the Job Club was very good. I enjoyed all the sessions. I want to work in a café” Clive says “people should do the course as I think they will enjoy it and get help to get a job in the future.”

The next sixteen week course starts on Thursday 14th March from 12.30 until 2pm in centre Twickenham.

To apply for a place call Paula in the office.



Holiday Opportunities Programme (HOP)



Monday 29th July - Friday 16th August

We will have an exciting 3 weeks planned in the summer of 2019. We'll be doing popular activities such as Companion Cycling, Bowling, Mini Golf, a Pub outing and a few surprises! Let us know if there's anything you'd really like to do in HOP!



CHRISTMAS PARTY

Richmond Mencap's Christmas Party

On Monday 30th December 2019

From 6.30pm – 9.30pm

At Clarendon Hall, York House, Twickenham

Don't forget your dancing shoes as we will again be awarding The Katie Rayment Memorial Dancing Trophy for the most enthusiastic dancer

Staying safe on the internet

There are lots of fun things you can do on the internet and it's a great way to stay in touch with people.



Here are a few tips to staying safe on the internet:

- If you do not know someone on the internet, you can ask someone to check if they can be trusted.
- Be careful about sharing information about yourself on the internet. Keep your address and telephone number a secret.
- Be careful about sharing pictures. If you do not know someone, make sure they can be trusted. Speak to somebody if you are unsure.
- Always keep your bank details a secret if someone asks you for them.
- It is usually safe to buy something online and pay for it. If you are not sure, ask somebody.
- Keep all your passwords a secret.
- If you think that you are being bullied on the internet, speak to someone. There are things that you can do about it.



Safety Campaign: Some of the things we have done in the last year

- **Trained British Transport Police Officers based at Richmond Station in Learning Disability Awareness**



- **Trained Victim Support staff in Learning Disability Awareness and helped them understand how to work with victims of crime, and understand disability hate crime**



- **We are just about to train the Metropolitan Police Schools team in Richmond and Kingston in Learning Disability Awareness**



Treat Me Well Campaign: What we've achieved in the last year



FEBRUARY 2018

Treat Me Well campaign launch

MARCH

Met up with health professionals at Kingston Hospital and West Middlesex Hospital



MAY

Worked with Kingston and Richmond CCG to make a film about the importance of the Annual Health Checks



JUNE

Went to National Mencap's parliamentary launch for Treat Me Well at LDA week

During LDA week we had three events:
 Learning Disability Awareness event at West Middlesex Hospital signing up 7 LD champions
 LD Awareness event at Teddington Memorial Hospital signing up 12 LD champions
 Held workshops for people with LD's in the Better Together Group to raise awareness of the TMW campaign and to talk about reasonable adjustments



JULY

Trained staff in the Urgent Care Centre at West Middlesex Hospital run by HRCH



SEPTEMBER

We made a training film in our drama group to use when we are delivering LDA training

National Mencap Campaigns team came and delivered Know Your Rights training, Reasonable Adjustments and Campaigning workshops with our WTG.

DECEMBER

We delivered LDA training to district nurses across the borough of Richmond.

JAN - MAR 2019

We have lots more plans to come...



Eastbourne Bungalow

We thought that we would take the opportunity to answer a few questions about our Eastbourne bungalow



Richmond Mencap own a bungalow in Eastbourne on the Kings Park Holiday estate. We rent it out to people who use our services, so families, residential homes and supported living and of course people with learning disabilities themselves.

How many beds are there?
 There are 6 single beds in 3 bedrooms

How much does it cost to stay there?
 Cost £190 -£280 per week according to the month and other circumstances.

Is it easy to get to by public transport?
 You can get a train to Eastbourne and then there are frequent buses from Eastbourne town centre to Kingsmere Way near the entrance to Kings Park Estate. There are also good taxi services.

How far is it to the sea?
 It is one mile to the nearest sea at Langney point, and a little further to a few different beaches.

How far is it to the nearest shops?
 Half mile (about 12 minutes walk) to Sovereign Harbour Retail Park which is near by as well as a big Asda.

Is it near to the centre of Eastbourne?
 Eastbourne centre is about 1 ½ miles away.

Is there information at the bungalow about all the things you can do in Eastbourne?
 There is lots of information and leaflets, a visitor's manual, and a visitors book with comments on various places.

If you would like more information about the bungalow in Eastbourne or wish to make a booking: Contact us in the Richmond Mencap office on 020 8744 1923 or email us at office@richmondmencap.org.uk





Shared Lives is a quality alternative to residential care settings where people live as part of a family.

Shared Lives Carers support people within their own home, either in a long-term arrangement, day support or on a respite basis, which may be a day, weekend, or a few weeks at a time. People benefit from consistent support from people who know them well and build positive relationships and friendships.

People are 'matched' with carers by finding out their interests, skills and what makes them tick. Family and community lie at the heart of everything we do. Shared Lives removes the traditional barriers of support and sees people flourish with a family.

The Certitude Shared Lives support team provides continuous support, guidance and training to carers enabling them to deliver the very best support.

If you are interested in more information about Shared Lives please contact Certitude on **020 3397 3033** to find out more.

Latest news for carers

Carers Wellbeing Day returns on 12th June 2019

With the daily commitment that carers have for their 'cared for', life can be stressful at times and a carer's own wellbeing can suffer. This day is about giving something back to them.

Whether it's socialising with other carers, getting the buzz out of trying something new, learning a new relaxation technique or feeling more confident from being better informed, the Carers Wellbeing Day programme will be looking holistically at what brings 'wellbeing'.

The event takes place on Wednesday 12th June 2019 from 10am-2pm at York House, Twickenham. The Carers Centre will be releasing more information soon.

Would you like to talk to a counsellor?

Caring can be challenging and it can be difficult to talk to friends and family about your needs, your thoughts and maybe worries, as a carer. Richmond Carers Centre offer carers the opportunity to talk '1-2-1' in a safe, confidential environment, with a qualified or trainee counsellor. If you would like to find out more, call them on **020 8867 2380** or email the Support Team at support@richmondcarers.org

Free guides support the health and wellbeing of older people and carers

NHS England has produced two free guides providing older people with practical advice to support healthy ageing and caring. Co-produced with Age UK, Fire Rescue Service, Carers UK, Carers Trust, Public Health England, carers networks and people with lived experience, you can download Healthy Ageing here: www.england.nhs.uk/wp-content/uploads/2015/09/hlthy-ageing-brochr.pdf and Healthy Caring here: www.england.nhs.uk/wp-content/uploads/2016/04/nhs-practcl-guid-caring-v1.pdf

Carers Rights and Entitlements

Carers Assessment – if you are caring for someone aged 18+ you are entitled to a carers assessment by the local authority of the person you care for. This looks at the impact caring has and what support is available to help you in your caring role and to live your life well. It will cover many aspects of your life including health and wellbeing, ability to work and impact on relationships. The assessment will determine if you are eligible for any support from the local authority. If you do not meet eligibility for local authority support they will provide you with information and advice on how to access support from other local services for carers.

Online self-appraisal - www.richmond.gov.uk/carers_self_appraisal

Contact details for Richmond Access Team – 020 8891 7971 / adultsocialservices@richmond.gov.uk

Parent Carers Needs Assessment (PCNA) – if you are caring for someone aged under 18 who lives in the Richmond and Kingston boroughs you are entitled to a PCNA. This is a self-assessment form, Richmond Carers Centre can give you the form and support you in completing it.

Needs Assessment for an adult – the person you are caring for is entitled to an assessment of their own needs by the local authority where they live. This will assess their physical, mental and emotional needs and as their carer you can be involved in this assessment. The assessment will determine if they are eligible for any support. There is a threshold for financial support from the local authority and this would be assessed through a financial assessment. If they do not meet eligibility for support they will provide them with information and advice on local services who can help meet their needs.

Contact Richmond Access Team for Richmond residents

Needs Assessment for a child – if you feel that the child you care for would benefit from an assessment of their needs you can talk to the Single Point of Access (SPA) about this.

Richmond and Kingston Single Point of Access – 020 8547 5008

Carers Allowance – this is a benefit for carers aged 16 and over. There is an eligibility criteria you will need to meet to be able to claim carers allowance. If you claim certain other benefits you may not be eligible. Carers Allowance can also have an impact on other benefits.

For further information see - www.gov.uk/carers-allowance/eligibility

For further information and support in applying contact Richmond Carers Centre / Richmond AID

Carers Credit - If you are caring for someone for more than 20 hours a week but are not eligible to claim Carers Allowance, you may be eligible to claim Carers Credit. Carers Credit is a National Insurance Credit that helps with gaps in your national insurance record. Your state pension is based on your National Insurance record.

For further information see - www.gov.uk/carers-credit

For further information and support in applying contact Richmond AID

Getting a break – breaks are vital for your own health and wellbeing. There are different options to have a break:

- Discuss with social services – you may be eligible for financial support in having a break and/or respite care (see carers assessment above)
- Arrange care for the person you care for yourself e.g. family, friends, agency care workers, self-employed care workers
- Local organisations provide support e.g. day centres, activities for carers and the person you care for
- Carer Smart – a club by Carers Trust where you can register to receive offers, benefits and discounts for carers and people with care needs – www.carersmart.org
- Richmond Card Leisure Subscription – gives you discounts on fitness classes and activities. Carers registered with Richmond Carers Centre get a discount on the leisure subscription cost www.richmond.gov.uk/services/richmondcard/richmond_card_for_leisure/leisure_card_cost
- Grants – Richmond Carers Centre can support you in searching and applying for a grant for a break

This is a shortened version of a document produced by the Carers Centre. To view the full Carers Rights and Entitlements Information Sheet visit: www.richmondcarers.org/wp-content/uploads/2018/10/Carers-Rights-and-Entitlements-Information-Sheet-v2.pdf

If you have any questions about the information listed here please contact Richmond Carers Centre.

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.