

Richmond Mencap
newsletter
November 2019



Working Together Group Office Takeover!



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Office Takeover

Hello there! We're the Working Together Group, we help other people with learning disabilities, to speak up for them and their rights. We've changed the newsletter this time to show what we think can be done better! We've written it ourselves, and planned it ourselves. So for one month only, the Working Together Group have TAKEN OVER!

Over the year we've had holidays, we've talked about better healthcare, we've done training, and we helped run the AGM for Richmond Mencap which turned 60 this month!

We're on the lookout for new members too, so if you want to take part and help others like you, join the Working Together Group!



Working Together Group
 A dedicated group that discusses issues

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



CHRISTMAS PARTY

Richmond Mencap's Christmas Party
On Monday 30th December 2019
From 6.30pm – 9.30pm
At Clarendon Hall, York House, Twickenham

Don't forget your dancing shoes as we will again be awarding
 The Katie Rayment Memorial Dancing Trophy for the most
 enthusiastic dancer

Meet the Members

Jackie Ingold



“Hi, my name is Jackie and I am in Working Together Group. I like pub nights in Cabbage Patch and card games at Wii & Pizza. I work at Gateway and I am with the Working Together Group!”

Neil Hobby

“Hi, it’s Neil! I am also part of The Working Together Group! I go to Drop In sessions every Wednesday and Saturday in Teddington. I help out with Look & Plan, Gateway and the Working Together Group.”



Martin Nagle



“Hello, my name is Martin. I am part of the Working Together Group. I helped run the Mencap AGM this year and have been Mencap’s very own handyman with their garden! I enjoy going to clubs and seeing my friends.”

Mandy Townsend

“My name is Mandy. I am in a happy relationship and I have a lovely home. I have done lots with the Working Together Group: police training, talking to nurses, looking at new buildings. I’m also a cleaner at the Richmond Mencap office!”



Martin Jordan



“Hello, it’s Martin here! I am very busy with all my groups but I still have a chance to see my football team, Hampton. For the Working Together Group I go to the Disability Transport Forum and York House to talk to the council. I have trained policemen and nurses. Working Together Group allows me to help myself and others in Richmond.”

Lizzie Sinclair

“Hello, my name is Lizzie. I go to Meeting Place, Visitor Group and Working Together Group. In these last few years, I have made lots of friends going to all sorts of different clubs and outings. At Working Together Group, we have been helping people with going to the hospital, and we have met new friends along the way.”



Sue Ward



“My name is Sue. I am a volunteer tour guide assistant at the Poppy Factory where my husband Steven works. I have done a lot of training with the Working Together Group and met police, nurses, doctors, GPS. I was Chair of the Board for the Council Meetings and I ran Mencap’s AGM!”

Happy 60th, Richmond Mencap!

Richmond Mencap has just turned 60! At their 60th AGM Laura spoke and told everyone that some fun events are being planned for next year to celebrate our landmark birthday. We will let you know any celebrations coming up so you can come along!

Denise Carr and Richard Jeffries, who are the chair and a trustee from Richmond Mencap, also spoke. They talked about the history of Mencap since it started, and all the wonderful projects we have had this year.

Everyone here at the Working Together Group also told spoke! We told everyone all the exciting training we have done this year. We wrote speech bubbles with Laura, answering what it is like with a learning disability and how Mencap have helped us.

We also had a surprise guest! Chirpy Cheeps came along and sang lots of Abba songs. We had a birthday party for Richmond Mencap, and we ate some of the lovely Mencap Birthday cake that Teresa baked. We then had a group photo.

We look forward to the next AGM!



Treat Me Well Tips



Treat Me Well is the health campaign from Mencap. People with a learning disability often need support to get the healthcare they need. The Working Together Group do training on Treat Me Well.

Reasonable Adjustments are helpful changes to make it easier for disabled people. The Working Together Group have made a list of them so you can get the best care for your health when visiting your doctor.



SUPPORT – You can bring family, staff or a close friend to the hospital so you feel more relaxed and to help find your way in a hospital.

APPOINTMENTS – Remember to ask for longer appointments to allow you extra time to get there.

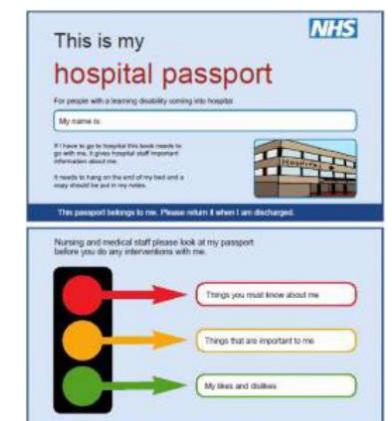


CALMING DOWN – Find out beforehand where you can go to calm down in case you feel stressed.



EASY READ – You need to follow instructions, but sometimes there is lots of writing and hard words. Ask for any instructions or appointments to be written down in **Easy Read** so that your instructions are easier and you can understand what you are being told.

PASSPORTS – Passports are small booklets all about you! They are very good for nurses and doctors to show that you have a disability. It should have any allergies or illnesses in the past, and anything you do or don't like. Passports must be up to date, so nurses and GPs know as much about you before they help you.



DISABILITY NURSE – A **Disability Liaison Nurse** is someone in a hospital who knows a lot about reasonable adjustments and can help you when you visit. If you ask for one they will make sure you are looked after in the best way for you.

Using Your Phone



There are lots of fun things to do on mobile phones now, and they are a great way to stay in touch with friends and family.

Here are some tips on how to stay safe when using a phone:

- Don't look at your phone as you cross the road. You won't be able to see what's ahead of you and you will be unsure of any traffic.
- Keep your mobile phone safe when you are travelling. Make sure you put it in a pocket or bag that you can zip up to make sure it doesn't get lost.
- Remember to charge your phone before you go out or it will run out of battery and you won't be able to call anyone in an emergency.
- If someone is calling you that you don't know, ask someone if they can be trusted.
- Do not tell anyone your bank details, email or passwords over the phone unless you have checked with someone that it is safe.
- Keep your phone with you. If you are worried about someone taking it, keep it hidden from sight.



Here is Martin, helping raise awareness for the Treat Me Well campaign over at Kingston Hospital. As you can see, he's dressed up for the occasion!

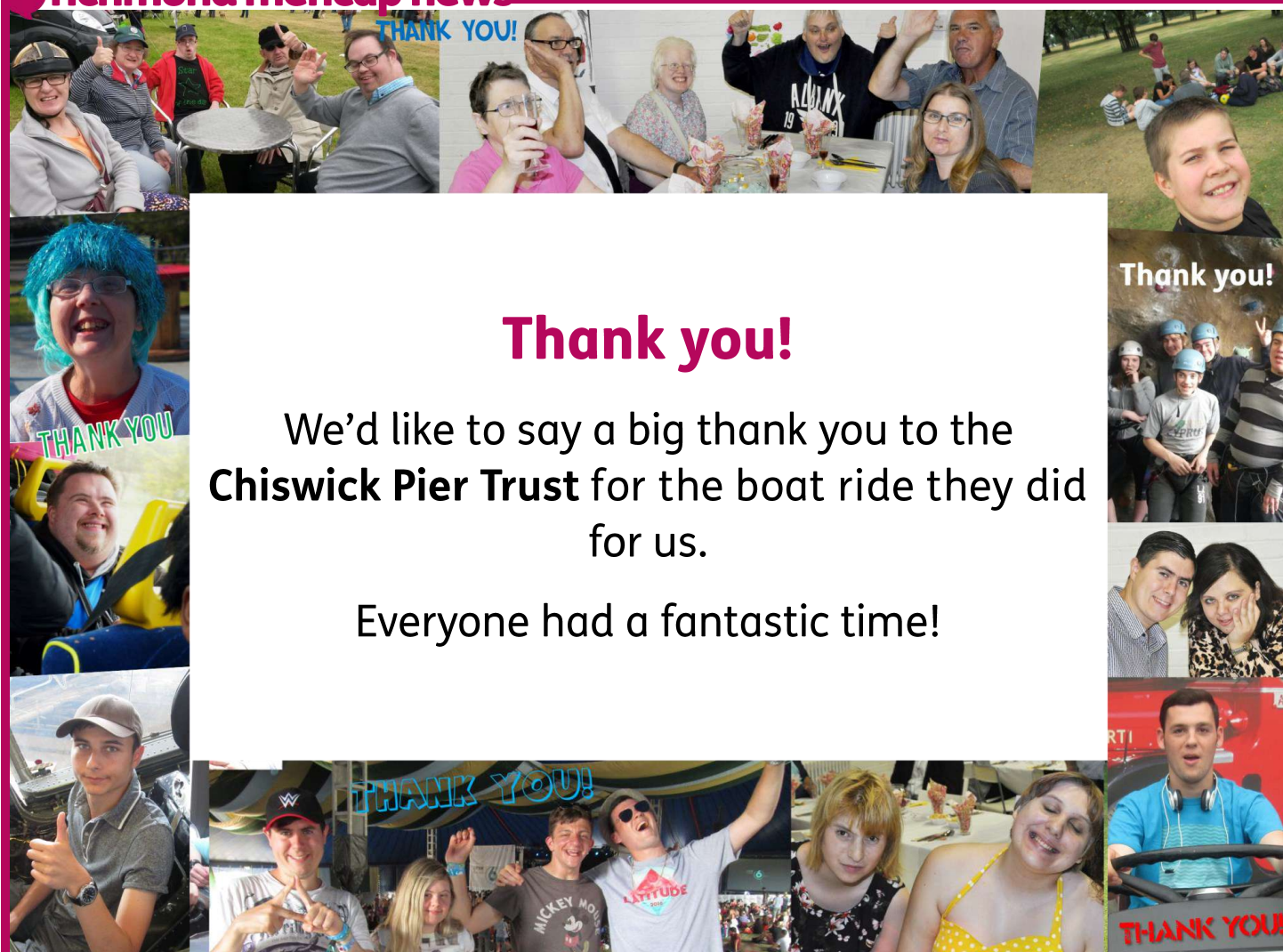


Here are Sue and Lizzie from the Working Together Group! Lizzie, Sue and our volunteer Martin helped Kingston CCG make a video to talk about better healthcare. You can find the video now on Youtube by searching 'Kingston NHS CCG'

DO YOU WANT TO BE PART OF THE WORKING TOGETHER GROUP?

If you are interested in helping raise awareness and speaking out for people with learning disabilities, please get in touch. We are on the lookout for new members! Just call us on **020 8744 1923**





Thank you!

We'd like to say a big thank you to the
Chiswick Pier Trust for the boat ride they did
for us.

Everyone had a fantastic time!

WINTER DISCO

SUNDAY
• **24TH**
NOVEMBER
•
5PM - 8PM



OSO ARTS CENTRE
49 STATION RD
BARNES
SW13 0LF

13-25 YEAR OLDS
TICKETS £5

JOB CLUB

16 week course

12-1.30PM ON THURSDAYS

STARTS 7TH NOVEMBER

TWICKENHAM AGE UK BUILDING
Arragon Rd, Twickenham TW1 3NH

**A 16 week course covering all the things you
might need to know to be job ready**

What jobs are out there?

Telling the world how great you are

Being your best you

Writing a good CV

Interview skills



RHLLT
at The People Hive
Connecting Adults with a Learning
Disability with the Community

IN ASSOCIATION WITH:
Choice Support

to book a place on this course please contact the Richmond Mencap office on 020 8744 1923

Queens Speech and Government Carer Legislation

In the Queen's Speech on 14th October, Boris Johnson's government set out a series of new policies to be implemented in 2020. Among those, the Government committed to bring forward proposals to improve general care services for adults:

'My Government will bring forward proposals to reform adult social care in England to ensure dignity in old age. My Ministers will continue work to reform the Mental Health Act to improve respect for, and care of, those receiving treatment.'

Many campaigners such as Carers UK have urged that more investment and commitment needs to be done.

Carers UK CEO Helen Walker has stated that 'this is the fifth consecutive year we've seen fewer carers in England supported by their local authority, with 22% fewer supported or assessed this year compared to 5 years ago. Families desperately need Government to act now to deliver increased long term funding for social care'.

National Mencap's ambassador Harry Roche said the while they are 'pleased' that social care is addressed, support for learning disabilities and carers 'has not been mentioned at all'.

The Government are expected to elaborate on how they intend to improve this sector in the New Year.

Would You Like to Talk to a Counsellor?

Caring can be challenging and it can be difficult to talk to friends and family about your needs, your thoughts and maybe worries, as a carer. Richmond Carers Centre offers carers the opportunity to talk '1-2-1', in a safe, confidential environment, with a qualified or trainee counsellor. If you would like to find out more, call them on **020 88672 380** or email the support team at support@richmondcarers.org.

London Borough of Richmond upon Thames' Dignity in Care Awards

Richmond Borough celebrated the efforts of care workers once again as the annual Dignity in Care award ceremony took place on September 13, at Clarendon Hall in York House.

Councillor Piers Allen, Chair of the Richmond Council Adult Social Services, Health and Housing Committee, said: "Richmond upon Thames provides first-class care to those who need it most and these awards are about highlighting the carers who make this happen."

"Every single person nominated for an award should be proud of their astonishing achievements."

The ceremony first began in 2012 and is dedicated to acknowledging carers and personal assistants for outstanding service and respect towards clients. Judge panellists were Nadine Hassler (Richmond Council), Rob Burton (Chief Executive of Age UK in Richmond), Cathy Maker (Chief Executive for Ruils) and Clare Taylor (AID's). Awards were handed out by Councillor Nancy Baldwin.

Chloe Lee was awarded Carer of the Year for Learning Disabilities as her 'infectious energy and enthusiasm' stood her out as 'the highest calibre of support worker'. Humera Ahmad won the Ken Yew Personal Assistant Award, while Jeral Dalisay and Stacey Strutton also won Carer of the Year for Older People's Care Homes and Home Support.

Over 140 nominations were received for this year's awards, including runners up Walter Pino, Andree Barron, Samantha Laye-Sion and Halima Khatun.

For further information into the Dignity in Care awards, or how to become a Dignity Champion in Richmond Borough yourself, email

dignityincare@richmond.gov.uk



Chloe Lee with her award

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

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.