



Richmond



Richmond Mencap

newsletter

November 2021

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We wish you a happy festive season

From everybody at Richmond Mencap!

When Richard Jeffries retired as the Director of Social Services at Richmond Council in 1997 he was much in demand – but happily for us he lost no time in getting personally involved with 3 local groups supporting people with learning disabilities and their families in the borough: Richmond Mencap where he served as a trustee for over 22 years, including 13 years as our Chair; the Richmond Gateway Club which provides weekly activities for people with learning disabilities; and the Friends group at Normansfield Hospital in Teddington, which later under his leadership became The Normansfield & Richmond Foundation – providing grants to individuals with learning disabilities in the borough and the groups which support.

Richard was a regular at all the Mencap fundraising events and celebrations like the Christmas Party and he ensured that our Mencap holiday bungalow in Eastbourne provided a good base for holidays – even enjoying going there himself to check up on things. But he also shepherded our charity through all the changes of the last two decades – knowing that though so much progress had been made, there was still so much more that needed to be done to protect the rights of people with learning disabilities and support them to take a real part in their local communities.



His vision of supporting people with learning disabilities and their families made him a doer, a campaigner and a role model for staff and volunteers. **A real gentleman!** with a wealth of knowledge and expertise which helped us all and a kind and caring nature which made everything seem possible. He leaves all 3 charities in safe

hands and his legacy will continue to benefit the people he cared about so passionately.

Richard did so much and is fondly remembered and very sadly missed by all who knew him. We will think of him as we continue this important work.

Faye Byrne of The Gateway Club remembers Richard as the Chair for over 20 years, first when the Club was based at Normansfield and now at Linden Hall, Hampton. He was always there on Tuesday evenings to open up and greet members on arrival. His broad knowledge of people, procedures, requirements and Club governance meant that meetings were always well prepared and ran smoothly. He was a great supporter of our key fundraiser – a Fun Run around Richmond Park – in all weathers, seeing people off and waiting for the very last person to return, and was delighted with its success. Richard had great compassion and care for members, volunteers and leaders, and mentored those who needed help. He was a huge presence in the life of Richmond Gateway is sorely missed – a truly Christian man.

Lydia Hansbury, of the Normansfield & Richmond Foundation remembers Richard as a trustee from 2001 to his death (and as Chair from 2003-2017). He was a very caring man with a real understanding of the many issues affecting people with learning disabilities and their families locally. He always gave very careful consideration to every grant application received by the Foundation and his views were highly respected by his fellow trustees. He did so much for the local community and is sadly missed by all who were privileged to have known such a gentle, caring and kind man.

Denise Carr

The Richard Jeffries Butterfly Award for Achievement



An achievement award in honour of Richard Jeffries, chair of the Gateway Club, trustee and former chair of Richmond Mencap, and trustee and former chair of the Normansfield and Richmond Foundation. In remembrance of his support and passion for people with learning disabilities and his love of butterflies, we launch the first year of this award. Richard was supportive of everyone's own interests and learning, and to continue this we want to celebrate new achievements within the Learning Disability community of Richmond. The theme of this first year's award will be achievements that helped people cope with covid. What did you do to make the time pass, to keep yourself or others safe, or to make yourself or others smile during difficult times?

Please nominate adults with learning disabilities and/or Autism for their achievements, big or small, that helped them smile through these tricky times. Learning to wear a mask, phoning their friends regularly, choosing their favourite food to cheer themselves up, listening to music to make them smile. Nothing is too small, we welcome all achievements.

Applications will open in March 2022 and the award will be presented at the Learning Disability Awareness Event in June 2022. So, there is time to think, learn and do! Nominations should be sent to the Richmond Mencap office by post or email and will be judged by trustees of the Normansfield and Richmond Foundation. The prize is £150 cash each to three winners.

Richmond Mencap, 342 Richmond rd, East Twickenham, Middx. TW1 2DU or office@richmondmencap.org.uk.



What a year!

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

For the last few months, we have been playing games and quizzes over the internet with children in Richmond Borough. Our younger members have had a chance to meet new faces, get to know our staff and have a laugh or two as they chat with their new friends.

We have also been lucky enough to use Pensford Field to run activities outdoors for our younger members during the weekends, holidays and half terms.

Some of our favourite things to do at Pensford Field included Hide & Seek, arts and crafts, and making giant bubbles.

Take a look at our photos to see what we made!



What we've been doing for our adult members

With our second year of lockdowns and COVID, we have been working hard to make sure everyone has had a good time!

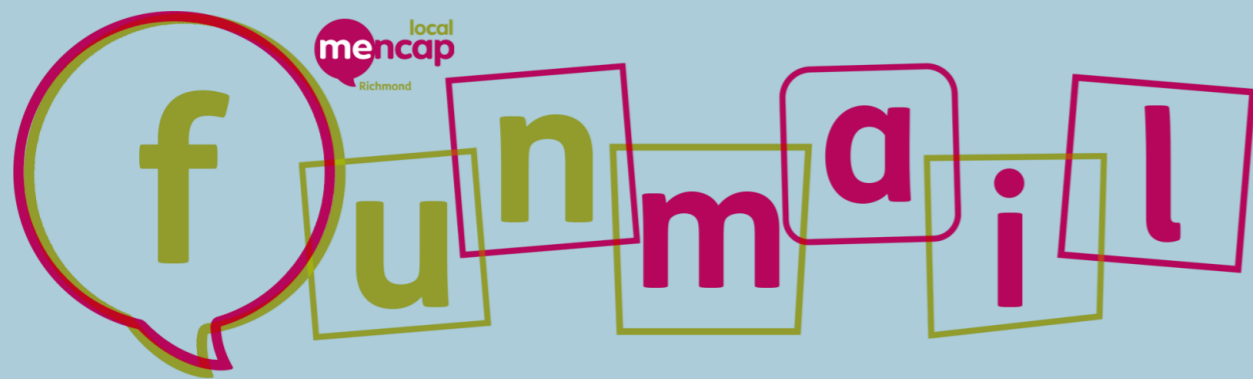
We have been keeping up our weekly befriending calls to all our older members from the Meeting Place and other activities. We chat to them on the phone and make sure they have everything they need, and we even send out a Funmail with puzzles and jokes to keep them entertained indoors.



Our Power Hour Zooms have also been a regular activity for many of our adult members: On Wednesdays we do drama games and play battleships; on Thursdays we ran Taekwondo lessons and meditation to exercise the mind and body; on Fridays we had chats and dancing; and every Sunday we have been running our Mencap Disco. The zooms have been so popular that we are still running them now.

During the holidays, we ran a nature-filled HOP Club every Thursday, Friday and sometimes even a Sunday! HOP Club was held at a private nature reserve called Pensford Field, where young adults got the chance to see friends and do some fun activities. We also arranged special guests to come in and meet our members of HOP Club. We had some local bee keepers, a forest expert and even an animal petting zoo come to visit us. We managed as well to do a riverside walk to the local pub and arrange a trip to Kew Gardens for everyone who came to HOP Club. Have a look at our pictures to see what a fun time we had.





Chortle Champions

Here's some hilarious jokes

Q: How do you catch a squirrel?

A: Climb a tree and act like a nut!

Q: How do you organize a space party?

A: Planet early!



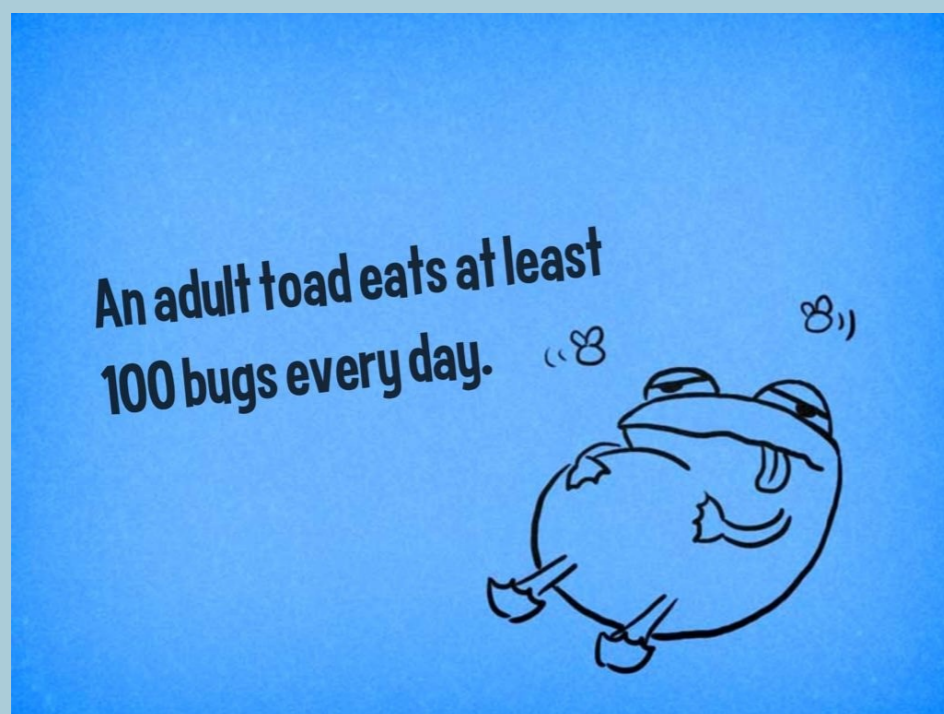
The Bamboozler!

A brain teaser to keep you thinking.

Riddle: What has a face and two hands but no arms or legs?

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

Fun Fact



Sudoku

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



Activity Corner

Word search

Ice Cream Flavors

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

TRIPLE TORNADO
REESES
NEOPOLITAN
CHOCOLATE
STRAWBERRY
COTTON CANDY
COCONUT
ROCKY ROAD
COOKIE DOUGH
TIGER TAIL
GREEN TEA
HOKEY POKEY
MAPLE WALNUT
FUDGE
PECAN
BANANA
VANILLA

Spot the difference

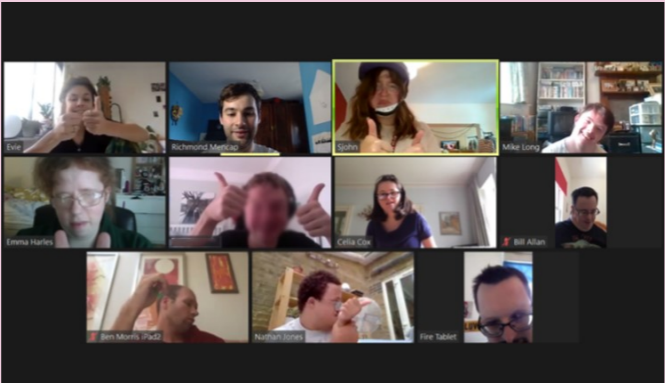
Can you spot the 5 differences between these two pictures?



We have been very busy at the Working Together Group!

Earlier this year, we helped Richmond chat to all their care homes and supported living homes. We made a game and got our members to ask questions to the people that lived there. We gathered all their feedback about their lives, their care and their homes. We sent what people said back to the council so they could learn about the people they look after and what they want.

We have also been zooming lots! We train nurses and doctors on the computer now. We also have our meetings, make surveys and chat to the council on the computer now.



Richard's moved on

This is just a quick note to let you know that I left Richmond Mencap in August.

I have set up a social enterprise that will be working with children after school. I am excited about it, but I will miss you all.



I really have enjoyed working at Richmond Mencap the last years and it has been a pleasure going on trips with you.

It has been great to get to know you all and be able to have so much fun with you on Richmond Mencap activities.

Wishing you all the best!

Richard



JOB CLUB
1:30-3PM THURSDAYS
Starts 4th November

A 12-week course covering all the things you need to be job ready!

- **Writing a good CV**
- **Interview skills**
- **What jobs are out there?**
- **Teamwork skills**
- **More!**

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



New resources to improve dietary habits of people with learning disabilities

People with learning disabilities are more likely to have dietary patterns that lack essential nutrients and associated health conditions than the general population.

As a result of this, a new project led by Lynette Harper, has developed an online resource for people with learning disabilities, allowing them to follow along with cooking videos and access easy-read recipes.

Previous studies have found that people with learning disabilities are more likely to have an inadequately balanced diet than the general population. In fact, 37% of people with learning disabilities are obese, compared with 30% of people without learning disabilities.

The reasons for this are multi-faceted, but include: difficulty accessing healthy foods, a lack of knowledge about nutrition (and therefore higher intake of processed foods and a lack of fruit and vegetables), a lack of knowledge about food preparation skills and poor health literacy.

They found that follow-along, real-time cooking videos, role modelling, and engagement, encouragement and reinforcement were the most effective ways to encourage healthy eating.

The researchers provided a one-day training workshop for staff working with people with learning disabilities, which was co-presented by people with learning disabilities. This allowed staff to have informal conversations and see how "nudges" could be used in practice.

The researchers say the workshop revealed that staff working in GP surgeries need more knowledge and support around communicating with people with learning disabilities and applying reasonable adjustments to patients in this population.

You can read the project in full here <https://www.nursingtimes.net/roles/learning-disability-nurses/developing-dietary-interventions-for-people-with-learning-disabilities-22-03-2021/>

Planning in case of an emergency - Carers UK Guidance



Healthwatch Richmond is working with the NHS gathering people's experiences of living with long term effects of Covid-19 (Long Covid) to inform the development of local services for people with Long Covid. This is a crucial piece of work as Long Covid is still new and poorly understood and it is the perfect time to help shape the development of new support. We want to hear from as many people suffering from Long Covid as possible to ensure that their voices are represented in the design of support services.

We would be very grateful if you could help us to reach as many people as possible by sharing the email below with your community and contacts through your communications and social media. We can also provide content and images for newsletters, websites, social media and, if you can, to be sent by post. We're happy to adapt our communications materials to whatever you need or think would work best. I have attached a graphic and some sample posts along with this email, if you wish to use it.

Whilst we would be incredibly grateful for your support with promoting this project to your community, we're also keen to hear from our community about their experiences during the pandemic and of any NHS and social care during this time as part of our work.

If there are any groups that you're involved with that we could speak to or anything further that we can do to support your community please do let me know as we would be very pleased to discuss.

You can find our survey by clicking here, and we can be contacted on 0208 099 5335, or at chloe@healthwatchrichmond.co.uk.

Bright Futures Workshops

Sue Robson and RUILS have launched their amazing 'Bright Futures' program to help people in Richmond with SEND transitions.



Universal Credit and PIP

Dipesh Mistry, Partnership Adviser (West London District Office, Department for Work and Pensions) will be sharing a presentation about Universal Credit and Personal Independence Payments and able to answer your questions.

When: Thursday 11 November, 11am

Where: Zoom

To book a free place: <https://www.eventbrite.co.uk/e/bright-futures-workshop-universal-credit-pip-tickets-177074503607>

Mental Capacity Assessments

Sue Robson will be speaking about the Mental Capacity Act and Mental Capacity Assessments – what they are, when an assessment should be carried out, who does them.

When: Thursday 9 December 2021, 10am-12pm

Where: Zoom

To book a free place: <https://www.eventbrite.co.uk/e/bright-futures-workshop-mental-capacity-assessments-tickets-177157391527>

Colleges and how to find them!

Teresa Jones, Mencap and Sue Robson will be talking about how to identify potential colleges for your young person, and what to look for and questions to ask when you visit.

When: January 2022

Where: in person, location TBA

Lasting Power of Attorney

Marie Quinn, M2M Community Solicitors LLP will be presenting about Lasting Power of Attorney and how this might be relevant for a disabled young person and their family.

When: Thursday 24 February 2022

Where: Zoom

Deputyships

Marie Quinn (M2M Community Solicitors LLP) will be presenting about Deputyships and the Court of Protection. This is a complicated area and there is a lot of misinformation around. A deputyship may be appropriate for your young person but it is not needed in many cases and Deputyships come with responsibilities. This session will help you understand what it is and if you need one.

When: Tuesday 15 March 2022

Where: Zoom

Further details for the 2022 workshops are coming soon.

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.