Richmond Mencap New York State of The State

















Summer's here















Health Focus: Looking after yourself



Staying Safe: Victim Support services



It's our 60th year!

richmond mencap news

contents

contact

- 3 An Office Update / Eastbourne Bungalow
- 4 RM News: Donation / Riverboat Trip
- 5 RM News: AGM / Fundraising Dinner
- **6** Learning Disability Week 2019
- 7 Children and Young People's Activities July-August
- 8 Holidays 2019
- 9 Holiday Opportunities Programme 2019
- **10** Health Focus: Looking after yourself
- **11** Staying Safe: Victim Support Services
- **12-15** Carers Corner
- 16 Your Feedback / Information about our Newsletter mailing list



July 2019

Richmond Mencap

342 Richmond Road

East Twickenham

Middlesex

TW1 2DU

Telephone:

020 8744 1923

Email:

office@richmondmencap.org.uk

Website:

www.richmondmencap.org.uk

Charity Number 1102587

Company number 5002389

Affiliated to the Royal Mencap Society

An Office Update

2019 has been a busy year so far at Richmond Mencap and we only expect it to get bigger and better as we move through summer. We are celebrating our 60th anniversary from our AGM in September (details on page 5) so we are taking the time to evaluate where we are and think about our priorities going forward. Exciting plans are forming and parties are being booked - expect to celebrate with us...!

Within the newsletter there are details of three local plans and strategies that are being developed and reviewed at present, as well as a new local Autism Strategy that is just being considered in July. Special educational needs and disability (SEND) and learning disabilities are a priority within both Health and Social Care and we will continue to work with key people to keep pushing these forward.

Have a lovely summer and we look forward to inviting you to celebrate with us soon.

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 the Richmond Mencap office on 020 8744 1923 or email

office@richmondmencap.org.uk

Aaron Leary: Schools Donation

We were very proud to receive a kind donation from a school student named Aaron Leary who helped his brother on his paper round and raised £120 for Richmond Mencap. Aaron goes to Hampton Prep School and chose to donate the money to us. Thank you so much Aaron!



Riverboat Trip

Join us on a riverboat trip from Chiswick Pier

Friday 9th August

ALL ABOARD 1PM
(For sailing at 1.30PM)
Duration approximately 2 hours

Drinks and snacks are available to purchase on the boat

To book a place contact the Richmond Mencap office. Places are limited - book early to avoid disappointment

richmond mencap news









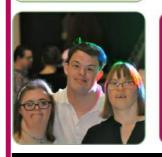
Come and celebrate our 60th anniversary at our

Appual Conoval Mostina





Hyde Room, York House Richmond Road Twickenham TW1 3AA















Fundraising Dinner

7.15pm Thursday 17th October 2019
at Pembroke Lodge, Richmond Park, Richmond, Surrey, TW10 5HX

Guest of Honour

The Mayor of Richmond

Tickets £65 per person

Organised by Richmond Mencap Fundraising Committee

Lounge suits

Contact the office on 020 8744 1923 for tickets and for more information

4 newsletter | July 2019 newsletter | July 2019

richmond mencap news.

LEARNING DISABILITY WEEK



17th-23rd June 2019

We held three events during LD Week 2019. These were:

- A special LD Week Carers Coffee Morning to support carers and look at the new proposed carers strategy consultation.
- A sports day with RISE so people could try different sports including boccia, tennis, dance and cricket.
- We commissioned an Inclusive Activity Programmes Training workshop. The aim of the training is to help support staff, to run inclusive sports games and events for their residents/groups etc. It was well attended by a range of support staff so we look forward to staff feeling more confident to put on inclusive sports activities for their residents.

Another great year of events and activities...!







newsletter | July 2019

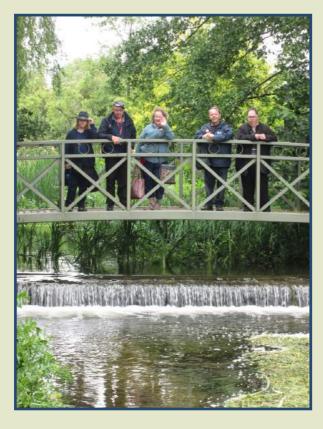
richmond mencap news



Holidays

Dorset Holiday 10th-14th June 2019

We had a great time in Dorset visiting historic houses, zoos, steam train railways and avoiding the rain in tea shops!











Holiday Opportunities Programme (HOP)

Monday 29th July - Friday 16th August

We have an exciting 3 weeks planned this summer. We'll be doing activities such as archery, a boat trip, trips to the zoo, the seaside, Thames Valley Adventure Playground and many more!







8 newsletter | July 2019 newsletter | July 2019





Looking after yourself

You need food to give you energy and to keep you healthy and having a good balanced diet is important.

If you eat too much you will put on weight but if you do not eat enough you will lose weight. Being overweight or underweight is bad for your heart and can stop you doing activities.

Here are some foods to cut down on when you're trying to lose weight.

- French Fries and crisps. Whole potatoes are healthy and filling, but french fries and crisps are not
- Sugary drinks (fizzy drinks like Coke, Sprite, etc)
- White bread
- Chocolates and sweets
- Pastries, biscuits and cakes
- Most fruit juices
- Some types of alcohol (especially beer)
- Ice cream



Fresh fruit and vegetables are very good for you so try to eat at least one portion of vegetables with every meal.

Try eating a banana, apple or an orange which is a healthy snack.

Drinking plenty of water is good for you, try not to have fizzy and sugary drinks.

Being Active

Regular exercise is very important to keep your body healthy.

Try to do some exercise 3 times a week. This can be walking which is very good for you.

Try getting off the bus one stop early and walk the extra distance!

STAYING SAFE

Victim Support Services



If you are a victim of crime there is a charity that can help you afterwards. Victim Support will help you even if the crime was not reported.

Our service is confidential, and we will not pass on information to third parties without consent unless we think someone is at serious risk of harm and urgent help is needed to protect them.

Our volunteers are trained to listen, give information and offer feedback.

They help people make sense of what they've been through, tell them about the choices they can make and help them feel like they are getting their lives under control again.

Being a victim of crime can lead to all kinds of practical problems. This can range from minor, annoying issues (such as damage to your property or having to fill in insurance forms), through to serious medical problems or the loss of your home.

While emotional support can help you deal with your feelings after a crime, practical problems often act as reminders of what you've been through and make it harder to get your life back under control.

That's why we also offer help with sorting out the practical effects of being a victim.

If you need more specialist help that we don't think we can provide ourselves, we can contact other agencies for you to help get the support you need. We work closely with a whole range of charities and other organisations with expertise that can assist you with a wide range of situations caused by crime.

You can call our Supportline for free on 08 08 16 89 111 or you can get support online at <u>www.victimsupport.org.uk</u>









































Latest news for carers

Carers Corner

London Borough of Richmond upon Thames' carers strategy consultation

The draft Richmond Carer Strategy sets out the priorities we will tackle together to support, recognise and value unpaid carers.

Unpaid carers are an integral element of the health and social care system. They provide an invaluable service that ensures the continued health and wellbeing of those they care for, and act as experts-by-experience who deliver vital services that are nationally worth the annual budget of the NHS.

Our vision is for unpaid carers in Richmond to be able to achieve their full potential, live their lives with confidence and resilience, and access circles of support and quality services that promote independence and deliver value for money.

The draft strategy identifies three priorities that have been developed based on local engagement with carers and other stakeholders, the recently completed Richmond Carer Needs Assessment and national strategic initiatives.

The three proposed strategic priorities are:

- · Priority One Improving the Identification of Carers and their Needs
- Priority Two Enhancing Economic Wellbeing through Employment/ Education/Training Opportunities
- · Priority Three Creating Carer Friendly Services and Communities

For each priority, we have defined in broad terms what we hope to do and what success will look like. Groups will be established to work on each priority. These groups will include unpaid carers as well as representatives from statutory services, voluntary and community services.

Progress towards addressing the priorities will be monitored by the Carers Strategy Reference Group and will be fed back to partners. Feedback from carers and their representatives, and those who are cared for, will be an essential part of the monitoring process.

Carers

Richmond Clinical Commissioning Group's Health and Care Plan 2019-21

The Richmond Health and Care Plan describes our vision, priorities and actions to meet the health and care needs of local people and deliver improvements in their health and



wellbeing. This two year plan focuses on actions which no single organisation can achieve alone: where health, social care and the voluntary sector working together has maximum impact. This plan should be read in the context of our other local health and care strategies. This plan has been developed in partnership with local people, voluntary community groups, health and care partners.

Our plan – priorities for action

Start well

- Improve the mental wellbeing and resilience of our children and young people
- Support children and young people with special educational needs, disabilities and complex health and care needs to flourish and to be independent in their local communities
- Focus on reducing obesity to improve the health of our children and young people



Live well

- Support people to stay healthy and manage their long term health conditions
- Promote mental wellbeing and support those who experience poor mental health to avoid mental health crisis
- Reduce health inequalities for people with learning disabilities and serious mental illness.



Age well

- Encourage active, resilient and inclusive communities that support people to live at home independently, if possible
- Support people to plan for their final years so they have a dignified death in a place of their choice.



12 newsletter | July 2019 newsletter | July 2019

Carers

London Borough of Richmond upon Thames' Dignity in Care Awards

As part of our role as a Dignity Champion, we are strongly committed to celebrating Dignity in Care, and championing local care workers and personal assistants who go the extra mile to provide outstanding care and support to local residents.

Every year Richmond Council hold the Dignity in Care Awards.

These awards aim to promote and recognise the very best in care and support. The awards:

- Recognise good quality care within the borough
- Raise awareness of Dignity in Care
- Inspire local care workers and personal assistants to deliver outstanding care and support
- Reward and recognise those staff and teams that make a difference and go the extra mile.

Nomination criteria

When making your nomination, please consider the following criteria:

- Only individuals providing care and support directly to residents can be nominated
- Work involved in the nomination must have taken place in the London Borough of Richmond upon Thames from October 2018 to the current date
- The nominee(s) does not have to be a resident of the London Borough of Richmond upon Thames
- The nominator does not have to be a resident of the London Borough of Richmond upon Thames
- An individual may be nominated for more than one category
- Winners of the 2018 Dignity in Care Awards are not eligible for nomination

You will need

- Your contact details
- Contact details of your nominee
- Supporting proof of why the nominee has been nominated

What happens next

We will be contacting all those who are nominated to make sure that they are happy to be put forward. We will also be letting them know who nominated them. The nomination is only confirmed once the nominee has given their permission to be included in the process. Please let us know on your nomination form if you would prefer us not to share your name with your nominee.

How to nominate

If you know someone who deserves recognition for what they do, nominate them now! Nominate online at: www.richmond.gov.uk/dignity_in_care.

Closing date for nominations is Friday 26 July 2019.

For more information, email: dignityincare@richmond.gov.uk

Shortlisted nominees will be invited to a celebration event on Friday 13 September 2019.

Carers

Achieving for Children's SEND Futures Plan 2019-22

The draft Plan sets out how Richmond Council, Achieving for Children and the Richmond Clinical Commissioning Group will improve SEND services over the next three years.

The online consultation can be found at https://surveys.achievingforchildren.org.uk/s/ Richmond SEND Futures Plan consultation/

An easy read version of the consultation, as well as links to the draft plan can be found on the SEND Consultation Hub at https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/send-consultation-hub-and-resource-bank

The consultation closes at midnight on 14 July 2019.

Other ways to get involved

We want everyone with a stake in SEND services to feel able to be part of an honest, constructive conversation. We're committed to listening, and demonstrating how your views have led to change.

You can continue to be part of the conversation by:

Signing up to receiving updates on SEND Futures and our regular SEND newsletter here: https://surveys.achievingforchildren.org.uk/s/SENDKeepintouch/

Emailing us your views or questions at sendlocaloffer@achievingforchildren.org.uk

Attending the SEND Team coffee mornings if your child has an Education, Health and Care Plan. Watch out for dates on the Achieving for Children website.

Sharing your experience and expertise as part of one of our parent panels. These bring together parents and carers with an interest in bringing about positive change.

The Richmond Parent Panel met for the first time in March, and the Kingston Parent Consortium met for the first time in May.

You can find out more about either the Richmond Parent Panel or Kingston Parent Consortium by emailing sendlocaloffer@achievingforchildren.org.uk

Parent Carer Forums

The national charity Contact are currently supporting local parents and voluntary organisations to set up new Parent Carer Forums for Richmond and Kingston. You can find out more about Parent Carer Forums on the AfC local offer website.



Do you have any ideas, comments, suggestions or complaints about Richmond Mencap?

Call: 020 8744 1923 or Fmail: office@richmondmencap.org.uk



We are happy to hear from you and love to have a chat so let us know what you think of us.

<u></u>
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.