



# Newsletter

## January – March 2018

### Winter edition



The Equality Register



## Welcome from Terri Looker, Director of Services



Hello and Welcome to the first newsletter of 2018. I cannot believe a year has past since I was appointed Interim Manager (now Director of Services). I have had a very hectic few months supporting the Riverwood team with their Christmas events as well as preparing for the AGM which will take place on 20<sup>th</sup> January 2018 at Sherard Road.

I'd like to thank the staff and volunteers who helped organise the Christmas party for our Greenwich Mencap members. All enjoyed the disco, the Santa's grotto and the party food.

A massive thanks to James (our finance manager) who was Santa; he was great and really entertained everyone with his great voice.

\*\*\*\*\*

### Members Forum

I hope you will join me at the next Member's Forum meeting on Wednesday 6<sup>th</sup> March 2018, at the Stables café in The Carers Centre 76 Hornfair Road, London, SE7 7BD. Other Forums this year will be on;

- ❖ Wednesday 6<sup>th</sup> June,
- ❖ Wednesday 5<sup>th</sup> September
- ❖ Wednesday 5<sup>th</sup> December.

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: [admin@greenwichmencap.org.uk](mailto:admin@greenwichmencap.org.uk) 07388 379 438

## 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 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](http://www.virginmoneygiving.com/charities/greenwichmencap)
- ❖ Add Greenwich Mencap as your everyclick charity at: [www.everyclick.com](http://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](mailto:finance@greenwichmencap.org.uk)

## Fundraising and Donations

### Update on Funds raised in October, November and December 2017

- ❖ Although a cold November day, Arthur Smith's tour of Greenwich Park on 11<sup>th</sup> November raised £70.00
- ❖ Riverwood's Christmas Market on 1<sup>st</sup> December raised £400.00
- ❖ 11 participants raised £744.00 at the annual Santa Run in Victoria Park on Sunday 3<sup>rd</sup> December 2017



**Santa Run participants**

### Donations

- ❖ Roger Munson donated £250.00 to Greenwich Mencap. Each year Roger chooses a charity to donate to instead of buying Christmas presents.
- ❖ Morris Pearlgood donated £75.00

We are very grateful to Roger and Morris for their generosity.

For more information about fundraising please contact:  
Kameel Khan  
Tel: 020 8305 2245 Ex 212 or Email: [fundraising@greenwichmencap.org.uk](mailto:fundraising@greenwichmencap.org.uk)

## Events to look out for in 2018

February 2018



- ❖ **Valentine Disco Thursday 15<sup>th</sup> February 2018**  
At Sherard Road Day Centre, from 6.30 – 8.30pm

June 2018



- ❖ **Summer BBQ** – June 2018 date to be confirmed  
At Woolwich Common Community Centre



October 2018

- ❖ **Halloween Disco** - October 2018 date to be confirmed  
At Sherard Road Day Centre, from 6.30 – 8.30pm



December 2018

- ❖ **Christmas Party** – December 2018 date to be confirmed  
At Sherard Road Day Centre from 6.30pm

## **Department Update: Children services, Training and Development**

### **❖ Greenlights**

Greenlights continues to receive a high level of referrals and having completed a successful workshop for parents of children with ADHD/challenging behaviour, Greenlights is already preparing the next one for March 2018.

### **❖ Support for Siblings project**

Support for Siblings host the next Siblings Day on February 13th at Mycenae House with new activities to help children connect with their emotions.

### **❖ The Education Health and Care Plan team**

After 3 successful years our Independent Support service for Education Health and Care Plans draws to a close at the end of March 2018 when government funding ends.

Anna-Maria the team manager would like to thank Cathy and Pooja for their invaluable hard work with Greenwich families on behalf of everyone they both worked with and supported.

### **❖ Prison staff training**

We will be training 12 prison officers who have been nominated as 'disability champions'

Learning Disability and Dyslexia training has been delivered at Tameside and Belmarsh prison with great feedback. The next session will focus on communication.

For information please contact:

Anna-Maria Cahalane:

Tel: 020 83052245 ext 203 or Email [tedmanager@greenwichmencap.org.uk](mailto:tedmanager@greenwichmencap.org.uk)

## **Department Update: Independent Living Service (ILS)**

### **❖ London Living Wage**

As an accredited London Living Wage (LLW) employer we are pleased to confirm all of our Support workers will receive the increase in their pay from 1<sup>st</sup> April 2018.

### **❖ Training , skills and development**

The team continues to work hard to keep their skills and knowledge up to date. Congratulations to Emily who is the first in the team to complete the Care Certificate.

### **❖ Annual review of client details**

All of our families will soon receive a letter to confirm the information we have on our clients is correct.

This is important because it helps us make sure we can provide a service that is safe and tailored to individual client needs.

Clients, families and carers will have the option to request a meeting with Pam, the ILS Manager, if they prefer a face to face discussion.

### **❖ Review of Expenses Policy**

As part of our commitment to continually improve, we will be reviewing our Expenses Policy, which looks at how much money our clients should contribute towards their Support Worker's travel and refreshments.

We will be contacting all of our families for your views to help ensure we have a fair and affordable agreement in place for everyone.

## Department Update: Independent Living Service (ILS)

### ❖ Evaluation

We would love to hear what you think about the service we provide to you.

We will soon be sending out an evaluation form so our clients, their families and carers can give us feedback on what works well and what could be improved.

### ❖ Some recent feedback received from our clients and families:

A client's mother asked for him to be supported at home, by his Support Worker, because our client wasn't feeling well enough to go out, as they usually did. After spending a day indoors with his support worker, our client fed-back:

"I like Ali being around"

MD – ILS Client

The mother of another Client told us:

"I have 2 daughters – she is totally different when with her support worker - The support provided by Greenwich Mencap is brilliant; otherwise I think my daughter would just stay indoors all the time"

J – Mother of ILS Client

## Department Update: Let's Sort It Out

### ❖ Weekly information, advice and guidance sessions



Our information, advice and guidance service provided by Carole Britton and Kaie Kadiata continues to be very busy.

To help meet the high demand for support, Carole and Kaie are holding weekly sessions at Greenwich Mencap's Riverwood Project on Thursdays between 9am -12pm

Clients will have to book an appointment to see Carole or Kaie.  
Please pre-book an appointment on 07984 447 468

Riverwood Project  
Woolwich Common Enterprise Estate  
2 Peace Street  
Woolwich  
London SE18 4HX

### ❖ Committee Plus

Carole continues to Chair our Committee Plus Group who meet regularly on a Monday at The Riverwood Project in Woolwich.

The group discuss a variety of issues including, health, housing, choice and control and moving on. We would like to recruit new members to become involved and give their views and thoughts on these important issues.

For further information please contact Carole Britton at:  
[lsio@greenwichmencap.org.uk](mailto:lsio@greenwichmencap.org.uk)

## Department Update: Riverwood Project

### ❖ Christmas Market

The team held a very successful Christmas Market where team members enjoyed meeting and greeting visitors.

We raised £400 through sales of our products together with the proceeds from the tombola stall and donations from the teas/coffees and cakes.

We would like to thank those who took part in making the event such a success and to all who attended.



### ❖ Commissions

The workshop is really busy as it has started the year with two fairly large commissions.

## Adult Activity programme 2018

### Weekly activities

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

### Monthly activities

#### Bowling night

<b>Second Tuesday</b> 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

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

#### Meal out

<b>Third Wednesday</b> 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

<b>Last Thursday</b> of the month	7.00pm – 9.00pm	Sherard Road Centre, Tattersall Road, London SE9 6ET
--------------------------------------	-----------------	--

For information about activities contact Tricia on:  
Tel: 0208 854 6261 Mobile: 07583 429 158  
Email: [sc8@greenwichmencap.org.uk](mailto:sc8@greenwichmencap.org.uk)

## Announcements

### ❖ Fanny MacRobert Awards 2018

Every year Greenwich Mencap staff are asked to nominate a child and an adult they have worked with to receive the Fanny MacRobert Award.

The award was introduced by Fanny MacRobert to recognise achievements by adults and children with a learning disability.

Fanny Mac Robert and her family have supported Greenwich Mencap for many years, were instrumental in establishing Greenwich Mencap and one of her daughter's Aileen MacRobert still lives in Greenwich.

We are pleased that Aileen MacRobert will present the awards to our 2018 winners; the recipients of the 2018 Fanny MacRobert awards are:

#### ❖ Michael Pavitt (Child)

This is in recognition of the amazing progress Michael has made as part of our Greenlights Project. Michael has demonstrated commitment and focus to make significant progress.

#### ❖ Leon Franklin (Adult)

This is in recognition of the time Leon has spent volunteering to support and organise our programme of adult activities, through which he has grown in confidence and supported our clients and staff to relax and enjoy themselves in a friendly and safe environment



## Other news

### ❖ **Movement to Music at Sherard Road**

Movement to Music exercises classes take place at Sherard Road Day Centre every Wednesday evening from 5.30 – 6.30pm. The session includes some fun dances and games to increase mobility and strength and is suitable for all abilities.

Anyone interested in attending should contact Active for Health on: 0800 857 5833 before attending for the first time. This is to make sure the class is suitable for you and to book a place.



### ❖ **Office support**

Mark Bugg spent a day with us in the Greenwich Office. He worked hard to help us prepare for our AGM and spoke to a local garage on our behalf regarding repairs to our Riverwood vehicle. We'd like to thank Mark for his help.



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 April.

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



The Equality Register

