

# East Kent men<sup>cap</sup>

## SUMMER NEWSLETTER 2019

Here  
comes  
the sun!



Welcome to our summer newsletter.

Open up to discover what our members have been up to in Thanet, Herne Bay, Sheerness and Deal in the build up to summer.



Activities Together



Amazing  
Fundraising



## A word from our CEO

It's finally sunny and by the time you read this newsletter, our 2019 Street Party will be ready to rock! I hope to see lots of you in Ramsgate on 2nd August enjoying live music and free activities. Full details are on the enclosed leaflet and tickets are on sale now, so don't miss out!

I mentioned last time that 2019 would be a year of growth. This continues in Sheppey with the redevelopment of the Mount into three luxury apartments with sea views, and investment in a people carrier using funds transferred to us during the merger. We've also purchased a new property in Herne Bay to deliver activities and day resources.

We were delighted at the end of June to be chosen as one of three finalists for Disability Charity of the Year at the Kent Charity Awards. Representatives enjoyed a glamorous evening of celebrations where they were presented with our certificate.

With the warmer weather, members have been getting out and taking part in community projects, including the Great British Spring Clean and Cliftonville in Bloom.

We've had a busy period for fundraising with staff and supporters taking on a colour run and an epic car rally, raising over £4,000 for our projects.

There's so much to report on and in this edition we've highlighted activities at each of our day resources so you can get a feel for what is on offer.

Do contact us if you think you have something to contribute, whether it is ideas, skills or your opinion, we enjoy hearing from you.

Jason Gerlack,  
Chief Executive Officer



## We are East Kent Mencap

Here at East Kent Mencap we provide opportunities for adults and 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 as equals and have their voices heard.**

Registered charity number: 220798

For more information, contact:

**01843 22 44 82**

**[info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk)**



LOTTERY FUNDED



Winner 2019



This newsletter was designed & edited by Katie Hogben, and distributed with the help of David Benson and Christina Savva.

**Richard Hensby who has worked in the office for the past ten years sadly passed away recently.**

**He will be sorely missed by his friends and colleagues who will miss his uncontrollable giggling and tiny sneezes.**

**A kind man who was the life and soul of a party and kept us all on our toes.**

**Richard's family requested donations to East Kent Mencap in his memory instead of flowers.**



# Do you know about everything we do?

We provide **day services** at our five Day Resources in: **Deal, Herne Bay, Margate, Ramsgate, and Sheerness.**

Members take part in **many activities**, including arts and crafts, cooking, woodwork, photography, life skills, fitness, golf, drama, bowling, swimming, dance, gardening, and music.

Throughout the year, members are able to showcase their work at local events and to go out into the community to use local amenities.

Day service is £20.25 for a half day and £40.50 for a full day. You can be referred or you can self-refer.

**Free taster sessions are available for newcomers.**

Get in touch to find out more!

We have **social clubs** for people with a learning disability to meet friends and try new things.

From bowling to drama, our clubs are **activity-led** and suitable for a **wide range of ages and abilities.**

**Free taster sessions are available on request.**

Get in touch to find out more!

We provide **supported and independent living houses and flats** for people with a learning disability in: **Herne Bay, Margate and Sheerness.**

We support people with a learning disability to become as independent as possible and live within the community.

Members are supported to take part in community activities, ranging from going out for a meal to going on holiday, as well as everyday tasks. Get in touch to find out more!

Follow us on social media to find out about events and activities first!

@EastKentMencap



We provide **advice and information** to people with a learning disability, their families and carers.

Services are diverse and person-centred, so get in touch to see what we can do for you.

Whether you have a learning disability or care for someone who does, we can help.

Get in touch using the contact details below to find out more!

For more information, contact:

**01843 22 44 82**

**info@eastkentmencap.co.uk**



# Thanet

We are delighted to welcome Angie Hughes as the new Resource Manager for our services in Thanet.

Angie joined us in June and is responsible for all the activities that take place in Margate and Ramsgate. She brings a lot of experience and looks forward to meeting everyone.



## Member's article by Amy

On Wednesday 3rd April we did a spring clean in Clifton Place, behind East Kent Mencap car park, we were given a pick up tool and bin bags we collected lots of rubbish. I had a good time, even when it was raining.

On Wednesday 10th April we went to Dane Park to clear up we had a good afternoon the sun was shining.

On Wednesday 17th April we went to Viking Bay in Broadstairs we had a great day. We found lots of rubbish and burnt bricks. It was hot day.

We took our lunch with us. It was looking much cleaner when we finished. We worked very hard.



Member Phil celebrated his 65th Birthday in style on the Open Top bus from Stagecoach, travelling around Thanet and Deal.

This was followed by a party at East Kent Mencap's Margate centre, 132, with about 20 friends attending including his befrienders from National Mencap.

A huge thank you to the bus driver and everyone who helped make it such a special day for Phil!



The Ramsgate photography group had an amazing experience photographing blue tits nesting in our Ramsgate Day Resource's garden!

Check out this wonderful shot that our member Lee captured.



The new Ramsgate Day Resource was used as a Polling station for the recent elections.

Our members were also able to feel included as the accessibility for them to vote was brilliant.

### To become a member

at the Ramsgate or Margate Day Resource you can ask your Care Manager to refer you, or you can call us yourself.

To find out more, do get in touch on [info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk) or 01843 22 44 88.

As part of Learning Disability Week, some of our members attended NHS Wheel Potential at Toddlers Cove in Canterbury, to try out different types of bikes!

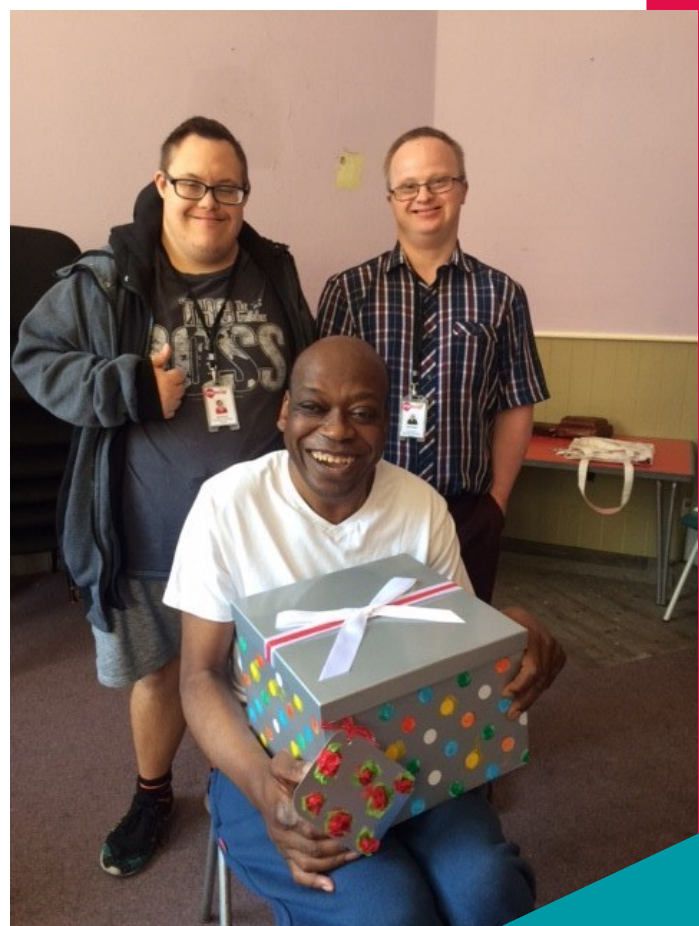


**The Margate Day Resource** is open Monday—Friday, 9am—4pm.

**The Ramsgate Day Resource** is open Tuesday—Friday, 9am—4pm.



# Deal



## Open for new members!

The day service at Deal provides members with fun activities, opportunities to learn new skills and the chance to meet new friends.

There are lots of activities members can get involved with including arts and crafts, upcycling, singing, healthy eating, fitness and wellbeing, and community-based activities at local amenities.

Free taster sessions are available for new members—Just get in touch to find out more.

Member Stephen has been decorating a beautiful pot as a present for his Auntie Marianne—and he created a special gift box for it too!

## To become a member

at the Deal Day Resource you can ask your Care Manager to refer you, or you can call us yourself.

To find out more, do get in touch with Karen on 07478 080 504 or email [info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk)

The **Deal Day Resource** is open at flexible times, with taster sessions available every other Friday, 10am—12pm.

## Did you

You can try any of

at any of the Day Res

Give something a go ar

Call 01843 224482 or email [info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk)



# Herne Bay

## Member's story, Alison

Member Alison started attending cooking club on a Monday afternoon, and now attends two full days. She increased her hours as she felt her time at Herne Bay Day Resource was meaningful and helped her gain new skills, and she liked trying new activities, particularly circuit training. Alison enjoys socialising with friends and has a good friend who she also sees outside of the day service.

Alison says:

"I have friends who care about me and ask how I am feeling.

I love boxing, I had never done this before. I do lots more exercise now. I have also enjoyed yoga and meditation sessions, which I had never tried before. We also go swimming and do health walks.

If I didn't come to resource I would miss going out to places and would probably just stay home. It makes me feel happy being at resource."



East Kent Mencap staff say:

"We have seen Alison gain confidence. Her productivity and motivation has increased and this has had an impact on her overall well being and mental health."

## know?

the day sessions

resources once for free!

and see what you enjoy.

eastkentmencap.co.uk to find out more.

## To become a member

at the Herne Bay Day Resource you can ask your Care Manager to refer you, or you can call us yourself.

To find out more, get in touch with Karen on 07478 080 504 or email [info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk)

**The Herne Bay Day Resource** is open Monday — Friday, 9am — 4pm.

## New building purchased

As we go to press, the purchase of premises in the centre of Herne Bay has just been finalised! The building, which was a health centre, is going to be a new hub for activities. It has good access and is close to local amenities including the leisure centre, shops, library and beach.

We have exciting plans to make a kitchen, art room, and exercise room with a garden project outside. The purchase follows the success of our pilot project in Herne Bay which operates from a small community space. We're now bursting at the seams and the new building will mean we can welcome lots more people and offer more activities.

The hub will host formal sessions, social events and clubs during the evening and weekends where people can meet new faces and form friendships.

**To be one of the first people to join the new hub, contact Karen Loughrill on 07478 080 504 for more details and to arrange a free taster!**



# Sheerness

We have spaces available in our housing in Sheerness for people with a learning

## New flats soon to be available!

Our team and members in Sheerness are currently working on renovating a new block of flats, especially for East Kent Mencap members who need somewhere to live with support.

Members have been fully involved in designing the flats. Members worked with an architect to design three luxury apartments, with sea views, which has now gone to Swale Borough Council Planning Department for agreement.

Our thanks again to the former Trustees of Isle of Sheppey Mencap for making this possible.

These flats should be ready by the end of the year, so if you want to know more, do get in touch with us using the contact details below.

**01843 224482**      **[info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk)**

Are you or someone you know looking for supported housing, or a private flat in a supportive community in Sheerness?

Get in touch to see if we could help.



## East Kent Mencap's Got Talent!

Thursday 19th September, 2—4.30pm

The team at the Sheerness Day Resource are currently organising a Talent Show that will be held in Sheppey at Layzell's Tavern Club—and they are looking for people with a learning disability to be participants!

Do you sing or dance? Would you like to show your talent on stage?

Members from every single branch of East Kent Mencap are encouraged to take part. Ask at your local Day Resource for a sign up sheet.

A coach will transport members from other Day Resources, so anyone can take part.

The event will be during the day, starting with auditions. Finalists will perform again after an interval, with refreshments provided.

We are really looking forward to seeing members' amazing skills.





## Free Taster Sessions in Sheerness

You are invited to our taster sessions for people with a learning disability at our Sheerness Day Resource

2 Trinity Road, Sheerness, ME12 2PJ

For more information, contact Lauren on [lauren.kay@eastkentmencap.co.uk](mailto:lauren.kay@eastkentmencap.co.uk) or just turn up!

### Friday 26th July, 10am—2pm

Join us for a coffee morning, meeting the staff, see what services we provide and try a few of our sessions.

### Friday 30th August, 10am—2pm

Come along and try making music in our fully equipped music room or get stuck in with our art session.

### Friday 27th September, 10am—2pm

Every fancied upcycling? Come and see the amazing things we make out of reused objects and have a try at it yourself. We will also have our cooking session running if you fancy being a chef for the day.

**All welcome!**

## Upcoming events

Our Sheerness team are current organising future events to be announced soon!

Keep a look out on social media for more details in the coming months!

## To become a member

at the Sheerness Day Resource you can ask your Care Manager to refer you, or you can call us yourself.

To find out more, do get in touch on 01843 22 44 82 or email [info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk)

**The Sheerness Day Resource** is open  
Monday — Friday, 9am — 4pm.



# GOLD

## Blooming Marvellous!

The Margate Drop-in Centre, 215, and our GOLD group are entering this year's Cliftonville in Bloom competition.

The group have been getting all 'crafty' at the monthly Drop In with volunteer Maggie!

Head over to Northdown Road to see the window display they have put together in the Novelty category, themed around weather with a pom-pom sun!



## Life Story Project

Hayley Mogridge, a Life Story Facilitator, has been working with five members to record their stories, which can then be shared and enjoyed for many years to come. Recording life stories can change the way people are perceived and positively influence their future outcomes. It's also a fantastic way to keep key information and memories.

At the end of the Project, the members will have their own life book or digital life story that is as unique as they are.

Christina said of her digital life story, 'It's a memory for me of my life. I forgot a lot of what I've come through and achieved. It's really done me good and reminded me of positive things in my life.'

Life story work is truly person-centred and shows that every life is important and worth sharing. Hayley said, 'My role enables me to record key information about the person's life in a meaningful way, ensuring their voices get heard. It's priceless and worth shouting about! It's a great way to preserve the past as well as influencing the future.'



GOLD (Getting On with Learning Disabilities) is for people with a learning disability in Thanet who live independently, receive less than 5 hours of support a week, or live with unpaid carers and receive no other support.

GOLD Group meets every Thursday, from 1pm to 3pm, at Royal Victoria Pavilion in Ramsgate. Call 0845 004 1876 for more information!



# Fundraising

## Colour run

On Sunday 9th June, staff and family members tackled the KM Colour Run at Betteshanger Park, helping each other complete the 5k course. The team crossed the finish line together doused in



magnificent colours! They received lots of support, including well wishes, people cheering them on and sponsorship. Over £600 was raised for East Kent Mencap and a very fun day was had by all - Will you be at the next one?

Special thanks to Brian Whitehead for photographing our team!

## Rally

This June, Sue Bates from the GOLD project, and her son Thomas took part in the Fireball Rally Monte Carlo/Eight Countries Challenge, to raise money for East Kent Mencap. Each car was given their next destination when they arrived at the evening campsite so never knew where they were headed and didn't have much time to plan a route. Armed only with a map and a tent, they completed the route in just 7 days.

The route mileage should have been 2,316 miles but with wrong turns and hidden campsites they travelled 2,530, including an extra country, taking in France, Monaco, Italy, Austria, Liechtenstein, Switzerland, Germany, Luxembourg and Belgium! Sue said 'the trip was an experience of a lifetime with breath-taking scenery when driving through the Alps, coastal drives through the French and Italian Riviera, the Italian Lakes and Black Forrest. Even the mountain in Liechtenstein that we camped by was spectacular despite the cloud being so low we could almost touch it!'

Sue raised an amazing £2,966.81 through personal and organisational donations, by selling advertising spaces on her car, by holding several sweepstakes to guess their Mascot's name (Monty) and some fundraising activities at her son's school. That will help to fund the amazing sessions that GOLD offer for people with a learning disability.

Sue is proud of herself for raising so much money and for completing the trip! And we are so proud of her!

## Thank you for supporting us

Family and friends of the much missed **Richard Hensby** who kindly made donations in his memory

**The David Solomons Charitable Trust** who donated £1,200 for Deal Taster Days

**The Nicky and Eileen Barber Charitable** who donated £2,400 for Deal Taster Days

**The Postcode Lottery Trust** who donated £18,000 to establish choirs in Ramsgate and Sheppey

**Thanet Sunrise Rotary Club** who raised £1,250 from their BIG KNIT!

**Staff at the Ramsgate Co-op** for making cakes which raised £296 towards our Festival

**Open School East** in Margate who are running a 12 week film project with members of GOLD – more details in the next issue

**Sue Baron** who made a beautiful quilt for our summer raffle

**Sylvia Cotton** for her generous time and donations

**Anne** for DVDs for our stall

**Sophie Millns** for ribbons and raffle tickets for our craft group

**Mr Exley** for donating crockery for our new kitchen in Ramsgate

## Asda Green Tokens Broadstairs, July—Sept

We will be one of 3 good causes that are part of Asda's Green Token Giving scheme, between July and September.

Pick up a token at the check out and please vote for us!

# Dates for your diary:

**Wednesday 24th July**  
**Grosvenor Casino Quiz**  
Grosvenor Casino,  
Westwood Cross

**Friday 2nd August**  
**Street Party**  
Foresters Hall,  
Ramsgate

**Wednesday 7th August**  
**Quiz Night**  
The Northwood Club,  
Ramsgate

**Saturday 14th September**  
**Clothes Swap**  
Foresters Hall,  
Ramsgate

**Sunday 29th September**  
**Busters Fire Walk**  
Great Danes Hotel,  
Maidstone



# Join one of our clubs!

## MONDAYS:

Gateway Club, 6.45pm-8.45pm,  
132 Northdown Road, Margate, CT9 2RB  
**£3 entry**

## TUESDAYS:

Thanet Thinkers, 1pm-3pm,  
Costa Coffee,  
209 Northdown Road, Margate, CT9 2PF  
**FREE entry**

## WEDNESDAYS:

Snooker Club, From 2pm onwards,  
215 Northdown Road, Margate, CT9 2PF

## Pay to play

Fit Start, 4pm-6pm,  
Foresters Hall, Meeting Street,  
Ramsgate, CT11 9RT

## FREE entry

Bowling Club, 5pm-7pm,  
Bugsy's Bowling,  
Ethelbert Crescent, Margate, CT9 2DY  
**£3.60 entry**

## THURSDAYS:

GOLD Group, 1pm-3pm,  
Royal Victoria Pavilion,  
Harbour Parade, Ramsgate, CT11 8LS  
**FREE entry**

CHOIR, 4pm-6pm  
New Gateway House  
132 Northdown Road, Margate, CT9 2RB  
**£5 entry**



Find out more about our events,  
clubs and services by getting in  
touch via phone or email, or visit our  
website for more information

**Providing opportunities for adults & children with  
a learning disability in East Kent**

**01843 22 44 82 | [info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk)  
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