



Richmond



Richmond Mencap

newsletter

April 2022

contents

3-4	Working Together Corner
5	Richard Jeffries Butterfly Award
6-7	RM News: What a year
8-9	Funmail
10-13	Mencap Myth Busters
14-15	RM News: Cancer Screening / Newsletters / Job Club / Tech Club
16	Your Feedback / Information about our Newsletter mailing list

contact



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Welcome back!

Great news! Richmond Mencap members are coming back together again. The Working Together Group is looking at what needs to be done. We have enjoyed Funmail, Pensford Field and Power Hours, but we have all missed our friends and all the fun things we used to do. It is nice to start to come back after a strange couple of years. We hope to show you all the exciting news coming up at Richmond Mencap!



The Working Together Corner is all the news and changes in Richmond we think you should know about. This is local news that we think is not easy to find if you have a learning disability. We want to share this news so you know what's going on too!

Bus Times

Some of our members have found that some bus routes have suddenly changed! Please find all the changes below that we know of:

H22

This bus route which currently runs between Hounslow and Richmond will be diverted in Twickenham town centre to West Middlesex Hospital via London Road, Isleworth and Twickenham Road.

The 391 Bus Route no longer exists and its former bus route has been replaced by the 110.

110

This bus route, which used to go to West Middlesex Hospital, will now go to Hammersmith Bus Station via Percy Road, Whitton, Warren Road, Twickenham Stadium, St Margarets Station, Richmond Bridge and Richmond Town Centre.

The Richard Jeffries Butterfly Award for Achievement

This year we launch the Richard Jeffries Butterfly Award for Achievement to celebrate new achievements within Richmond's learning disability community.

Richard Jeffries was chair of the Gateway Club, trustee and former chair of Richmond Mencap, and trustee and former chair of the Normansfield and Richmond Foundation.

The theme of this first year's award will be achievements that helped people cope with Covid. What did you do to make yourself or others smile during difficult times?

Applications will open in March 2022. Please send nominations for yourself or someone else by post or email to the Richmond Mencap Office.

Award will be presented at the Learning Disability Awareness Event in June 2022

The Prize is £150 cash each to three winners.

THE RICHARD JEFFRIES AWARD 2022

Nominate an adult with learning disabilities and/or Autism for achievements that helped them cope with Covid

Examples of achievements:

 **Listening to music to make you smile**

 **Learning to wear a mask**

 **Choosing your favourite food to cheer yourself up**

 **Phoning your friends regularly**

The Richard Jeffries
BUTTERFLY AWARD
for achievement

Young People - Pensford Field

This February we returned to Pensford Field with the young people for several days of half-term fun.

Beautiful sunshine on the Thursday gave us perfect weather for a lively game of Splat, Among Us, Hide and Seek and Arts and Crafts. Of course, no day at Pensford Field would be complete without some music and dancing too.

The arrival of Storm Eunice meant we had to postpone our Friday date, as we didn't want to risk anyone (young person or staff!) being blown away.

We are currently planning on bringing back trips after the Easter Break so all our younger members can go out and do all the exciting activities they used to get up to!



Adults - Weekly Zooms, Meeting Place And Job Club

The adults have been staying connected online through our sociable weekly Zooms.

Our **Tae Kwon Boogie zoom** on a Monday means we start the week getting active with Tae Kwan Do. The group are making good progress and learning the difference between a jab punch, an uppercut punch and a high block. A quick warm down is followed by a Music Quiz, where everyone impresses each other with their music knowledge.

We kick off the **Something 2 Say drama Zoom** on a Wednesday with some fun drama games. Then the group make up a wide range of interesting scenes to act out each week, from a Hogwarts Professor teaching wizarding students spells to a boxing match of champion fighters. During the talent show, we see a variety of impressive performances including performing as Elvis Presley, guitar playing, artwork, baking, singing and monologues written by members of the group.

We finish the week with a bang, otherwise known as the **Disco Zoom!** The Sunday evening disco is Jack's favourite Zoom: "I really enjoy them. I like seeing friends." It's a great chance for everyone to spend time with friends, play games, dance as much as they want, share their favourite songs and discover new ones from each other.

We have also brought back our **Meeting Place club** for our older members, who have missed their friends and are "really pleased that Meeting Place is back". They have been meeting weekly and have even been celebrating Birthdays and going to the pub again!

Meanwhile, our **Job Club** learners have nearly finished their course so they can be job-ready and apply for work in the borough. You can find out more details on Job Club on Page 15.

As the world opens up again, we will be excited to tell you about all the exciting clubs we will be bringing back in the following months!



Chortle Champions



Activity Corner

Once again we have found some hilarious jokes.

Q: Why is Cinderella bad at football?

A: Because she's always running away from the ball!

Q: Why did the picture go to prison?

A: Because it was framed!

Hidden Objects

There is a hedgehog hiding among the trees. Can you find it?



Sudoku

	9	3	1		5	6	4	
7								5
5		1	2		9	3		7
2								3
	3	6	9		7	5	2	
9								1
3		2	4		8	1		9
6								4
	4	7	3		2	8	5	

Word search

Disney Animated Movies

T	O	N	A	A	M	R	R	C	E	L	L	A	O
O	I	A	I	E	B	N	D	N	R	O	S	P	C
I	H	L	K	O	B	A	N	I	S	R	R	E	I
A	C	A	O	D	R	L	E	S	E	O	A	T	N
N	C	D	O	I	O	U	I	R	L	B	C	E	D
S	O	D	B	N	T	M	B	E	U	I	A	R	E
D	N	I	E	O	H	T	M	T	C	N	C	P	R
E	I	N	L	S	E	A	A	S	R	H	F	A	E
L	P	T	G	A	R	R	B	N	E	O	O	N	L
G	M	L	N	U	B	Z	I	O	H	O	A	E	L
N	O	O	U	R	E	A	T	M	E	D	A	S	A
A	A	B	J	U	A	N	O	B	M	U	D	M	A
T	A	D	C	L	R	A	I	S	A	T	N	A	F
L	U	B	T	S	W	A	L	L	E	R	B	L	E

WALL-E
PETER PAN
TARZAN
BAMBI
BROTHER BEAR
ROBIN HOOD
CARS
JUNGLE BOOK
PINOCCHIO
TANGLED
BOLT
MULAN
MONSTERS INC
CINDERELLA
ALADDIN
HERCULES
DUMBO
FANTASIA
DINOSAUR

Spot the difference

Can you spot the 14 differences in the picture below?



MYTH BUSTERS: MEET THE CAMPAIGNERS, ACTORS AND DANCERS BUSTING MYTHS ABOUT LEARNING DISABILITY



Earlier this year, Mencap launched an exciting new campaign called “The Myth Busters”: a group of 18 Mencap ambassadors setting out to bust myths about learning disability.

The Myth Busters are campaigners, actors, a dancer, a theatre usher, an artist and many more who are challenging wrong ideas/beliefs about learning disabilities and campaigning for change. They want to show the world what living with a learning disability really looks like.

Find out more: www.mencap.org.uk/mythbusters

INTRODUCING SIX OF THE #MencapMythbusters

Heidi Carter (nee Crowther), activist

"I love being a voice for those who can't speak, or those who may find it difficult to speak."

About me: I'm a passionate activist, campaigner and wife to my husband James. I made history in 2021 by being the first person with Down's Syndrome to spearhead a national campaign to try and change the current laws surrounding people like us.

Myth to bust: People with a learning disability can't get married; James and I are very happily married!



Top facts

Disability: Me and my husband James both have Down's Syndrome

Age and Location: 26, Coventry

Likes: Liverpool FC, Narnia, Church

Dislikes: Rice pudding, Manchester FC, eating rice

Andrew Self, dancer

"Dancing makes me happy and free!"

About me: I'm a fabulous dancer who first became famous on the BBC's The Greatest Dancer and I want to show the world what people with a learning disability can do.

Myth to bust: People with a learning disability cannot achieve their goals. With the right opportunity and a little bit of patience and help, we can!



Top facts

Disability: I have Down's Syndrome and I'm moderately/severely deaf

Age and Location: 25, Surrey

Likes: Strictly Come Dancing, Bangers and Mash, PS4

Dislikes: Being cold, arguments, Halloween

Aisha Edwards, theatre usher

"If I can do it, anyone can!"

About me: I'm a theatre usher and loyal girlfriend who wants to show the world that people with a learning disability can thrive at work and in their relationships, even if they were told they'd never amount to anything at school.



Myth to bust: People with a learning disability can't thrive in the workplace or in relationships

Top facts

Disability: I have a learning disability

Age and Location: 27, London

Likes: Jamaica, dancing and going out with mates

Dislikes: Being late, being lied to and mushrooms

Brendan Chivasa, activist

"It isn't easy, but I never give up at all!"

About me: I'm a passionate, positive activist who wants to show the world that people with a learning disability can raise their voice and make a difference, whether we're singing Whitney Houston at the pub, standing up against bullies or protesting outside parliament.

My dream is to achieve equality for people with a learning disability and start my own charity in Zimbabwe, where I was born.

Myth to bust: You can't communicate with a person with a learning disability; not true, I have a lot to say about a lot of things!

Top facts

Disability: I have cerebral palsy and a learning disability

Age and Location: 27, London

Likes: Karaoke and kebabs, whiskey and coke and Arsenal FC

Dislikes: Unfairness, Tottenham FC and rude people who stare



Tara Halvai, artist

"I create lots, move lots and bring life and colour to my community."

About me: I'm a fun, positive, larger-than-life deep end swimmer, sister and artist.

Myth to bust: People with a learning disability who are non-verbal can't express themselves.

Top facts

Disability: I have a learning disability and autism; I'm also non-verbal

Age and Location: 31, London

Likes: Art, swimming and dancing

Dislikes: Changes to my routine, not being able to move around freely and staying in and getting bored

Tommy Jessop, Actor

"It's time for us to live our lives to the full"

About me: I'm a hard-working professional actor, dancer and campaigner; acting is my greatest passion in life as I do like making people feel their emotions. I want to show people what we are capable of.

Myth to bust: People with learning disabilities cannot do things in life; I want to get rid of those labels.

Top Facts

Disability: I have Down's Syndrome

Age and Location: 36, Hampshire

Likes: Newcastle United FC, researching facts on the internet and singing in the shower

Dislikes: Being rushed, racism and smoking



Richmond AID, Richmond Mind, Ruils, Richmond Mencap and Age UK are all working together on Connect to Tech!

We will support adults living in the borough of Richmond to help people stay in touch with friends and family, find information about services and explore new tools for support



All our services will support people across all impairment groups and health conditions including physical and sensory disabilities, learning difficulties and people with mental health conditions.

Fun, friendly and free!

Connect to Tech at Richmond Mencap – Richmond Mencap will be helping people with learning disabilities, autism and ADHD to get comfortable with tech. We know people have a range of needs so we can work with people who might want their interest sparked, who need to learn how to work a device, or who already use zoom and want more skills. We will be working in friendly groups and be able to offer some 1:1 support within these. We know it can take time to learn and remember what can be complex information, so we will move at the pace of the varying groups. People can use their own devices or the iPads we will provide within learning groups.



3-4PM | Free

A weekly one-hour course to drop in and learn all things digital!

- Learn to use your phone
- Shop online
- Make video calls
- Use social media
- Internet Safety
- More!

Send us an email or give us a call to find out more!



JOB CLUB

1:30-3PM THURSDAYS

Starts 5th May

An 11 week course covering everything you need to know to be job ready!

- Writing a good CV
- Interview skills
- Finding the right job
- Teamwork Skills
- More!

Send us an email or give us a call to find out more!



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:

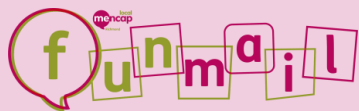
And either pop it through our letter box or send it to Richmond Mencap, 342 Richmond Road, East Twickenham, TW1 2DU

Email Newsletters

Have you subscribed to our regular email newsletters?



In Carers Corner you can find out about new services, articles, workshops and more coming up in Richmond.



In Funmail, you can find out what's coming up, watch funny videos and play a variety of games and puzzles.

Send us an email at office@richmondmencap.org.uk and we will sign you up.