



Richmond



Richmond Mencap

newsletter

Winter 2023

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LDA Week Event -

For **Learning Disability Awareness Week** this year, we had an event at Richmond and Hillcroft Adult Community College.

We enjoyed performances from our Something to Say drama group, Chirpy Cheeps choir and students from the college performed a musical presentation on healthy lifestyle choices.

The Richard Jeffries Butterfly Award for Achievement 2023 was awarded to Chloe Bowe, Dexter Hutchinson and Susannah Brand. Each winner was awarded £150 and a butterfly badge to showcase their outstanding achievements!





HOP Summer 2023

This year at HOP we welcomed back some old names as well as greeting a few new members. We faced every type of weather with a smile, singing in the rain and enjoying the hot and sunny days as they came.

We awarded prizes and danced our socks off at our Karaoke Disco! The members enjoyed playing pass the parcel, musical statues and conquering the pinata.

We encountered snakes, spiders and lizards at Hounslow Urban Farm, and some of the members were even brave enough to hold these reptiles!

One of the most popular trips this year was the boat trip from Richmond’s St Helena’s Pier to Kingston Pier- with a stop between journeys for an ice cream break of course!



IF YOU WENT TO HOP THIS YEAR, PLEASE FILL IN THE FEEDBACK FORM AT THE BACK OF THIS NEWSLETTER AND DROP INTO THE MENCAP OFFICE.

Young People Activities 2023

Our young people enjoyed six fantastic days out this summer, including bowling, archery and of course, lots of ice creams! During the Autumn season, they have had lots of fun indoors as well at places like Clip N Climb and the Water & Steam Museum.

Next up we will be going to a trampoline park!

Photo 1 - One of members having a chill time with some ice cream

Photo 2 – Mini Golf by the volcanoes was such a thrill!

Photo 3 – Help! Our members are trapped in some bubbles!





Update from the Working Together Group

The working together group have been busy this year! They have been working with the local election team, local parks, partaking in nurse training and hosted our LDA Week Event.

The chair of the Working Together Group, Lizzie Sinclair, will be stepping down this autumn. The group have yet to decide on a new chair and agree that Lizzie has set an amazing example over the last two years.



Update from the Job Club

We are happy to announce that the latest cohort of our employability Job Club with Choice Support all passed their course! After 11 weeks of learning, the candidates took part in a mock-interview assessment to put their new skills to the test before receiving their well-earned certificates!



Update from the Meeting Place

The Meeting Place have had a lovely summer term, with pampering, bingo and quiz nights. They have also been on a few trips to local supermarkets to find healthy meals and have been making good use of the iPads to snap some great photos!

The Meeting Place are also excited to announce that they will be moving to the ETNA Community Centre this September! Whilst the group have really enjoyed using the Mencap Space, they are excited to try something new.





Update from
Something 2 Say

Our drama group Something to Say took a break over the summer holidays but are so excited to be back in October! In July, our members performed at Richmond Mencap’s Learning Disability Awareness Week Event. They put on an interactive production of ‘Where the Wild Things Are’, complete with colourful costumes and lots of audience participation!

The show also included a dance number to ‘Wild Thing’ by The Troggs, during which our members did their best monster dances!



Music+More

Music+More, a music therapy group in partnership with the Otakar Kraus Music Trust, finished its first 12-week course in July. We spent our last session playing all the members’ favourite pieces from the previous weeks, accompanying them with maracas, tambourines, drums, piano, ukulele and more! The group finished with ‘Thank you for the music’ by ABBA- a fitting end to a lovely 12 weeks! The next group are now off and away playing all kinds of instruments!



You are invited to join us for the...



CHRISTMAS
PARTY!

THURSDAY 28TH DECEMBER

@ CLARENDON HALL, YORK HOUSE
TWICKENHAM TW1 3AA

5.30PM - 8.30PM

Live DJ!

dancing!

fun and games!!





ANNUAL GENERAL MEETING

Come along to hear about what we've been doing
and hear about our plans for the next year

Come along early to enjoy our Health Event!

Wednesday 29th November
3.30pm - 4pm

**Richmond and Hillcroft
Adult Community College**
Parkshot, Richmond TW9 2RE

HEALTH PARTY!

Wednesday
29th November
1pm to 4pm

An afternoon of
food, entertainment
and wellbeing!

An opportunity for adults
and their carers to be
vaccinated against COVID-19
and Flu!

Richmond and Hillcroft Adult
Community College
Parkshot Centre Parkshot Road,
Richmond TW9 2RE

The party will be
followed by
Richmond Mencap's
AGM!



Introducing.... MENCAP CLUB



Are you a fan of **Wii & Pizza**? Or perhaps the **Meeting Place**? Well, Mencap are happy to announce our next big club...

Introducing the brand **new 'Mencap Club' starting this November!** There will be sessions running on the following dates:

- **Thursday 23rd November**
- **Thursday 14th December**
- **And many more in 2024!**

These sessions will be held at the **ETNA Community Centre**, 13 Rosslyn Road, TW1 2AR from **12pm to 3pm**. Here we will have a range of activities from games to crafts to cooking, all focused on the central theme of health and wellbeing.

The club is **free of charge** and there is **no need to book**- just come along and try it out!

If you have any questions, please do not hesitate to get in touch.

MENCAP CLUB

chat · play · learn · relax

at the ETNA Centre,
East Twickenham,
TW1 2AR



Thursdays 12-3pm
2nd November
23rd November
14th December



In January, we will be starting our next Music + More course and Connect 2 Tech sessions. If you live alone or with family, and you love music or tech, come along!



CONNECT TECH 2

Come along to learn
about using technology
and how to have fun
online!

WHEN?

*Wednesdays and
Thursdays
4:00pm to 5:00pm*

WHERE?

*ETNA Centre
&
Mencap Space*



for more information please contact
office@richmondmenap.org.uk or call 020 8744 1923

MUSIC + MORE



A morning of
music therapy,
creative activities
and games!

FRIDAYS
11:00-1:30



FOR THOSE WHO LIVE ALONE OR WITH FAMILY



TO BOOK A PLACE, PLEASE CONTACT
OFFICE@RICHMONDMENCAP.ORG.UK
OR CALL 020 8744 1923

ATTENTION ALL HOPPERS! We are collecting feedback to make next year's HOP bigger and better than ever! Please answer these questions and drop the newsletter into the Mencap Office if you have any thoughts on how to make HOP extra awesome for 2024!

HOP 2023 Questionnaire

Which activities did you attend this year?

- ☐ Mini Golf
- ☐ Walton Firs
- ☐ Climbing
- ☐ Boat Trip
- ☐ Pub Walk
- ☐ Cycling
- ☐ Hounslow Urban Farm
- ☐ Karaoke Disco
- ☐ Pottery Painting
- ☐ Bowling
- ☐ British Wildlife Centre
- ☐ Flip Out Hounslow
- ☐ Thames Valley Adventure Playground
- ☐ HOP Club

How have you found Richmond Mencap services during this year?



What did you think about the level of information you recieved before the sessions?

What did you think about the venue? (Richmond Mencap Space)

Which layout would you prefer in future?

- ☐ 2-3 days a week over 6 weeks
- ☐ 5 days a week over 3 weeks
- ☐ Not sure/ don't mind

If you had any problems or worries, how well were these handled?

How would you describe HOP?

How would you like to pay for HOP in future?

- ☐ Bank transfer
- ☐ Card machine
- ☐ Cash
- ☐ Not sure/ don't mind

Are there any changes you would like to see in HOP?

Is there anything else you would like to add?

GET WINTER STRONG

Get vaccinated

Flu and COVID-19 spread more easily in winter and can cause you serious harm if you have an ongoing health condition.

But flu and COVID-19 vaccines can help keep you protected and better able to defend yourself. So if you do run into these viruses this winter, you'll have milder symptoms, recover quicker and be less likely to end up in hospital.

Check your eligibility and book online at nhs.uk/wintervaccinations



The Richmond Mencap Bungalow



Richmond Mencap own a bungalow in Eastbourne that some of you may have been to in the past. We are going to sell it to raise some money to spend on activities. Do you have any questions or comments? Please let us know by Monday 18th December. You can phone us, write to us or email us (details in the front of the newsletter).

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

Email Newsletters

Have you subscribed to our Carers Corner newsletter?



You can find out about new services, articles, workshops and more coming up in Richmond.

Send us an email at office@richmondmencap.org.uk and we will sign you up.