



Richmond



Richmond Mencap

newsletter

Spring 2023

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Affiliated to the Royal Mencap Society

Richmond Mencap Christmas Party -
30th December 2022

Our Christmas party at York House was a fantastic way to end the year: it was great to see so many of our members there and having a good time celebrating the festive season together.

Around 100 members joined us at the disco and on the dancefloor, with members requesting their favourite songs and leading conga lines around the hall.

Kayleigh won the Katie Rayment Dance Prize 2022, an annual prize for the most enthusiastic dancer at the Mencap Disco. The trustees chose her out of some tough competition and awarded her with the trophy and £200 to spend on a trip or activity of her choice.

Kayleigh used her prize to go and see Matilda the musical in the West End! Kayleigh said “this is the best day ever”. Her carer, Rosie, told us that ‘She was so engrossed in Matilda the Musical and left the theatre signing all the songs... I would like to say a massive thank you on behalf of Kayleigh, for rewarding her with the prize money from the Katie Raymond fund, as she really had a fantastic day’. Congratulations again Kayleigh for being such a fab dancer!





Young People - Half Term 13th-17th February



Back at the Crossway Centre, some enthusiastic children took turns in building the intricate Minecraft Lego structures. Other young people rose to the challenge of the four Encanto puzzles and raced against the clock to see how quickly they could complete each puzzle.



The sun shone on us this half-term, and we had five busy days at Marble Hill Adventure Playground and the Crossway Centre. The young people proved that ice cream is an all season treat, whatever the weather.



At Marble Hill Adventure playground, the young people had a great time on the swings, the zip-wire and in the sandpit, as well as playing basketball and riding tricycles. They helped each other out, showing each other how to use the trickier swings and playing games together. The play workers were running popcorn making and marshmallow toasting around the fire pit, which several of our members enjoyed taking part in.



We are excited to start doing trips again!

New dates to be announced soon.

Email Rupert at office@richmondmencap.org.uk to find out more.



Update from the Working Together Group

We have joined our Working Together Groups together which has been ‘great with the next generation coming into it’. It can be lively as a bunch of personalities come together who want to solve lots of different problems. We have talked about politics, transport, health and accessing places. We now have our chair, Lizzie, who runs meetings. Shiu-ming and Sura are our deputies and they help write down what we have talked about. Mandy and Robert are our social secretaries and sign everyone in, as well as make sure everyone is comfortable and following the rules!

We have been busy. We went down to the hospital to help doctors and nurses understand people with learning disabilities. We have also done a peer review for Richmond Council and met other groups like Cambridge Gardens and SeeAbility. Martin went to London as well to make a film for Royal Mencap to help make people understand learning disabilities.

We are looking forward to doing more nurse training and fixing transport. We want to go around and talk to new organisations about how to be a bit more patient with us.



Update from the Meeting Place

After a bit of a break, we are back at the Meeting Place! We have been at the Richmond Mencap Space. We try to go out and pick healthy food from the local shops which we haven’t seen before.

The way the buses are make it easier to travel to Richmond. We’ve been talking more about people’s emotions and how they are feeling. We’ve been doing quite a lot of different games that people have enjoyed. We played card games, bingo, Mencap quizzes and all the rest which are quite fun.

In the middle of Meeting Place, we play music and do exercises, like in this photo. It’s nice to do some stretching at our age to keep healthy. We’ve made lots of jokes and we do have a bit of fun us lot.





Update from Something 2 Say

Something 2 Say is back at Richmond Mencap. We have been playing games, making masks and learning Makaton dances as well. Our favourite game is buzzing bees because we like to guess what people are acting out. We also like beginning every lesson with the ‘Bananas’ dance where we each do a silly banana stretch to warm up. We have performed fairy tales like Cinderella, as well as perform as cover-bands like ABBA in the picture below!



Update from the Job Club

Our recent 11-week Job Club course has come to an end. We had a busy group of committed members coming along each week, keen to develop their existing skills and learn new ones. Working alongside Choice Support, we covered everything they need to know to be job ready. Members received their certificates after gaining lots of different skills, such as using a till, talking to customers and writing a CV. Two have already found a job and We wish them luck on their job search!

The Richard Jeffries Butterfly Award for Achievement 2023



We are excited to announce the return of the Richard Jeffries Butterfly Award! This prize is given each year to celebrate members of 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 award is in memory to the amazing legacy he left behind in Richmond and to our community.

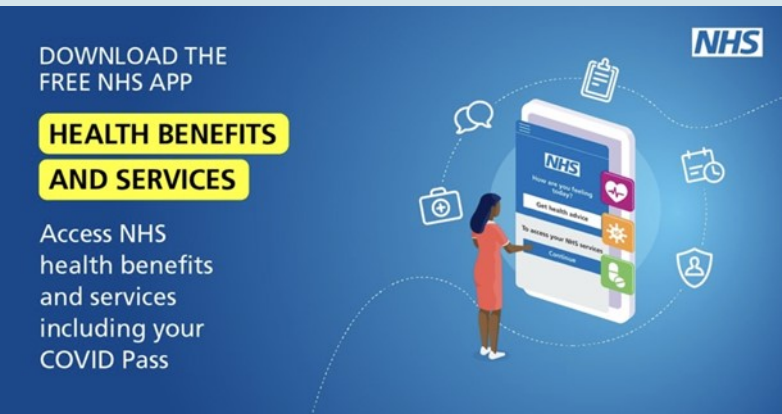
The theme of this year's award will be 'achievements'. What have you or someone close to you achieved this year? Please send nominations by post to our office or email office@richmondmencap.org.uk. Nominations will close on **Friday 19th May**.

The prize will be £150 cash to the winner! We will announce the winner at our Learning Disability Awareness Event at the end of June.

The Free NHS app

The NHS App gives you 24/7 access to a range of NHS services all in one place:

- Access your COVID Pass
- Order repeat prescriptions
- View your health records



Download it now: <https://www.nhs.uk/nhs-app/>

JOB CLUB

THURSDAYS 2-3:30PM

A 12-week course
covering everything
you need to know
to be job-ready!

Email us to
find out more!

starts
Thursday
6th April



Want to add IT skills to your CV?

Try Connect 2 Tech Thursdays 1:00-2:00!



CONNECT TECH

2

Come along to learn about
using technology and how to
have fun online!

WHEN?

Thursdays

1:00pm to 2:00pm

WHERE?

Richmond Mencap
342 Richmond Rd
East Twickenham
TW1 2DU



Government extends cost of living support:
£150 disability payment



The government has extended the support measures it introduced in 2022 in an attempt to combat the Cost-of-Living Crisis, which continues to put a significant strain on households. This includes a **one-off £150 disability payment to be awarded to people who receive any of the following:**

- **Disability living allowance**
- Personal independence payment
- Attendance allowance
- Constant attendance allowance

The payment will be made in **Summer 2023**. The payment will be tax-free, will not count towards the benefit cap, and will not have any impact on existing benefit awards.

Further information: <https://www.gov.uk/government/news/over-8-million-families-in-the-uk-to-receive-new-cost-of-living-payment-this-spring>

Richmond Council’s Cost of Living Hub

Website: https://www.richmond.gov.uk/services/cost_of_living_hub

Richmond Council is running a Richmond Cost of Living Hub, which includes information and support available on a range of topics, such as household bills, family and childcare and food and healthcare costs. Their **Cost-of-Living Support Calculator** will help you find out what help you may be entitled to.

Household bills and costs	Money: Grants and benefits	Local support and advice
Food	Family and childcare support	Health and care costs
Employment support	Housing and energy saving home improvements	Mental health
Warm Spaces	Events	

Scam Warning: There is currently an increase in scams related to the cost of living and government energy rebates.

How to keep safe: www.actionfraud.police.uk/alert/energyrebatescam

Household Bills and Costs

There is support available for household bills and costs. **Find out how to reduce your energy usage and bills.**

Not sure which bills to pay first? The **MoneyHelper Bill Prioritiser** can help you put your bills in the right order and help you if you are struggling to pay.

Bill Prioritiser: <https://www.moneyhelper.org.uk/en/money-troubles/cost-of-living/bill-prioritiser.html>

Household Bills and Costs: https://www.richmond.gov.uk/services/cost_of_living_hub/cost_of_living_bills



Get your free flu jab



Some people with a learning disability can get very ill if they get flu.



The best way to avoid flu is to get a free flu jab.

NHS
GP surgery

You can have the flu jab at your GP surgery.



Or you can have the flu jab at a pharmacy.



If you are scared of needles, tell the nurse. You may be able to have the vaccine as a nose spray instead.

Produced by Public Health England. Copyright 2020. Product code: EASYREADFLU2 2p 5K OCT 2020 (APS). Pictures reproduced with kind permission from Photosymbols.com

**HELP US
HELP YOU**
PROTECT AGAINST FLU

Flu mmunisation
Helping to protect everyone,
at every age

About your appointment

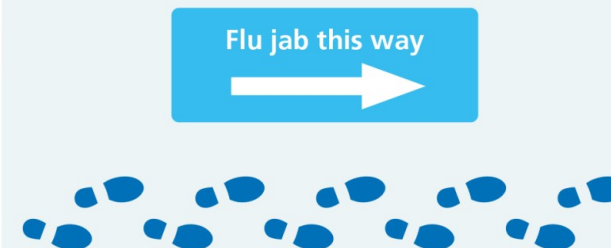
- 1 Your appointment may be in a different place from usual. Please check the address and make sure you go to your appointment at the right time.



- 2 People travelling on public transport and visiting health services are meant to wear a face covering although some people don't have to.



- 3 You may have to follow arrows or footprints to show you which way to go. Everyone will work to keep you safe while you have your flu jab.



- 4 Make sure that you wash your hands with soap and water or hand gel after you travel and when you get home.



- 5 Your nurse may be wearing some protective clothes called PPE. For example:

A mask



An apron



Gloves



A visor
(plastic face covering)



**This is
to keep
everyone
safe.**



To find out more information about your flu vaccination (jab) you can go to this leaflet and why you need to have it:

www.gov.uk/government/publications/flu-leaflet-for-people-with-learning-disability

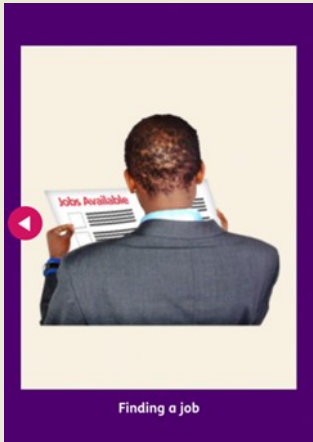
Mencap’s Big Learning Disability Survey 2022 Results



In 2022, Mencap did a Big Learning Disability survey with people who have a learning disability in the UK. They heard from almost 2,000 people about important issues, including healthcare, discrimination, and support. Here are some of their key findings:

Paid work

- Over a quarter said they have a paid job.
- Over a third of people who do not have a paid job said they would like to have a paid job.



Healthcare

- Over 4 in 10 did not have an annual health check in the last year.
- Of those who did have an annual health check in the last year, almost 6 in 10 did not receive a Health Action Plan.

Discrimination

- Over 4 in 10 reported that they did not go out in the past month because they were worried.
- The most common reason was 'people calling me names or bullying me'.
- When asked where they would go for help and support if being treated unfairly, over 1 in 10 said they did not know where to go for help and support.

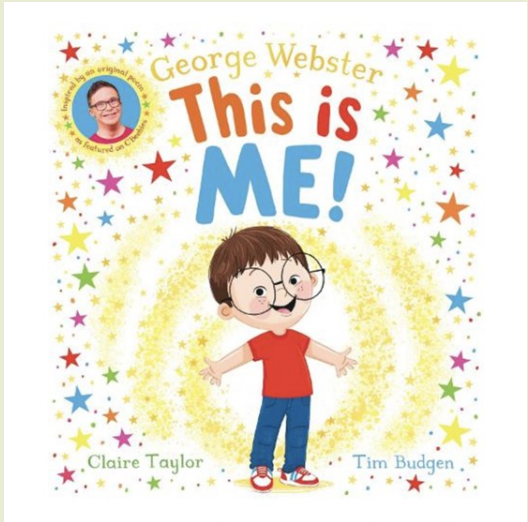


Easy read survey report: https://www.mencap.org.uk/sites/default/files/2022-12/Easy%20Read_BLDS2022.pdf

Mencap Myth Buster George Webster publishes first picture book: “This is me!”

This World Book Day on 2 March, Mencap Myth Buster George Webster published his first picture book, titled ‘**This Is Me!**’

Waterstones says: “Inspired by an original poem, this joyous picture book featuring CBeebies’ first presenter with Down syndrome George Webster shows how every child is unique and that difference is a wonderful thing.”



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 Carers Corner newsletter?



You can find out about new services, articles, workshops and more coming up in Richmond.

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