



Richmond



Richmond Mencap

# newsletter

August 2022

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Company number 5002389  
Affiliated to the Royal Mencap Society

The Richard Jeffries Butterfly Award for Achievement 2022



We're delighted to announce that the Richard Jeffries Butterfly Award prize-winners are:

**Martin, Susie, James, Lizzie, Jack, Alan and Robert**

The winners were presented with their awards (£100 and a badge each) for achievements that helped people cope with the pandemic at our Learning Disability Awareness Week event at RHACC. The runners up also received their awards (£20 each).

The award is an achievement award in honour of Richard Jeffries, Chair of the Gateway Club, Trustee and former Chair of Richmond Mencap, and Trustee and former Chair of the Normansfield and Richmond Foundation. In remembrance of his support and passion for people with learning disabilities and his love of butterflies, this new award celebrates achievements within the Learning Disability community of Richmond.

We received so many fantastic nominations for the award, from across the learning disability & autism community in Richmond. The Trustees of the Normansfield and Richmond Foundation were very impressed with everyone's various achievements in helping people cope with the pandemic.





## The Prizewinners' Achievements

Read about the prizewinners' achievements in the words of their nominators.

**Martin** "He did so much for others in the lockdown; he always checked in on friends and kept them informed about what was happening. This meant local changes to rules or the buses."

**James** "COVID was a difficult and challenging time for most people, especially people with learning disabilities. James managed to transition from one support to another with so much confidence and joy."

**Susan** "She has been good company to her house – Max, Andrew & William. She is always smiling and joking while all while not being able to go out much...She is a nice friend and we have fun. Sometimes during COVID we talked on the phone and she was good at keeping safe."

**Alan** "Alan worked throughout the whole of the COVID19 pandemic [as a keyworker at a supermarket] and never missed a shift. He worked on checkouts serving our customers making sure people felt at ease. Also came to work with a safe and positive mind-set; he was always making the days brighter..."

**Lizzie** "She always had a good attitude to the lockdown and was always making me laugh. She wouldn't feel down and would always be positive."

**Jack** was nominated for "the development of his communication skills during Covid and how much attending activities on Zoom improved his ability to use his iPad more independently...Doing all these activities online... has given him a clear boost in his confidence as he is able to connect with people on his own"

**Robert** In August 2020 Robert was so excited to finally have his own flat! "Unfortunately, more lockdowns meant his socialising was limited and mostly on zoom. Through it all, Robert has kept smiling! He has learned to cook toad in the hole, Mac'n'Cheese, lemon drizzle cake and more - all on a zoom cookery course provided by The People Hive. He can now do his own food shopping in Tesco!"

## Our Learning Disability Awareness Week Event - 23rd June

We had a brilliant day at our Learning Disability Awareness Week event at RHACC last Thursday, with over 100 people in attendance. A big thank you to everyone who came along and took part.

For those who couldn't make it, we had an action-packed day:

Members watched an amazing fashion show from Richmond College (RHACC) and had the chance to see all the wonderful accessories they had designed

The Trustees of the Normansfield and Richmond Foundation announced the winners and runners up of the Richard Jeffries Butterfly Award and handed out the prizes

The Chirpy Cheeps Choir gave a fantastic performance of songs from Bob Marley, ABBA and Neil Diamond

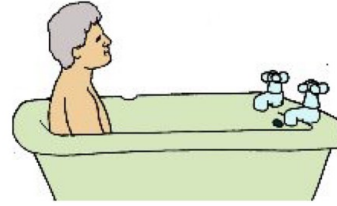
All our members finished the day by chatting to their friends and local services in the borough while having cakes and drinks



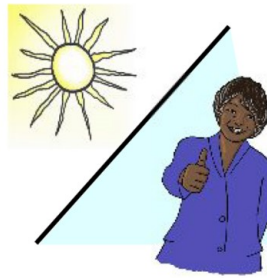


# Keeping cool and safe in very hot weather

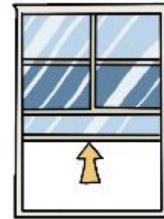
- have a cool shower, bath or wash



- stay out of the sun when it is really hot



- use plants and bowls of water to keep rooms cool, close curtains during the day and turn off lights you do not need. Open windows at night when it is safe to do so



- wear loose clothes and if you go out, wear sun cream, sunglasses and a hat or a scarf



- check on people who are old or on their own



- do not do too much exercise



- do not leave people who are vulnerable to very hot weather (very young babies or children or very old people) alone in a parked car



- have lots of cool drinks but not alcohol and eat cool food like salads



- keep medicines cool



## ANNUAL GENERAL MEETING

Come along and celebrate Richmond Mencap and all the work we do



There will be food....

And singing from The Chirpy Cheeps!



**Thursday 29th September  
4pm - 6pm**

**Richmond and Hillcroft  
Adult Community College  
Parkshot, Richmond TW9 2RE**



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!

## Get the right technology for you

Are you struggling to keep in touch with family and friends? Would you or a loved one like to take part in online activities? Do your shopping online?

A tablet or laptop could keep you in touch with friends and family members. A smart speaker could support you, or your loved one, to make lists or enable you to listen to music or podcasts. A smart phone could help to give you directions when you travel and the confidence to do so independently, knowing support was just a call away.

But which one is right for you? A smartphone, tablet, laptop or smart speaker?

Ruils' Try-Before-You-Buy project enables you to get support from our trusty advisors who can meet with you, discuss exactly what you want to do and then recommend a piece of equipment for you to try. Ruils will lend you the equipment for a 3-month period and make sure you are entirely comfortable with how the technology works from the outset. If you don't like it, you can return it and try something else at any time, free of charge, and trial another piece of technology for 3 months. If you find the technology is perfect for you, Ruils can support you to purchase your own device.

Richmond Mencap can then help you get the most out of the item you choose. To find out more about Try Before you Buy:

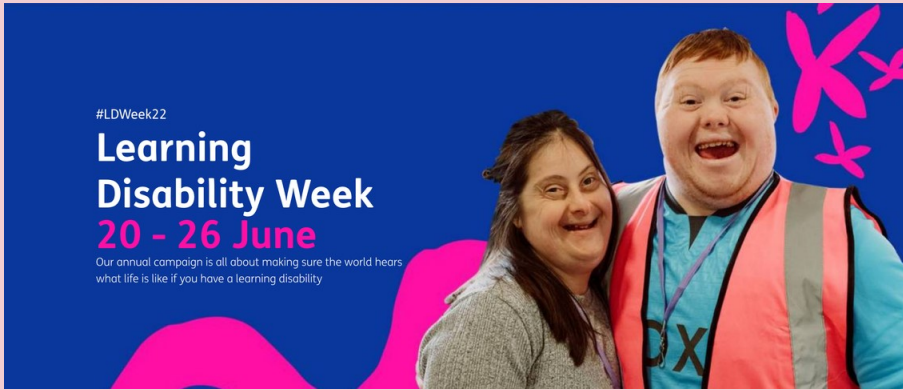
Call Ruils today on **020 8831 6088** or email [connecttotech@ruils.co.uk](mailto:connecttotech@ruils.co.uk) for more information.

<https://www.ruils.co.uk/services/connect-to-tech-and-assistive-technology/>





# Learning Disability Week 2022: “Living Life with a Learning Disability”



Learning Disability Week took place from 20-26 June this year. Mencap wants the annual awareness week to: educate and raise awareness about learning disabilities; smash stigmas and end discrimination and fight and campaign for a fair society. This year’s theme is “Living Life with a Learning Disability”.

Mencap wants to show how people with a learning disability are reconnecting with friends and their communities. They also want to talk about the issues many people still face after the end of COVID restrictions, like still having to isolate or dealing with poor mental health and anxiety.



## Share your story of living life with a learning disability

Learning Disability Week is over for 2022, but Mencap would still love to hear from you. Help them to show the world what it’s like to live with a learning disability.

Fill out the form on the LD Week webpage under the “Share your story” section:

[www.mencap.org.uk/LDWeek](http://www.mencap.org.uk/LDWeek)



# Mencap: Cost of Living

Mencap website: [www.mencap.org.uk/help-with-food-energy-and-money](http://www.mencap.org.uk/help-with-food-energy-and-money)

Are you concerned about the cost of living? Mencap are providing information and advice to support with food, energy and money.

## What is the cost of living crisis?

The cost of essential things like food, gas, electricity and petrol are going up quickly. Some people are being asked to pay more for their care as well.

As wages and benefits aren’t going up as quickly, paying for the things you need might become much more difficult.

## How might it affect me?

- Your money from wages or benefits may not cover as much as usual.
- You might find it harder to pay for food.
- Your weekly shopping might cost more than usual. This might mean you have to buy less
- You may find the cost of energy to light and heat your home becomes more expensive.
- In October the energy price cap changes. This means that energy companies will charge you more for gas and electricity during the winter. This is when most of us need to use more energy to keep our homes warm, or to cook hot food.

## Advice and support

The Mencap helpline provides free advice and information for people with a learning disability, as well as where you can find help locally

## Mencap helpline


- Call them on 0808 808 1111
- Email them on [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)
- Fill in their online form









Advice about your energy bills



Scope's energy and water advice for disabled people



Citizens Advice information



Contact your local Citizens Advice

Energy saving tips: [www.mencap.org.uk/sites/default/files/2022-06/tips.pdf](http://www.mencap.org.uk/sites/default/files/2022-06/tips.pdf)

Use the Turn2Us benefits calculator: [benefits-calculator.turn2us.org.uk/](http://benefits-calculator.turn2us.org.uk/)

**What to do if you can't afford to pay**

If you can't afford to pay your energy bills, your energy supplier can give you emergency credit, but you must tell them you need help.

Advice from Ofgem British Gas Energy Trust: [www.ofgem.gov.uk/getting-help-if-you-cant-afford-your-energy-bills](http://www.ofgem.gov.uk/getting-help-if-you-cant-afford-your-energy-bills)

**Help with food**

Food banks can give people food in an emergency and sometimes share fuel vouchers to help pay for gas and electricity. You usually need a referral to use a food bank - visit the Citizens Advice website for details.

**The Priority Services Register**

Ask to be added to the free Priorities Services Register - a list that energy and water companies use to make sure they offer help to people who need it.

Find out more The Priorities Services Register (Easy Read): [www.mencap.org.uk/sites/default/files/2022-06/Priority%20Services%20Register%20ER.pdf](http://www.mencap.org.uk/sites/default/files/2022-06/Priority%20Services%20Register%20ER.pdf)



**Cost of living crisis**

**What is the cost of living crisis?**

The cost of things people need, like food, gas, electricity and petrol is going up quickly.



Some people are being asked to pay more for their care as well.



Wages and benefits are not going up as quickly, so it might get more difficult for people to pay for the things they need.



**How might it affect me?**

You might find it harder to pay for food and other things you need.



The price of fresh and healthy food might make it difficult to eat a balanced diet.



Your weekly shopping might cost more than usual.





This might mean you need to buy less.



You might need to spend less on the things you like, but are not things you need.



It might cost more money to pay for gas and electricity for your home.



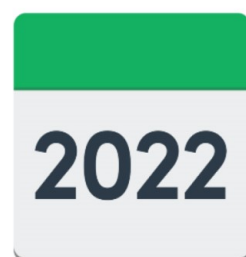
You might not notice this in the spring and summer, because the weather is warmer and there are more hours of daylight.



Later this year, there will be more changes to the **energy price cap**.



The **energy price cap** is how much money energy companies can charge for gas and electricity.



The **energy price cap** changes 2 times a year.



It went up in April 2022. It will go up again in October 2022.



This means that electricity and gas will be more expensive over the winter.



The winter is when most people need to use more gas and electric to keep their homes warm, or to cook hot food.



There is information on the Mencap website about how to get help with money during the cost of living crisis.



You can also contact Mencap's learning disability helpline. You can:

- [fill in a form on our website](#)
- email [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)
- or phone 0808 808 1111 from 10am to 3pm, Monday to Friday.



**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](mailto:office@richmondmencap.org.uk)

Or write here:

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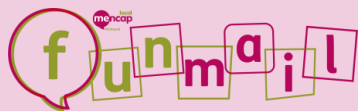
And either pop it through our letter box or send it to Richmond Mencap, 342 Richmond Road, East Twickenham, TW1 2DU

## 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](mailto:office@richmondmencap.org.uk) and we will sign you up.