

# Richmond Mencap newsletter

May 2018



## Summer 2018



### Health Focus:

Spotlight on  
Connect Service

### Staying Safe:

Spotlight on Stop Hate  
UK & Children & Young  
People's Service

An office update  
from our new Chief  
Officer

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Richmond

May 2018

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Affiliated to the Royal Mencap Society

## An Office Update

Well 2018 has been a busy time of change for us!

We are all settling into our new jobs here in the office. The staff now are:



Laura Turner  
Chief Officer

Paula Russell  
Projects Leader



Richard Ferriday  
Projects Leader

Sybil Lewis  
Business Support Officer



Max Turner  
IT Officer

David Polya  
Project Officer



We have been tidying the office and making room for more staff and less paperwork!

It's been a good time to look at what we are working on and so we have been starting two new big pieces of work.

These are -

### Safety

**STAYING SAFE**

We are working with the Metropolitan Police and British Transport Police to help people learn more about personal safety and how to keep safe. We are also going to do some workshops to help people stay out of trouble by helping them learn about important things like consent and boundaries.



## Health

## HEALTH FOCUS

We have launched the “Treat Me Well” campaign to work with our partners in health to make healthcare in hospitals better and easier for people with learning disabilities to understand.

We will deliver Learning Disability Awareness training to professionals and make sure people with learning disabilities and their carers know their rights and how to ask for reasonable adjustments.

We are also helping the NHS to make a film for GP’s about annual health checks and we will be training 60 new GP’s who are doing their training in Richmond borough.



We are very excited about these big new projects and look forward to working with lots of new organisations. If you want to get involved make sure you phone us to have a chat.

We are also thinking about our summer plans; Our adults festival trip is back to Latitude this year and we are excited about HOP this year which will have some evening activities.

Here’s to a sunny, safe and fun summer for all of us this year,

Laura Turner

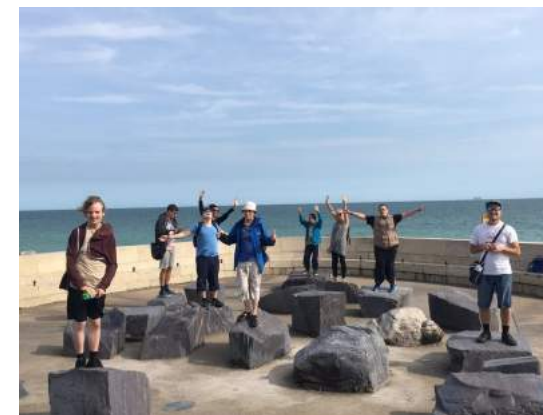
Chief Officer

## Holiday Opportunities Programme (HOP)



**Monday 30th July - Friday 17th August**

We have an exciting 3 weeks planned in summer 2018. We’ll be doing activities such as Companion Cycling, Archery, Wall Climbing, Bowling, Mini Golf, a Pub outing and many more!



## Eastbourne Bungalow

Set in a small modern estate and within easy reach of town, country and sea, this semi-detached bungalow sleeps six and has a driveway for easy parking. It is within walking distance of the Sovereign Harbour and shops.

Availability for the school holidays is limited, however outside of these there is still some availability.

If you are interested in renting the bungalow in 2018, please contact Sybil in the Richmond Mencap office on **020 8744 1923** or email [office@richmondmencap.org.uk](mailto:office@richmondmencap.org.uk)





# Spotlight

**Connect Service**

**Connect**  
Talk to us about relationships and safe sex



A relationships and sexual advice service for people of all ages with learning disabilities, autism and Asperger's.

## The Connect service offers:

- relationships advice and information
- information and advice about having safe sex
- testing and treatment for STIs (sexually transmitted infections)
- HIV testing, advice and counselling
- free condoms and full contraception services

## When is Connect held?

Every Wednesday from 2pm.

## Where is Connect held?

At The Wolverton Centre, a stand alone building, next to A&E at Kingston Hospital, Galsworthy Road, Kingston, Surrey KT2 7QB.

## Who can attend Connect?

People of all ages with learning disabilities can attend and are welcome to come by themselves or can bring someone with them for support if they prefer.

Parents, carers and professionals can also book appointments for themselves for advice and support.

## How to book an appointment

You can book your own appointment or ask someone to do it for you

Ask for a 'Connect Appointment' by:

Phone: 020 8934 3399 and speak to Sarah Freeman at The Wolverton Centre

Email: [khn-tr.wolvertoncentre@nhs.net](mailto:khn-tr.wolvertoncentre@nhs.net)

Some drop-in appointments are available during each Connect clinic.

Please telephone 020 8934 3399 to find out more.

## Learning Disability Awareness Week

**Monday 18th June - Sunday 24th June**

The theme for this year is Health, focusing on the **Treat Me Well** campaign.



Our events this year will be:

- **Tuesday 19th June - 10am to 2pm**  
Awareness raising at West Middlesex Hospital - in partnership with Chelsea and Westminster Hospital NHS foundation (including West Middlesex Hospital), Your Healthcare, HRCH and Speak Out Hounslow.
- **Wednesday 20th June - 2pm to 5pm**  
Awareness raising at Teddington Memorial Hospital - in partnership with Hounslow and Richmond Community Healthcare Trust and Your Healthcare and attended by Vince Cable MP.
- **Thursday 21st June - 3.30pm to 5.30pm**  
We are running a health themed event for people with learning disabilities in our Better Together Group.

We will not be having a Learning Disability Awareness Week Big Event this year because we want to focus on hospitals and helping to improve health care for people with learning disabilities.





## Annual Health Checks

Did you know... anyone with a learning disability can have a check-up at their doctor's surgery each year? This is called an Annual Health Check – here's some information about them.

- The health check will need a longer appointment time than you usually have at your doctors. This is because the doctor and/or nurse will want to check lots of things about your health.
- If you visit the doctor during the year, your doctor might already have quite a lot of information about you so your health check might be a little shorter. If you don't go to the doctor much, it might take a little longer.
- You can go on your own, or you can take a supporter or family member with you.
- The doctor and/or nurse will ask you about your health and your life. You (and your supporter) will need to be able to tell the doctor/nurse all about yourself and your health. It's best if your supporter is someone who knows you well and can help to answer the questions. It's important that you answer honestly so the doctor/nurse gets a clear picture of your health.



## HEALTH FOCUS

- You might be weighed and your height measured
- You might have your blood pressure taken.
- You might have to have a few tests done
- You might be asked about your lifestyle....do you drink or smoke?.....how much exercise do you get each week?



Some illnesses do not get better on their own. If the doctor finds out you have an illness, they can help you get better. The sooner the doctor finds out, the easier it will be to make you better. This is why it is important to have a health check every year.

## Your Health Action Plan

When you've had your health check the doctor/nurse will decide what needs to happen to help you stay healthy. This information will be put into a Health Action Plan and sent to you.

This information will be written in a way you can understand and will tell you what will happen to help you stay healthy. It will tell you about the things you can do yourself and the things other people will do to help you stay healthy.



## Spotlight

Stop Hate UK



Stop Hate UK is one of the leading national organisations working to challenge all forms of Hate Crime and discrimination. Stop Hate UK provides independent, confidential and accessible reporting and support for victims, witnesses and third parties. They offer independent and confidential information, advice and support to anybody affected by **Learning Disability Hate Crime**.

A hate crime can be name calling, damage to your property, attacks or violence, or anything else that makes you or another person feel unsafe or unfairly treated.

Whether you are a victim of Learning Disability Hate Crime or you have witnessed an incident you believe to be a Learning Disability Hate Crime, you can contact them on the 24 hour Stop Learning Disability Hate Crime Line below.

On the phone: **0808 802 1155**

Chat on the web: [www.stophateuk.org/report-learning-disability-hate-crime](http://www.stophateuk.org/report-learning-disability-hate-crime) You can chat live to one of our operators.

In an email: [talk@stophateuk.org](mailto:talk@stophateuk.org)

In a text: **07717 989 025**

With text relay: **18001 0800 138 1625**

For people who are deaf, or have speech or hearing impairments

In an online form: [www.stophateuk.org/tell](http://www.stophateuk.org/tell)

In the post: PO Box 851, Leeds LS1 9QS



**0808 802 1155**  
Stop Learning Disability Hate Crime

## Children &amp; Young People's Service

Support for young victims aged 4–17 in London

What is the Children and Young People's Service?



We work with any child or young person who has been affected by crime. (The crime does not have to have been reported to the police). We are part of Victim Support, the national charity for victims and witnesses of crime. We are an independent charity and will only work with children and young people where they have agreed to the support. A young person aged 13 and above can consent to their own support, but we would always encourage shared consent where it is safe to do so. Please ensure you have consent before making a referral.

What does the CYP support look like?

Our trained caseworkers work on a one-to-one basis with children and young people providing support in a confidential space that suits them. The support could include:

- Phone support or face-to-face time
- Someone to talk to about what happened in confidence
- Help build their confidence and resilience after the crime
- Answering any concerns or questions they may have after the crime
- Agree a safety plan - which could include the provision of a personal alarm
- Support through the whole criminal justice process
- Liaison with other professionals involved with the child, young person and their family as well as the police
- Referrals onto other specialist support for children and young people.

How can you refer a child or young person for support?

Call us: your local office on **0808 168 9291** or our national Victim Support line on **08 08 16 89 111**. All calls are free.

Text us: by adding **18001** before the above phone numbers.

Go online: at [www.victimsupport.org.uk](http://www.victimsupport.org.uk)



## 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.



## The People Hive Open Day

You are invited to a an open day at The People Hive, the new project being set up and run by RHLT, a local charity supporting adults with learning disabilities.

The People Hive is based at **8 Heath Road, Twickenham, TW1 4BZ** and we will be welcoming visitors from **10am to 4pm on Wednesday 6th June.**

Please come along to discover what we are doing and talk to our staff team about ways in which we can work together.

## Employment and Support Allowance (ESA)

There is a new easy-read leaflet about ESA with lots of information. It's called ESA40ER and you can pick it up at a Jobcentre Plus or read it online at [www.gov.uk/employment-support-allowance](http://www.gov.uk/employment-support-allowance)

## Round The World Challenge

For the last nine months we and Royal Mencap have been running a "challenge" to encourage people to exercise and keep healthy. It's aimed at people in residential homes. This exercise can be anything from walking to disco dancing.

Every month the homes tell us how many hours of exercise each member has done each month and we work out how far they have travelled around UK, Europe and the World. This is added up with the number of hours of exercise completed.

If you want to join this fun challenge speak to the manager of your home and ask them to contact us.



## Carers Wellbeing Day

The Carers Wellbeing Day (formerly Carers Conference) will be held this year on **Thursday 14th June** – 10am to 2pm at York House, Twickenham.

Why not give yourself these few short hours to indulge in some wellbeing activities? These include guided relaxation, Indian head massage or aromatherapy. You can also have a health check on the day, and meet other carers as well as local professionals providing services for carers. To finish, enjoy a buffet lunch with musical entertainment, then leave with a goody bag full of information and freebies.

## Workshops

All workshops are 45 minutes duration

10.30am:

**Clarendon Hall** Talk and Draw with Orleans House

**Salon** The seven pillars of wellness with ASCA

**Winter Garden** Large group relaxation with RBMind and the Twickenham Wellbeing Centre

**Terrace Room** Take-home strategies for tackling back pain with Claire Lisboa of Twickenham Osteopathy Clinic

**Terrace Parlour** Facilitated discussions consultation with Kingston and Richmond CCG

12noon:

**Clarendon Hall** Stay Safe. Anti-scam with Metropolitan Police

**Salon** Essential Oils with Miranda Key

**Winter Garden** Mindfulness with Andrea Hosfeld

**Terrace Room** Meditation & seated yoga with Amanda Wilkes

**Terrace Parlour** Financing your care with RUILS

Full details on the programme, the marketplace and booking forms can be found on [www.richmondcarers.org](http://www.richmondcarers.org)

## FamilyHub

Royal Mencap's FamilyHub is a way to connect with others going through similar experiences to you through an online community.

Whether you are a sibling of someone with a learning disability, a parent who's just had a child diagnosed, or a parent of an adult with a learning disability with wisdom to share, you'll find a warm welcome in the FamilyHub.

It is a community to share your experiences, your triumphs and your challenges, and to offer support and guidance to others whose family situation is similar to your own.

Visit [www.mencap.org.uk/familyhub](http://www.mencap.org.uk/familyhub) to view the discussions and to sign up.

## Social Isolation

Being autistic can be extremely lonely and many people with autism struggle to communicate socially and make friends.

Did you know that **79%** of autistic people feel social isolation?

There is a vast amount of information about social isolation and ways to cope with it on The National Autistic Society's website

If you or someone you know is autistic and struggling with social isolation, visit [www.autism.org.uk/socialskills](http://www.autism.org.uk/socialskills) or contact the Helpline on 0808 800 4104.



## Richmond Carers Centre Workshops

Regain control of your health using small manageable changes

A two-week course: Wednesdays 6th & 13th June, 10am-12pm.

Carers Allowance Benefit: Thursday 31st May, 10a,-12noon

Grow your own food and flowers: Tuesdays 29th May, 12th & 26th June, 10th July, 2-4pm

For full information on the courses and to book your place, go to [www.richmondcarers.org](http://www.richmondcarers.org) > Services For Carers > Services for Adult Carers > Workshops and Learning



## 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?

The UK Government expects everyone to follow these rules. The set of rules are called The General Data Protection Regulations

We need to tell you about the information we use to send you this newsletter.

We usually send out a newsletter every 3 months or so and we send you a copy because we think you are interested in the information inside.

So that we can send you a newsletter we have your name and address and/or email address on our list; we keep this list on a computer system called Charity Log. This is called a database. Only a few people who work in the Richmond Mencap office can see our list. Some people who work for Charity Log might need to see our list, if we need their help to do something. We have checked with Charity Log and they follow the same new rules as us.

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.