

Newsletter

October – December 2017

Autumn edition



Welcome from Terri Looker, Director of Services



Hello and welcome to our Autumn newsletter.

The last couple of months have been very busy: I have been working with a web designer and I'm pleased to inform you that the new Riverwood site is now live:

www.riverwood.org. The new site enables you to keep up to date with what is happening and gives you the opportunity to browse our online shop where you can complete an

inquiry form with regard to purchasing a particular product. The designer is now in the process of redesigning and upgrading the main Greenwich Mencap site which is expected to go live the 1st Dec. These changes will raise our profile giving a more professional feel and be more user-friendly. We have continued to focus on fundraising, you can read about our successes on page 3.

Members Forum

I hope you will join me at the next member's forum meeting on Wednesday 6th December, from 11.00am – 12.30pm, at the Stables café The Carers Centre, The Stables, 76 Hornfair Road, London, SE7 7BD

Remember this is your newsletter so we want to know what you would like to have in it.

If there is a specific topic or piece of information that you want to read about or share with others please contact:

Emily Palmer:

Tel: 0208 305 2245 Ex 205 Email: admin@greenwichmencap.org.uk

Membership rewards

All paying members who have a photo membership badge can benefit from the following discounts at venues around Greenwich:

- ❖ Davy's Wine Vault, Greenwich High Road 10% discount
- ❖ North Pole Bar, Greenwich High Road 10% discount and 50% discount on the A la Carte restaurant menu
- ❖ Beezoo Café, Greenwich Station 10% discount
- ❖ Plumtree Café, Greenwich High Road 10% off drinks

How to become a Member

Membership costs just £10.00 a year. All Members receive the quarterly Newsletter free of charge. To qualify for the discounts shown above, Members can buy a photo Membership badge for £5.00.

The Membership fee can be paid in full by one payment or spread the cost over a year by setting up a Direct Debit for £1.00 a month.

Different ways to support us and make donations

If you would like to support us, there are different ways to do this. You can:

- ❖ Send a donation – make cheques payable to Greenwich Mencap
- ❖ Donate online at: www.virginmoneygiving.com/charities/greenwichmencap
- ❖ Add Greenwich Mencap as your everyclick charity at: www.everyclick.com
- ❖ Set up a Standing Order or Direct Debit
- ❖ Make a legacy to us in your Will

For further information about Membership or donations please contact:
James Thorpe:

Tel: 0208 305 2245 Ext 204 Email: finance@greenwichmencap.org.uk

Fundraising

Update on Funds raised in July, August and September 2017

- ❖ 8 marshals for the Greenwich Park run raised £320.00
- ❖ Jaz from the Woolwich Common Community Centre completed the Greenwich Park Run on 22nd July, and raised £798.33 for Greenwich Mencap.
- ❖ The Up The Creek Comedy Night on 25th September raised £462.50

Greenwich Park Run Marshalls Team



Jaz with his finisher's medal



Fundraising

Tesco Bags of Help Scheme

Our Support for Siblings project has been put forward for a grant for funding under the Tesco Bags of Help Grant Scheme.

The project will be put forward to a customer vote in Tesco stores during November and December 2017.

If you shop at Tesco please remember to vote for the Greenwich Mencap Support for Siblings project.

The participating stores are:

- ❖ Clifton Lee Tesco Express, SE12 8BL
- ❖ Deptford Tesco Express, Deptford High Street, SE10 8EF
- ❖ Eltham Coronet Tesco Express, Well Hall Road SE9 6SU
- ❖ Eltham High Street Tesco Express, SE9 1DH
- ❖ Greenwich Creek Road Tesco Express, SE8 3BN
- ❖ Greenwich Peninsular Tesco Express, SE10 0PE
- ❖ Greenwich Tesco Express, Trafalgar Road, SE10 9TZ
- ❖ Woolwich Tesco Express , Major Draper Street, SE18 6GD
- ❖ Plumstead Tesco Express, Lakedale Road, SE18 1PP
- ❖ Thames Reach Tesco Express, SE28 0NY
- ❖ Tesco Extra Woolwich, Grand Depot Road, SE18 6HQ

For more information about fundraising please contact:

Kameel Khan

Tel: 020 8305 2245 Ex 212 or Email: fundraising@greenwichmencap.org.uk

Events to look out for

- ❖ On Saturday 11th November Arthur Smith tours Greenwich Park and tells of his own part in its dramatic history. Money back if you do not laugh at least 5 times. Meet at the statue of General Wolfe 2.30pm
- ❖ An entertainment, craft and relaxation event to include a magic performance, relaxing head and shoulder massages, a raffle, arts, crafts and games will be held in early 2018 – this will help brighten up the dull winter months.
- ❖ Riverwood's Christmas Market is being held on Friday 1st December 10.30am – 2.00pm
- ❖ Greenwich Mencap's Christmas Disco – to be held in December. Details to follow soon.

Department Update: Children services, Training and Development

- ❖ We have secured Big Lottery Funding for the next 5 years for the Greenlights project. This is a fantastic achievement for Greenwich Mencap and will enable this very popular and worthwhile service to continue for many disadvantaged children and their families.
- ❖ The Support for Siblings project was hugely successful during the summer holidays and helped many children connect with their emotions in a safe and positive space through fun and creative activities.
- ❖ The Education Health and Care Plan team have been busy supporting families to secure educational support for their children in schools and colleges as well as providing information and guidance to community groups and attended the Transition Event at the Woolwich Tramshed on 13th September 2017.
- ❖ We will be training 12 prison officers who have been nominated as 'disability champions' at Thameside Prison in October to help build an understanding of the factors that lead some individuals with learning difficulties/disabilities to enter in to crime and to look at how the prison environment can be more accessible.

For any information on any of our projects please call:

Anna-Maria Cahalane Training and Development Manager

Tel: 020 83052245 ext 203 or Email tedmanager@greenwichmencap.org.uk

Pooja Mandalia, Education Health Care planner

Tel: 020 8305 2245 Ext 210 Email: EHCplans@greenwichmencap.org.uk

Cathy McClimonds, Education Health Care planner

Tel: 020 8305 2245 Ext 213 Email: EHC@greenwichmencap.org.uk

Toni Cassettari, Greenlights Co-ordinator

Tel: 020 8305 2245 Ext 202 Email: greenlights@greenwichmencap.org.uk

Department Update: Independent Living Service (ILS)

Care Quality Commission (CQC) inspection rating

We had our CQC inspection in June. The inspection focused on five key questions;

Is the service

- Safe?
- Effective?
- Caring?
- Responsive to people's needs?
- Well led?

We were rated as 'Good' across all five areas, with some very positive comments in the CQC report.

Thanks to everyone who made the time to take part in the inspection and contributed to our fantastic result.

The report is available on our website at.

www.greenwichmencap.org.uk or copies can be requested from Pam at: ilsmanager@greenwichmencap.org.uk

ILS Christmas Holiday closure



The Independent Living Service will be **closed** on:

- ❖ Sunday 24th December
- ❖ Monday 25th, December
- ❖ Tuesday 26th December
- ❖ Sunday 31st December
- ❖ Monday 1st January 2018

Department Update: Independent Living Service (ILS)

We have collected great photographs of you doing different activities during your ILS support sessions. They have brightened up our office and draw people's attention when they visit us.

Please continue to send us your photos; it's good to see what a great time you have while you're out and about with your support worker.



Department Update: Independent Living Service (ILS)

Unique cycling project

Mark Bugg, attends the Unique cycling project with Richard, his Greenwich Mencap support worker.

Unique
Saturday's 1.30pm - 2.30pm
Stationers Crown Woods Academy
Bexley Road
Eltham
SE9 2PT

£1 per rider per session with a parent/carer going free

Mark took part in a fundraising cycle ride on Saturday 24th October. Look out for an update on how much he raised in our next newsletter.

Money raised will be used to fund a new bicycle for the group.

Well done Mark!



Department Update: Let's Sort It Out

New part time staff member

The Let's Sort It Out Team is pleased to announce the recruitment of a new member of staff.

Kaie Kadiata will be joining Carole Brittan as an Information, Advice and Guidance Officer (IAG) in November.

Kaie (pronounced Kay) will be working 3 days a week – Wednesday, Thursday and Friday based at Hopyard Studios, much of her work will be in the community.

Committee Plus

Carole Britton, Welfare Manager chairs our Committee Plus Group who meet regularly.

The current Committee Plus members are:

Mark Bugg, Robert Daniels, Leon Franklin, Richard Orrett, John Clarke, Toby Mew, Debbie Hosten. The group will discuss a variety of issues including, health, housing, choice and control and moving on.

For further information please contact Carole Britton at:
lsio@greenwichmencap.org.uk

Department Update: Riverwood Project

- ❖ Riverwood's woodwork project continues to be busy, music is enjoyed weekly by team members and gardening was done through the warmer months.
- ❖ A model of a monster, made by the Art and Craft group, will be displayed at the Woolwich Common Community Centre Halloween Party, with a fundraising bucket for donations.
- ❖ We had a great day out bowling in September.



Marie Brennan Riverwood Project Supervisor will be going on maternity leave in the New Year.

We know you will join us in wishing Marie and her family well.



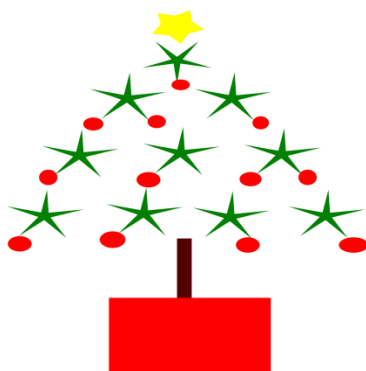
Department Update: Riverwood Project



If you are stuck for gift ideas for small children we will have our 'mud kitchens' for sale £75.00 as well as Christmas Decorations and other gift ideas.

Riverwood Christmas Market – Friday 1st December 2017

You are invited to our Christmas Market on:
Friday 1st December from 10.30am – 2.00pm,
at the Riverwood Project, Unit 7 Woolwich Common Enterprise Centre
Peace Street SE18 4HX



Adult Activity programme 2017

Weekly activities

Monday: Walking and photography	12.00 – 2.00pm	Meet at Riverwood Project, Unit 7 Woolwich Common Enterprise Centre, Peace Street SE18 4HX
Tuesday: Coffee morning and Bingo	10.00am – 12.00pm	Woolwich Common Community Centre, Leslie Smith Square, London SE18 4DW
Wednesday: No activity		
Thursday: Lunch-time drop-in	12.00pm – 2.00pm	Woolwich Common Community Centre, Leslie Smith Square, London SE18 4DW
Friday: Gym and relaxation group	11.00am – 1.00pm	Woolwich Common Community Centre, Leslie Smith Square, London SE18 4DW

Monthly activities

Bowling night

Second Tuesday of the month	6.00pm – 8.00pm	Lewisham Bowling, 11-29 Belmont Hill, Lewisham SE13 5AU
Cost £5.00 for two games, for Freedom Pass holders or £11.00 without. There will be a Greenwich Mencap staff member to meet people outside the venue.		

Monthly Disco

Second Thursday of the month	6.30pm – 8.30pm	Sherard Road Centre, Tattersall Road, London SE9 6ET
Free		

Meal out

Third Wednesday of the month	6.00pm – 8.00pm	Different venue each month. Contact Tricia for location.
A meal and a drink will cost between £12.00 - £20.00		

Games night

Last Thursday of the month	7.00pm – 9.00pm	Sherard Road Centre, Tattersall Road, London SE9 6ET
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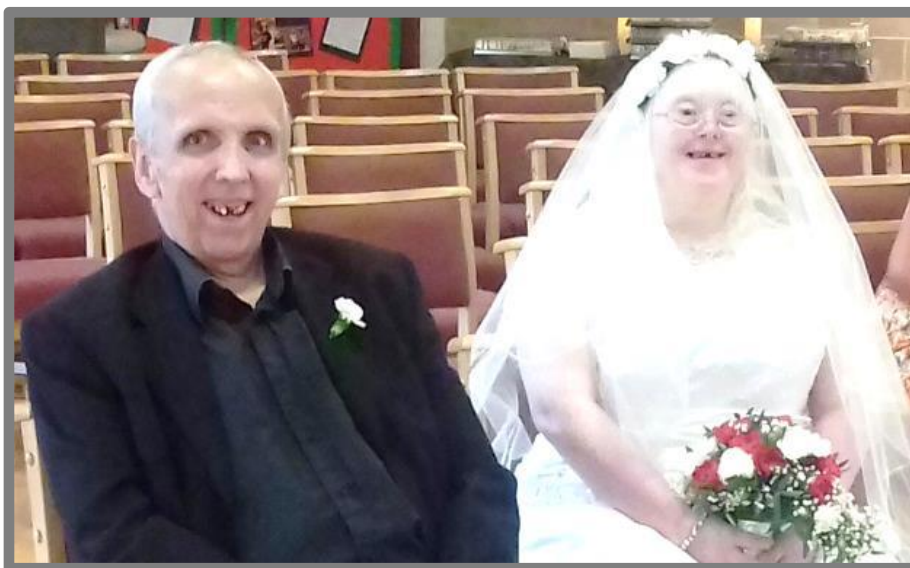
For information about activities contact Tricia on:
Tel: 0208 854 6261 Mobile: 07583 429 158
Email: sc8@greenwichmencap.org.uk

Announcements

Congratulations

Donna Ferguson and Richard Farrington had their relationship Blessed on 17th August at Christchurch Forum.

The event was attended by Donna and Richard's family and many friends who joined them to celebrate their special day.



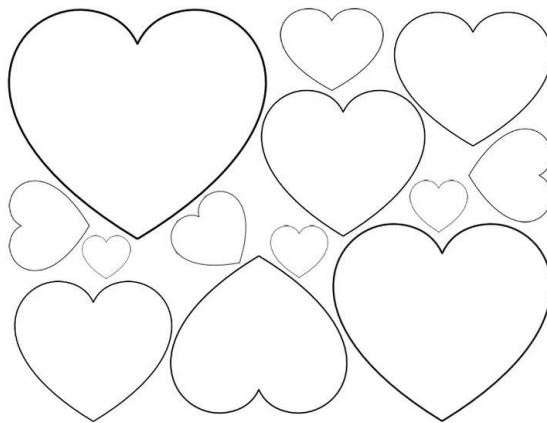
Other news

Happily

Helena Reed has recently launched Happily - a friendship and dating agency for adults with learning disabilities and autism in London.

Helena decided to launch Happily as a result of her experience of helping her younger sister who has learning disabilities to find love and friendship.

Happily are currently building up their membership base so are offering some great introduction prices.



Further information about Happily can be found at:

www.happilydating.co.uk

Email: hello@happilydating.co.uk

Telephone: 0207 792 5026 Mobile: 07397 066 761

Other news

Self – defence Martial Arts

An opportunity has been brought to us by London Sport and British Taekwondo who are offering self-defence based Taekwondo sessions to people with a learning disability.

Funding is available for a four week period of sessions, which will be held in Shoreditch, East London.

The sessions must be completed in December (so will need to start in the next few weeks), and they are looking for a group of 8-10 individuals to take part.

There is some flexibility with the start time of the sessions, although ideally they will take place on a weekday before 4pm.

Please email the [Network Office](#) if you would be interested in taking up this opportunity.



Other News

Greenwich Adult Social Care Services are changing. Have your say...

Greenwich Council will be starting a transformation programme to improve how they meet the needs of residents and improve care and support for adults.

The Council has asked Healthwatch Greenwich to ensure that the service user voice is heard through the implementation of the plan. Healthwatch Greenwich will be holding a range of engagement activities and events for service users. A series of surveys and focus groups will seek to identify the experiences of users and explore the ways services provided to adults and older people might be improved.

We at Greenwich Mencap would like to encourage all of our services users, their families and carers to get involved to help ensure the views of people with learning disabilities are also included.

The provisional focus groups dates are:

- Thursday, November 23rd 2-4pm
- Friday, January 25th 10am-12pm
- Wednesday, March 21st 2-5pm

Venues are still to be confirmed - further information can be provided by Heathwatch Greenwich.

Other News

Diversability Card

The official discount card for people with disabilities in the UK.

The Diversability Card aims to lessen the financial pressure and reduce extra costs faced by disabled people and their families/carers every month, with the support of some major retailers.

Anyone who receives one of the following benefits can apply for the card:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Blind Persons Registration
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)

To register to apply for the Diversability Card please go to:

www.diversabilitycard.co.uk/

*Thank
you*



Thank you for your continued support, especially to everyone who helped raise funds for us over the past three months.

Our next Newsletter will be ready in the New Year



Greenwich Mencap,
The Movement,
Unit 4 Hopyard Studios,
13 Lovibond Lane, London SE10 9FY
Main number: 0208 305 2245



The Equality Register

