



Celebrating



of Richmond Mencap

Richmond Mencap

newsletter

November 2020

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The office may be closed in line with government guidance, so it may be quicker to email us!

Charity Number 1102587
Company number 5002389
Affiliated to the Royal Mencap Society

Words from the Office

The last six months have been strange and difficult for everyone and we have all had to change the way we work and live. The office staff have been working from home, and staying in touch with everyone by video, email and phone. We are lucky that this is easy for us but many of our members do not have technology so we are constantly talking to other organisations about how we can support more people to get online. We have worked hard to give people things to look forward to and make them smile, but we have also been helping people to take care of themselves and making sure we do too. Our health is even more important this year and we encourage all our members and carers that can to get a flu jab.

We were sad this year not to be able to do any residential holidays as we know how much everyone loves them but keeping everyone safe is the most important thing right now. We can't have a Christmas party either which is sad as so many people come, and we won't get to see you in person...but we will, as soon as it is safe to, make up for it. Stay safe and well over the festive season and we look forward to seeing each of you as soon as it is safe.



What a year!

What we've been doing for our children & young people

We usually have trips and discos for the young people.



The coronavirus means that we can't do these activities at the moment.

For the last few months we have been playing games and quizzes over the internet using some

software called Zoom.

Many of the families were new to Richmond Mencap which we are very pleased about.

We have had 40 Zoom events for the children and young people so far.

We have also be doing some activities in a nature reserve. The young people have been playing lots of games and making things.



Some of our favourite things to do were making giant bubbles, playing hide and seek and giving tress silly faces made of clay.

Even though it was windy and rainy at times that didn't stop us having fun and a big tent gave us some shelter.

Take a look at some of our photos – you can see how much fun we had.



What we've been doing for our adult members

During lockdown, we called all our regular members of the Working Together group, Meeting Place and other activities every week. We would chat with them on the phone and make sure they had everything they needed during lockdown. We also did some shopping to people who had to stay indoors, and picked up medication for anyone that needed it. We wrote a weekly Funmail with games, quizzes and jokes to keep people busy indoors, and we sent this out to people by email or by post.

We also began our Power Hour Club on Zoom, where we had a few hours a week with our members online. We did art, danced to music, played games, performed, and chatted to everyone. The zooms have been so popular that we are still running them now.



When it was safer to go outside, we ran some activities in the beautiful Pensford Field. We helped those staying with their families to take a break and join us for arts and crafts and a chance to be with nature.

We also met up with the Working

Together Group. We managed to make a movie to train nurses and doctors, wrote a survey, and have told the council about what people need help with during the Coronavirus. We are now working on how to help Richmond during COVID, and we are setting the team up online to chat!



During the lockdown most of us were working from home but some people were still doing essential visits and others were redeployed to help out other teams. A group of our staff have continued to help patients in hospital keep in touch with relatives using video calls, which they have really enjoyed doing.

During that period we provided welfare calls for our clients, their families and their carers, phoning them regularly to check they were ok and offering advice if needed.

Our Specialist Outreach service continued to see people in the community and also supported some people who were in hospital. They also made and delivered around 250 Wellbeing packs, containing advice and activities, to people who were very isolated.

We are now providing all our services but obviously we have to do that whilst protecting our clients by using PPE and social distancing and we are offering more of our advice and input virtually if people prefer. We are running a number of online virtual sessions, including Sensory stories.

We can help adults with learning disabilities who have a GP in Richmond or Kingston with Communication, Mobility, Exercises, Postural Management, Health facilitation and appointments, Health promotion, Dysphagia (swallowing difficulties), Mental Health and well being, Behaviours which challenge, Participation in activities of daily living, Sensory issues, Problems with sleeping, Healthy eating, Healthy lifestyles, Diet and nutrition, Epilepsy, Audiology and Significant Emotional & Relationship Difficulties

We are based in Hampton Wick and Surbiton and anyone is welcome to make a referral or to contact us to ask for advice.

You can contact us on our details below:

NeuroDevelopmental Services, Your Healthcare, Hollyfield House, 22 Hollyfield Road, Surbiton, KT5 9AL

Tel: 0208 339 8005 Email: swlccg.nds@nhs.net **Take care and stay safe!**



Virtual Annual General Meeting



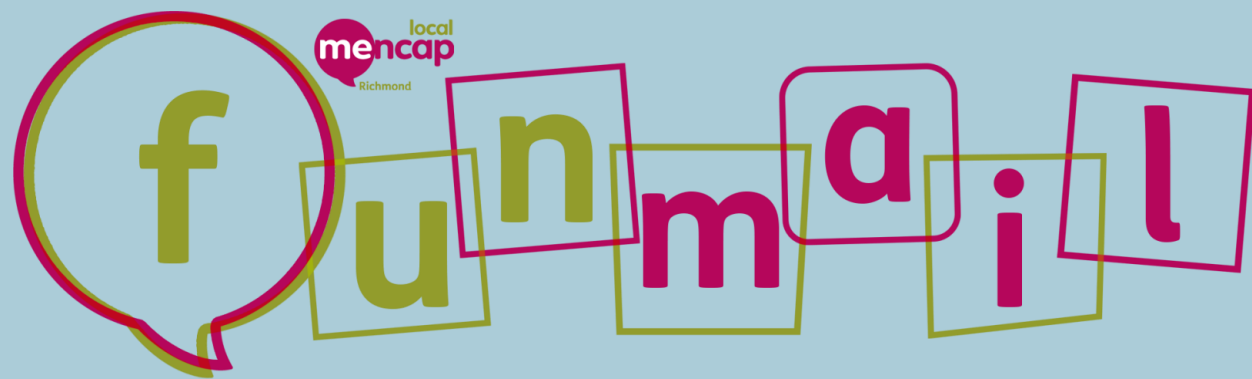
**Friday 27th November
4pm - 5pm**

This is a business only AGM

**Please email to let us know if you wish to attend and
we will send you joining details**

We will have a more inclusive event to celebrate last year's
60th year once we're able to do something in person!





Chortle Champions

Here's some hilarious jokes

Q: What kind of key opens a banana? Q: Why are bananas never lonely?
 A: A Monkey! A: They hang around in bunches!



The Bamboozler!

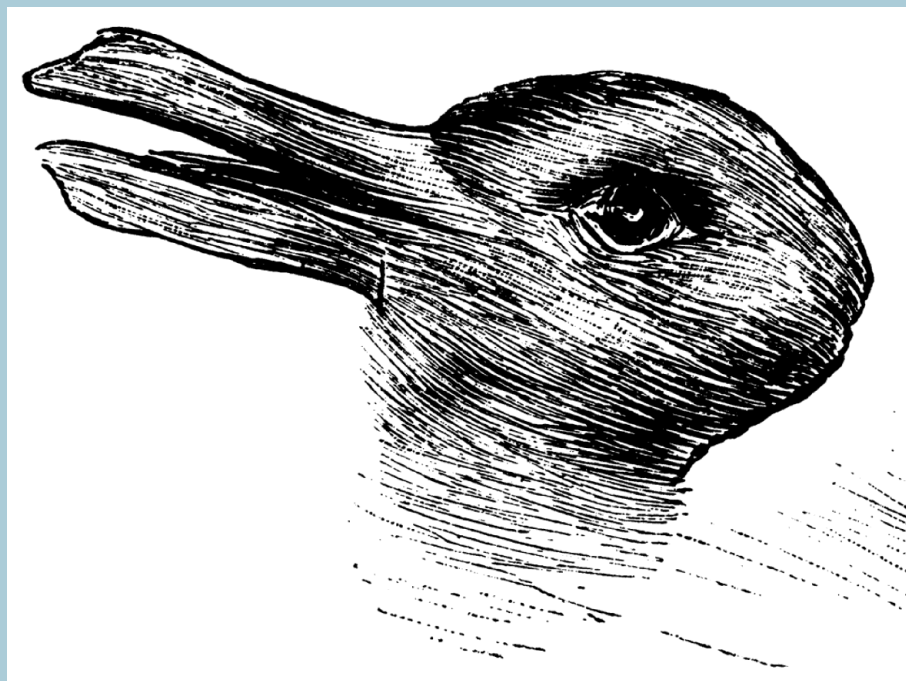
A brain teaser to keep you thinking.

Riddle: I have a tail and a head, but no body. What am I?

You can find the answer at the bottom of the page, but have a go first!

Duck or rabbit?

What do you see?



Activity Corner

Word search

FAMOUS BANDS

PSY
 FLEETWOOD MAC
 QUEEN
 WESTLIFE
 MADNESS
 ONE DIRECTION
 TAKE THAT
 MCFLY
 LITTLE MIX
 GREEN DAY
 THE WHO
 BUSTED
 UNION J
 MUSE
 LAWSON
 ELBOW
 BLUR
 OWL CITY
 PINK
 WANTED

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| L | E | Y | A | D | N | E | E | R | G | M | D | T | N |
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| T | O | I | B | C | L | L | W | O | N | N | S | E | O |
| T | S | C | L | F | R | T | Y | B | I | E | U | D | H |
| L | W | L | E | L | N | S | T | L | P | S | B | I | W |
| E | A | W | T | Y | W | E | O | E | N | S | J | R | E |
| M | L | O | O | S | E | W | I | T | N | R | W | E | H |
| I | F | L | E | E | T | W | O | O | D | M | A | C | T |
| X | L | P | R | U | L | B | Q | K | A | U | N | T | I |
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| L | C | O | T | A | H | T | E | K | A | T | E | P | S |

Sudoku

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|---|---|---|---|---|---|---|---|---|
| | 1 | | 2 | | 8 | | 9 | |
| 6 | 2 | | | 9 | | | 8 | 5 |
| | | | 6 | | 5 | | | |
| 5 | | 7 | 4 | 6 | 3 | 2 | | 9 |
| | 3 | | 9 | | 1 | | 6 | |
| 1 | | 9 | 7 | 8 | 2 | 5 | | 3 |
| | | | 3 | | 6 | | | |
| 2 | 9 | | | 4 | | | 5 | 1 |
| | 7 | | 5 | | 9 | | 2 | |

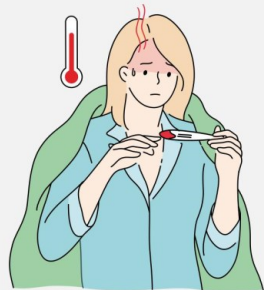
Spot the difference



GET YOUR FREE FLU JAB



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



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



You can have the flu jab
at your GP surgery



Or you can have the flu
jab at a pharmacy



If you have any worries
about having your flu
jab then talk to your
GP or pharmacist

Flu
vaccine
help us
help you

‘JUST’ THE FLU?



Some people with a learning disability can get very ill if they get the flu. The flu jab is the best protection for you against the flu and is **FREE** if you have a learning disability. It's also **FREE** for those that provide care or support to you. We have measures in place to keep you safe when you have your flu jab.

A flu jab clinic is taking place:

on Wednesday 25th from 11AM - 1PM

at Kingston Mencap
The Searchlight Community Centre
Kingston Road
KT3 3RX

To book your **FREE** jab at the clinic, get in touch by:

calling 07936 359260

Flu
vaccine
help us
help you



Down’s Syndrome has been added to the Clinically Extremely Vulnerable conditions list by Chief Medical Officers

- What has been decided?**
A decision has been made to include all adults who have Down’s syndrome in the group of people who are considered to be clinically extremely vulnerable. This is the group who were previously advised to shield.
- What does clinically extremely vulnerable mean?**
A person who is clinically extremely vulnerable has the highest risk of a more serious outcome if they catch COVID-19. It means they need to take extra care compared to other people, to avoid getting COVID-19.
- Why has this been decided now? What has changed?**
We now have more information to show who is most at risk of becoming very unwell or dying from COVID-19, than we did at the start of the pandemic. This is based on what actually happened to people with COVID-19 in the UK between January and June.

We now have information that adults who have Down’s syndrome are at a higher risk of severe outcomes from COVID-19. As with all groups, the older you are the higher your risk of becoming seriously unwell.

- How do you know that people with Down’s Syndrome are at high risk?**
Researchers have developed a tool that estimates a person’s risk of being admitted to hospital and of dying from COVID-19 based on information about the person such as their age, gender, ethnic group or whether they have long standing illnesses.



- What information was used in this tool?**
We have looked at the information in medical records from 1,205 GP practices, which included over 8 million adults. These records were then matched against other data like positive COVID-19 test results and information about people who went to hospital or who died so that we could see which health conditions had the highest risks of more serious outcomes. The tool showed that even when we take account of other factors, people who have Down’s syndrome would have a higher risk of becoming more seriously ill or dying from COVID-19.
- Who decided to add people with Down’s Syndrome to the clinically extremely vulnerable group?**
In September, the UK Chief Medical Officers (CMOs) reviewed the new information which showed that most adults with Down’s Syndrome were at a higher risk amongst the population. Therefore, the UK CMOs decided that people who have Down’s syndrome should be added to the clinically extremely vulnerable group.
- Does it apply to everyone who has a Learning Disability?**
No. We are only adding people who have Down’s syndrome to the clinically extremely vulnerable group.

We don’t think that a learning disability (except where a person also has Down’s syndrome) by itself is a significant risk factor however, many people with a learning disability are more likely to have other health conditions (such as diabetes) that could put them at risk of becoming very unwell or dying from COVID-19. As we learn more about COVID-19 we will keep the list of conditions in the clinically extremely vulnerable group under review.



- Where can I find out more?**
There is information about what to do if you are in clinically extremely vulnerable group on the government’s website: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Planning in case of an emergency -
Carers UK Guidance

For those who provide unpaid care to friends or family, we advise all carers to create an emergency plan with the person they care for, to use in circumstances where other people may need to help deliver care. Depending on the circumstances, this could be help from family or friends, or a care provider.

In order to create an emergency plan that fits the needs of the person you care for, you will need to set out:

- the name and address and any other contact details of the person you look after
- who you and the person you look after would like to be contacted in an emergency
- details of any medication the person you look after is taking
- details of any ongoing treatment they need
- details of any medical appointments they need to keep
- details of their preferences and usual routine



You should also ensure that it is in a format that can readily be shared with other people who will need to discuss the plan with the person you care for.

For more support on contingency planning, see [Carers UK guidance](#) on practical support and planning in an emergency, including information about local carer organisations. You can also find information out about local services on the [Carers Trust website](#).

You can view the online guidance [here](#).

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.