



We provide opportunities for adults & children with a learning disability in East Kent, enabling them to achieve the things they want out of life. We believe that everyone should be valued & treated equally, & have their voices heard.

For more information or to sign up to an e-version of this newsletter, contact info@eastkentmencap.co.uk, or phone 01843-224482.

Designed & edited by Siobhan Rose O'Gorman

A WORD FROM THE CEO



Much has happened since the last newsletter with Christmas, as usual, generating many activities & events. The Thanet pantomime, The Magic of the Yellow Brick Road, proved to be a great success, as did Swale's Oh Mama!. Carol singing, fashion shows & many Christmas parties got everyone into the festive spirit.

Our new lottery funded GOLD project was recently launched in Thanet & has already provided assistance to people who receive little or no statutory support.

Finally, the Kent Valuing People Partnership was able to showcase the outstanding work of the District Partnerships. Our film, Changing Kent Communities, was screened in East Kent on 1st February at the Marlowe Theatre & was very well received.



Jason Gerlack, Chief Executive Officer

THANET DRAMA GROUP FOLLOW THE YELLOW BRICK ROAD



The story followed Dorothy, whom during a tornado was blown from her home in Quex Park to a strange Dreamland. To return home, she followed the yellow brick road to the Green City, where she met the Wizard of Ozzy (Osbourne).

As well as the Deputy Mayor of Ramsgate, the show was watched by local councillors Keith Coleman-Cooke, Derek Crow-Brown, Janet Falcon, Lesley Anne Game & Carol Partington.

Senior Support Worker, Tom, said: "I'm so proud of our members, who put on an amazing version of The Wizard of Oz after months of practice; they almost brought a tear to my eye.

"Special thanks to KM Treasure Chest, Historic Dockyard Chatham, Bugsy's Bowling, Hornby Hobbies & Nurse Plus for their raffle donations."







Photos by Leanne Downs - www.leannedowns.com

DONATIONS HELP RAMSGATE RESOURCE CENTRE DECK THE HALLS



In November, our Ramsgate resource centre made an appeal for Christmas decorations. Last year was East Kent Mencap's first Christmas at the centre, which is based at Foresters Hall, & members wanted to celebrate by having a festive gathering with mulled wine & mince pies. This would not have been the same without the donations we received in response to the appeal.

Many thanks to all who responded, including Westwood Cross, who donated a fully decorated Christmas tree. These decorations contributed to over £2000 worth of donations over the Christmas period, which will make a real difference the lives of people with a learning disability.

SWALE TAKES A CHANCE ON ABBA-THEMED PANTOMIME

For their 2015 pantomime, our Swale drama group performed a *Mama Mia!* inspired production, featuring songs such as 'Gimme! Gimme! Gimme!', 'I Have a Dream' & 'Money, Money, Money'.

Oh Mama! took place at the Oasis Academy in Sheerness & was watched by many, including Swale's Deputy Mayor, Cllr Lesley Ingham. The group rehearsed for the show at our Swalebased resource centre, where they also designed props, including an eight foot backdrop.

To make the show their own, the group incorporated songs such as Beyonce's 'Crazy In Love', Taylor Swift's 'Shake it Off' & a BSL version of 'Let it Go' from Disney's *Frozen*.

Support Worker, Caz, said: "The group were very excited to showcase their work, especially the props, some of which had to be painted in the car park because they were so large."

"Thank you to everyone who made Oh Mama! happen, including the staff, members, choreographer Michelle Irwin & of course Oasis Academy," commented Swale Community Manager, Jaime. "Special thanks to KM Treasure Chest & Diggerland for their raffle donations."







SANTA VISITS YOUTH CLUB

At our last youth club before the holidays, children told Santa Claus their Christmas wish.

"Children with a learning disability can find it difficult to take part in festive activities, such as meeting Santa in his grotto," commented Children & Youth Manager, Ange. "The club night provided the group with the opportunity to do this in an environment that was comfortable for them."

Leeroy Fairhurst, who is a supporter of East Kent Mencap & dressed up as Santa Claus for the youth club, said: "It was my pleasure to dress up as I felt I'd really made the children's Christmas."



Our youth clubs take place monthly & provide children with a learning disability the opportunity to meet new people & try new things.

This particular club night was the last to be funded by Kent Community Foundation, which has a made a real difference to children's lives. Our youth clubs will continue in 2016.

CAROLLERS SPREAD SOME FESTIVE CHEER AT WESTWOOD CROSS



To get shoppers into the spirit of things, Blend singing group joined our members at Westwood Cross to sing some Christmas carols.

Many stopped to watch the group, who were supported by Cllr Janet Falcon. Some passers-by, including a Chief Inspector from the East Division of the Special Constabulary, even sang along.

Many thanks to Blend, Cllr Janet Falcon & of course the general public, who together helped us raise over £200

towards our Thanet resource services.

Land Securities manages Westwood Cross shopping centre, which supports East Kent Mencap as part of Land Securities charity partnership with Royal Mencap.







Great event for all the family to join in and fundraise together!

SUNDAY 12TH JUNE 2016. Run commences at 10.30am.

Betteshanger Country Park, Near Deal

Supported by



GARDNER CROFT LLP



Where will we be running?

The run will take place at the Betteshanger Country Park, nr Deal. Gates open at 8am. The run will begin at 10.30am. Refreshments will be available all day. Bring the family along, it is a great spectator activity!

U16's just £10.00

on the day...

If you are unable to do the run but would like to shower your friends in colours you can purchase colour bags

Or why not become a

COLOUR BANDIT

where for £10, you will be in the middle of the action in the colour zone.

Will the colour wash off skin/out of hair?

Yes! The easiest way to get it off is while it is still dry. After that, soap and water, with a little rinse and repeat action will do the trick!

What if it gets in our eyes?

enter code CR16

We recommend you wear sunglasses as this will reduce the chances of this happening. However, don't fear, the colour is non-toxic. A simple rinse with water will take care of it.

Can we inhale it?

It's a lot like breathing in dust, extensive exposure is not recommended. However no harm will come to you if you do.

COLOUR RUN BOOKING FORM

I will be raising sponsorship which I would like to split 30/70 between

The KM Cha	rity Team and	_						
Adults	Children	Nove	ftshirts	8	M	ß	XL	XXL
Title	For	rename		_		_		
Surname								
Address								
Postcode		Phon	e numbe					
Email								
Signed								

BY SIGNING LACCEPT THAT LAM TAKING PART IN THIS EVENT AT MY OWN RISK AND THAT THE KM CHARITY TEAM AND EVENT SUPPORTERS HAVE NO JUBBILITY IN THE EVENT OF ACCIDENT OR INJURY

Please make cheques payable to KW Charity Walk and return to KM Charity Team. Gazette House, 5-8 Estuary View Business Park, Boomson Way, Whitshable, CTS/BSE

SOCIAL WORK LECTURER PROVIDES PEER SUPPORT AT GATEWAY CLUB



A social work lecturer from Canterbury Christchurch University will now be providing peer support to members at the Gateway Club on Monday evenings.

Tim Odell offered himself to East Kent Mencap after the SPET team visited his social work students with members Paul, Alex & David, who all expressed an interest in drop-in sessions. SPET Manager, Suzanne, said: "We're very grateful that Tim has offered his services as we used to have a volunteer who provided peer support to members & it was a really positive experience for them."

LOTTERY-FUNDED PROJECT LAUNCHES IN THANET



We are pleased to announce that we have secured our first grant of £407,531 from the Big Lottery Fund for our new project: Getting On with Learning Disabilities (GOLD). This is a four year project set up to enable people with a learning disability who live in Thanet to remain independent, become less dependent on welfare services & achieve greater control.

GOLD operates across the whole of Thanet, targeting people who do not receive statutory funding or are moving out of the welfare system. It offers two drop-in sessions a week: Thanet Thinkers in Margate & Getting On Group in

Ramsgate, which provide opportunities for people with a learning disability to share information with their peers.

In addition to drop-in sessions, the project offers one-to-one confidential support for those who either receive less than five hours support a week, live independently with no support or live with unpaid carers & receive no other support. These sessions will signpost people to information & services relating to benefits, housing, debt & budgeting, work, volunteering & training, leisure activities, community engagement & campaigning.

GOLD builds on the success of the work of our Supporting People Enablement Team (SPET) team. This was established in December 2012 to provide one-to-one support to East Kent Mencap tenants to enable them to become more independent & access a greater number of services in the community. SPET has demonstrated that providing specialist, one-to-one support to people with a learning disability can have a significant impact on their level of independence. It has challenged assumptions about people's aspirations & forced through organisational change.

"With this project, we hope to prevent people falling through the net," commented GOLD Project Worker, Helen. "GOLD will provide them with the support they deserve but do not necessarily qualify for."

Joanne, who attended the first Getting On Group, said: "After discussing volunteering opportunities with the GOLD team, I feel I've taken the first steps towards paid work & getting on with my life."







MARLOWE THEATRE SCREENS DPG FILM



In February, more than 100 people attended Canterbury's Marlowe Theatre for the screening of our latest film: Changing Kent Communities.

The film, funded by the National Lottery through the Big Lottery Fund, showcases the work of the District Partnership Groups (DPGs) in supporting people with a learning disability in Kent.

In the film, Holly, Paul & Alex discuss how the DPGs have supported them to become more independent & engage with their local community. They worked closely with the film's producer, Anton French of Campaign Films, with the aim of creating a piece of work that would inspire others.

At the screening, Holly, Paul & Alex were given the star treatment. The contributors arrived with 'celebrity' guests David Beckham, Madonna & Johnny Depp, & were awarded with a certificate from the Lord Mayor of Canterbury, Cllr Sally Waters.

"I feel proud to be able to show people what I have achieved with the support of the DPGs," commented East Kent Mencap tenant, Paul.

Film producer, Anton, said: "Making this film helped me to understand many of the difficulties people with a learning disability experience. I hope that Changing Kent Communities will help to raise awareness of these difficulties & change the inequalities within our society."

"Many thanks to the Big Lottery Fund for supporting this important project, to Anton for making it happen & to the Marlowe Theatre for providing a platform to showcase it," commented Kent DPG Co-ordinator, Sue Bates. "We hope to work with the venue again in future."

To watch Changing Kent Communities, visit our YouTube channel





The DPGs hold quarterly meetings across East Kent. At theses meetings, people with a learning disability, their carers & families can talk about the things that are important to them. For more information, visit www.kentldpb.org.uk.



ASHFORD

Friday 4th March
10am to 12:30pm
Centre Piece Church,
Church Street,
Ashford

SHEPWAY

Thursday 10th March 10:45am to 12:30pm Phase II, Marsh Academy, Romney Marsh

CANTERBURY

Wednesday 2nd March
10:30am to 1pm
Sturry Social Centre,
15 Mill Road,
Sturry

SWALE

Wednesday 25th May 10am to 12pm To be confirmed

DOVER

Thursday 3rd March 10:30am to 1pm Deal Welfare Club, Cowdray Square, Deal

THANET

Tuesday 1st March
10am to 12:30pm
Cliftonville Community Centre,
St Paul's Road,
Margate

Contact us by

Going to:

Thanet Thinkers

Tuesdays 1-3pm Cartons Café Margate

Getting On Group

Thursdays 1-3pm Foresters Hall Meeting St. Ramsgate

FREE TO JOIN, JUST TURN UP! MEET THE TEAM & SET UP A 1-1 CHAT

Meet The Team



Suzanne Derham Delivery Manager

074 1273 1919

suzanne.derham@eastkentmencap.co.uk



Helen Scott-Cooper Project Worker

074 1272 0863

helen.scott-cooper@eastkentmencap.co.uk



Victoria Bailey Project Worker 074 1273 8716

victoria.bailey@eastkentmencap.co.uk



www.eastkentmencap.co.uk/gold

FORESTERS HALL

mencop

East Kent Mencap supports people with learning disabilities in East Kent to live

full and valued lives

with the same choices

mencon



Getting with earning Disabilities

Free information & signposting that's easy to understand.











Who is GOLD for?

People with a learning disability in Thanet who:

- Live independently.
- Have less than 5 hours of support a week.

SUPPORT

ADVICE

Live with unpaid carers, and receive no other support.

A GOLDEN **OPPORTUNITY**

Our team will support you to achieve your goals, so you can get on with living the life you want!

Get on with GOLD & become a member:

You will...

- ...be kept up to date with events & projects.
- ...be part of a network of people who have had the same experiences as you.
- ...be able to vote for what we do in future.

be an active member of your community!

an we do for you?

GOLD can help you with information about:

- Work
- Volunteering
- Training
- Budgeting & Benefits
- Housing options
- Makina friends & meeting people
- Hobbies and interests
- Community
- Understanding post
- Campaigning have your say!

INDEPENDENCE GOLD

FREEDOM



Turn over to see where to go & who you can talk to.



You are eligible for GOLD membership if you:

- Have a learning disability •Want to volunteer with us
- Are a local organisation

Confidential 1-1 chat



To help you make decisions about the things important to you To discuss goals and how to reach them

GOLD: Free information & signposting that's easy to understand.

DRAMA CLUB JOINS BLEND SINGING GROUP ON STAGE



In November, members of our drama club joined a local singing group on stage to perform a concert for members of the public.

Triple Threat performed alongside Blend on Sunday 22nd
November at The Centre in Birchington, where the Mayor of
Ramsgate, Cllr Trevor Shonk, was among the audience.
Numbers included *The Sound of Music*'s 'Do Re Mi', *Mama Mia*'s
'I Have a Dream' & *Les Miserables*' 'Do You Hear the People
Sing'.

The event was successful in showcasing the work of the drama club & raising funds for our services, with the sale of raffle tickets alone reaching £150. "Members of Triple Threat are really proud of their work, & being able to showcase it with an established singing group such as Blend means so much to them," commented Senior Support Worker, Maria. "Many thanks to Katharine & Richard from Blend for inviting us to perform with them"

BBC CHILDREN IN NEED FUNDS HOLIDAY CLUBS

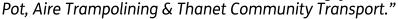


BBC Children In Need recently funded us to run two youth clubs during the school holidays, giving young people with a learning disability the opportunity to take part in community activities.

To run the clubs, we received £9579 from the charity. The first took place during the October half term holiday & was based at The Foreland School in Broadstairs. Activities included bowling, pottery painting & trampolining. The second club took place recently, during the February half term holiday.

Children & Youth Manager, Ange, said: "The funding from BBC Children In Need has made a real difference to these young people's lives. Many parents tell us that their child doesn't do anything else during the school holidays, so clubs such as these are particularly meaningful.

"Many thanks to BBC Children In Need, The Foreland School, Bugsy's Bowling, Pick n Paint a





MORGAN'S FASHION SHOW RAISES FUNDS FOR EAST KENT MENCAP



In December, Morgan's Dance Hall in Margate hosted a fashion show to support local businesses & raise funds for East Kent Mencap.

Margate Fashion Show, which took place on Monday 7th December, featured local businesses Little M Clothing & Accessories, The Secret Wardrobe, Tojo Clothing, Margate Make Lounge, Seaside Sirens, The Gallery Boutique & De Bou. The businesses set up stalls at the venue before showcasing their clothing & accessories on the catwalk.

Owner of Morgan's Dance Hall, Allyson Jones, said: "I opened Morgan's to share my passion for dance with others. It's important to me that my business is inclusive of everyone, which is why I chose to use the fashion show to raise funds for East Kent Mencap."

"It was great to be part of this local event," commented Fundraising & Communications Assistant, Siobhan. "Morgan's has supported us before & Margate Fashion Show provided us with the opportunity to network with other local businesses. Many thanks to Allyson for

choosing to raise funds for us."

For corporate support opportunities, contact our fundraising team at <u>funds@eastkentmencap.co.uk</u>, or phone 01843-224482

LINDA SMITH - VOLUNTEERING FOR EAST KENT MENCAP



Linda has been volunteering with our Supporting People Enablement Team (SPET) since October 2014, supporting tenants to engage with their local community.

"I retired early to help take care of my parents. They both passed away within six months of each other, so I needed something to occupy my time with. My sister, who works for East Kent Mencap, suggested I join as a volunteer & work on a one-to-one basis with some of the members. That's when I met Joyce, a tenant in one of the charity's independent living properties.

I didn't have much experience of working with people with a learning disability but was aware of the work that East Kent Mencap does through living in Thanet. I find my knowledge of the local area helps me to suggest activities to Joyce when we go out in the community.

We've recently joined an art class in Margate as Joyce is very creative. Being able to support her to take part in activities such as this

is very satisfying as it makes me feel I'm making a positive contribution to her life. Joyce is so appreciative of my support, as I am for the opportunity to support her; I feel as if I've made a good friend.

The work that East Kent Mencap & its SPET team do is inspiring, but the charity is always in need of more volunteer support. Without someone like me to help, Joyce wouldn't be able to take part in these community activities as she does not receive enough funding for this type of support."

For volunteer opportunities, contact our fundraising team at funds@eastkentmencap.co.uk, or phone 01843-224482

MEMBERS HELP TRAIN DOCTORS & NURSES AT CANTERBURY UNIVERSITY



According to Royal Mencap, people with a learning disability experience poorer healthcare than the general population because the majority of healthcare professionals have not been trained in how to treat them.

To change this, the SPET team work with Cathy Bernal, a Senior Lecturer in Learning Disability at Canterbury Christchurch University. Together, they help to educate healthcare students about the needs of patients with a learning disability, who often find it difficult to communicate their symptoms & understand diagnoses.

Recently, East Kent Mencap members Paul, Edward, Joyce, Pat, & Ann-Marie visited student doctors & nurses at the university's training ward, where

they acted as patients.

Pat said: "Visiting the ward was really helpful as I was able to tell the students about my experiences."

"The SPET team approached us some years ago now, wanting to help train student nurses in how to treat patients with a learning disability," commented Cathy. "Since then, members of East Kent Mencap have helped us train not only student nurses, but also student doctors, social work students & mental health nursing students. Their input is always enthusiastic & confident, & every group they have helped to train has evaluated their contribution very positively."

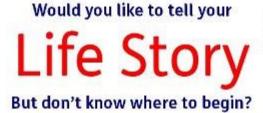
OUR HOUSING SERVICES

We own a number of properties in East Kent, where we provide supported & independent living services to people with a learning disability. Our tenants are supported to live within the community & become as independent as possible. In addition, most Thanet tenancies qualify for nine hours of *Supporting People* support from our SPET team.

We have Supporting Independence Services (SIS) & SIS Plus contracts with Kent County Council, & met all five Care Quality Commission standards in our last inspection.

For housing vacancies, contact lynda.salisbury@eastkentmencap.co.uk, or phone 01843-224482











Come along to a Life Story Workshop to find out...





How to tell your life story

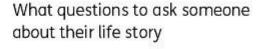


How to publish and share your life story





How to tell your story safely



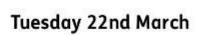


We will also look at how other people with learning disabilities have told their stories.





At Canterbury Christchurch University, Broadstairs







10am to 4pm





Lunch will be provided

Support workers, family or carers welcome!

If you would like to come, please let Amy at East Kent Mencap know. You can email her at Amy.Johnson@eastkentmencap.co.uk



East Kent Hospitals University NHS Foundation Trust

Invitation

to participate in a trial of tap2tag devices at East Kent Hospitals University NHS Trust.

26th February 2016

11am to 1pm

at

The Knowledge Management Centre
CHSS, Second Floor, George Allen Wing, Cornwallis building
University of Kent, Canterbury

If you would like to attend this meeting please register your interest with Jean Irving.

Please include your name and email address and (if different) the name, date of birth and NHS number of the person who will be wearing the wristband.

Jean Irving jirving2@nhs.net 01227 864382

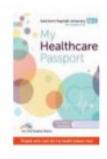


During 2015 EKHUFT has undertaken an action research project supported by Foundation of Nursing Studies & General Nursing Council Trust into My Healthcare Passport with people with learning disabilities. Through this work EKHUFT became aware of Tap2tag.

Tap2Tag is a simple device, which anyone can use. This is typically in the form of a rubber wristband which contains a near field communication (NFC) chip. The user of the device uploads information that they would want to share in an emergency to a secure website. In case of need the chip can be 'tapped' with an NFC enabled phone or through a website to allow the data to be accessed by the person responding in the emergency. It can also be set up to send messages to friends and carers so that they know that the wearer is in difficulty.









EVENTS



TRANSITION EVENT Friday 17th June 1:30 to 5:30pm Turner Contemporary, Rendezvous,

Margate,

CT9 1HG

FREE entry



KM COLOUR RUN

Sunday 12th June

10:30am

Betteshanger Country Park,

A258, Deal,

CT14 0BF

VARIETY SHOW Thursday 23rd June 1 to 3pm The Centre, Alpha Road, Birchington, CT7 9EG £3.50 entry

To book a place, call 01843-224482

APPEALS

Sewing machines & fabric for our Margate resource centre, which runs a craft session. With the sewing machines & fabric, staff & members plan to make & sell handcrafted decorations to raise funds for our services.

Candles for a craft session ran by our Ramsgate resource centre. Staff & members plan to melt down the candles to make new ones, which they will sell to raise fund for East Kent Mencap.

Games for our Margate resource centre, which runs a gaming session. Games of interest include Uno, Dominoes, Connect Four, Boggle & Battleship.

Raffle prizes for our upcoming events. According to the Charities Aid Foundation, 58% of us admit to having not kept or used a Christmas present in the past. Are you one of these people? Re-gift your unwanted presents by donating them to East Kent Mencap.

To make a donation, call 01843-224482

IN MEMORIAM

East Kent Mencap would like to thank the family of Joan Farrow for the generous donation of £140 in memoriam of her passing in 2015. As requested by the family, the contribution will support our resource services in Thanet.

In memoriam donations make a difference & leave a lasting legacy. If you would like to make a donation in memory of a loved one, please call 01843-224482.

MONDAYS



GATEWAY CLUB
6:45 to 8:45pm
132 Northdown Road,
Margate,
CT9 2RB
£3 entry

SOCIAL CLUBS TUESDAYS WE



THANET THINKERS
1 to 3pm
Cartons Café,
The Centre,
Margate,
CT9 1LG
FREE entry

WEDNESDAYS



BOWLING CLUB
5 to 7pm
Bugsy's Bowling,
Ethelbert Crescent,
Margate,
CT9 2DY
£3.20 entry

To book a place, call 01843-224482

THURSDAYS



DRAMA CLUB 4 to 6pm 132 Northdown Road, Margate, CT9 2RB £3 entry

East Kent Providing opportunities for adults & children with a learning disability in East Kent
Registered charity number: 220798