

# East Kent **men**cap

has so much talent!



Autumn Newsletter 2019



We are

East Kent  
**men**cap

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



Follow us on social media  
to find out more about  
what we do!

@EastKentMencap



## A word from our CEO

You will see from this issue that it's been an exciting summer, with people taking part in some amazing activities. Our Day Resources have seen members learning lifesaving CPR skills and upcycling furniture (saving it from landfill!), whilst our Summer Street Party in Ramsgate and East Kent Mencap's Got Talent in Sheerness in September saw members, staff, volunteers and supporters having fun together as well as showcasing some incredible performances from members. Thank you also to our volunteers who have been out in force this quarter, helping with gardening, events and fundraising!

We are incredibly passionate about inclusion and diversity at East Kent Mencap, and I am very pleased to announce that the charity has achieved the status of a 'Disability Confident Leader'. This status recognizes the charity's efforts to provide an accessible and inclusive recruitment process and working environment for people with disabilities, as well as our commitment to offering work adjustments to employees who experience physical difficulties or mental ill-health.

At our AGM in October, we celebrated the last year and shared our vision for the future, which includes modernising the charity structure to reflect our continuing growth. There will be more information about these important changes in the next issue.

I hope you enjoy this newsletter!  
Most stories are from our members  
so do get in touch if  
there's something  
you'd like to feature  
in the next  
issue.

Jason Gerlack,  
Chief Executive Officer



To talk to a member of staff about

01843



## Notice is hereby given of the Special General Meeting of East Kent Mencap

During the last Annual General Meeting we explained our plans to incorporate East Kent Mencap. **You are invited** to join the trustees to agree the merger of our current charity with the new East Kent Mencap.

The meeting will take place at 132 Northdown Road, Margate, CT9 2RB on Thursday 16th January 2020 at 7pm. All are welcome to attend but you must be over 18 years of age and a member of East Kent Mencap to vote on any matter.

**Please do RSVP to [info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk).**

**For more information, do call 01843 224482.**

## Check out all our services!

We provide **day opportunities** at our four Day Resources in: **Herne Bay, Margate, Ramsgate, and Sheerness.**

Members take part in **many activities**, including cooking, art and fitness.

Members are able to showcase their work at local events and to go out into the community to use local amenities.

It costs £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 available.**



We have **social clubs** for people to meet friends and try new things.

Including bowling and a choir, our clubs are **activity-led** and suitable for a **wide range of ages and abilities.**

**Free taster sessions are available.**

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

We support people to become as independent as possible and live within their community. Members are supported to take part in community activities like going out for a meal, going on holiday, and everyday tasks.



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 to find out more about all our services!**

For our services, please get in touch on:

**22 44 82**

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



# Sheerness

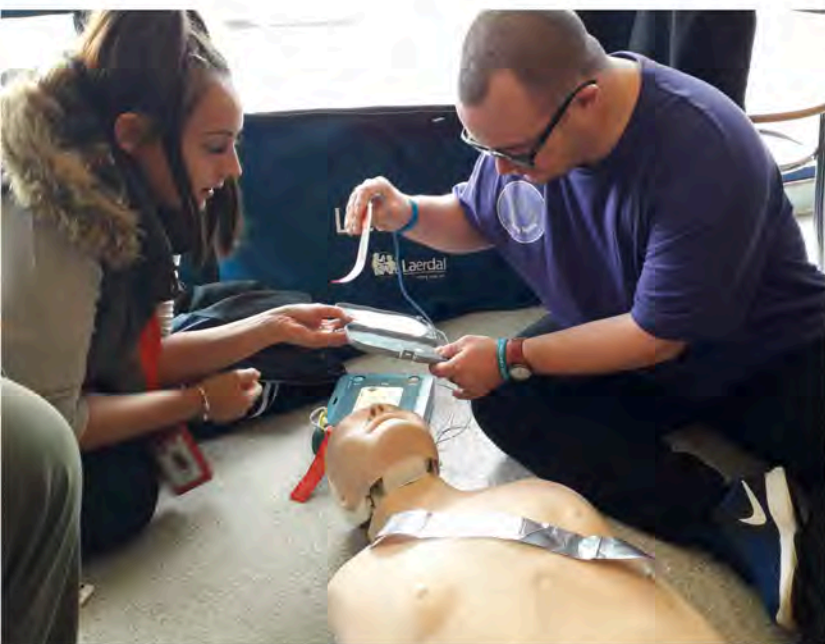
## Halloween party!

Things got Spooky in Sheppey for Halloween.

Our amazing Day Resource team organised a Halloween party for our members and the local community to enjoy.

With the ultimate party playlist, frightfully delicious treats and raffle prizes everyone had a wicked time.

In addition to an already fantastic night, with everyone's help we raised an incredible £368.48! Thank you so much to everyone that made this possible.



## Learning life saving skills

In October, members took part in a session run by the local fire brigade. They learnt vital life saving skills and knowledge in regards to CPR, and how to use a defibrillator machine and where these are kept. Members were then all able to practise using the machines and following instructions.

A huge thank you to Kent Fire Brigade for providing us with this valuable opportunity.

## Do you need supported housing on the Isle of Sheppey?

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

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

The housing will be available in the new year.

Get in touch to see if we can help on 01843 224482 or [info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk).



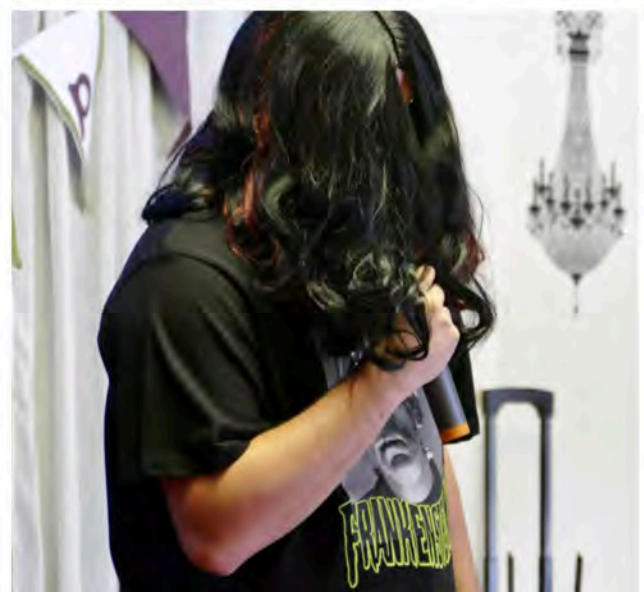




## New mini bus!

We are thrilled to announce that our Sheerness minibus has arrived!

Senior Support Worker Lauren Kay says: "The new minibus means we can offer transport from further afield for people who'd like to come to our day resource, and also plan days out - we're already planning to go to Thorpe Park."



## 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)

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

## East Kent Mencap has Got Talent!

In September, members from all across East Kent came together in Sheppey for a talent competition. Members performed on stage, sharing with the crowd their talents in singing, rapping, dancing, comedy, impressions, storytelling and more.

A huge congratulations to the winners, Stephen (1st), Vanessa (2nd) and Ian (3rd). See the front cover of this newsletter for photos of them in action!

Every single performer did amazingly and we want to thank them all for sharing their talents with us.



# Thanet



## Red Arrow Club at Halloween!

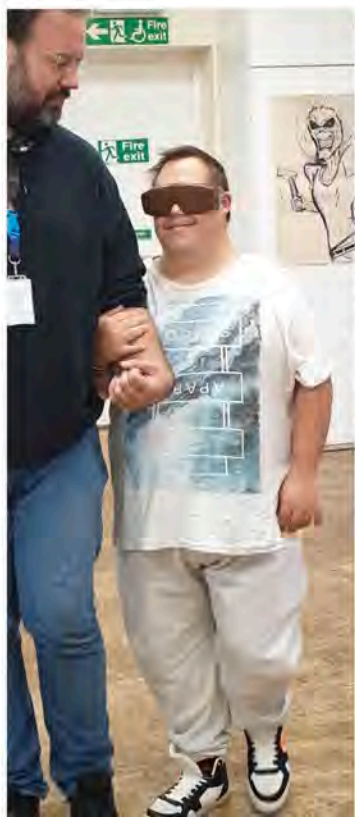
Our members had a spooky time at Red Arrow club in October! The fancy dress costumes were stunning and fun was had by all! Red Arrow Club is a quarterly dance at the Red Arrow Club in Ramsgate where people can come together to dance, make friends and have fun.



Later, Jason surprised me with a card, letter and gift from the EKM Trustees to say thank you for being amazing and giving the presentation. I felt very overwhelmed but happy.'

## Halloween fun in Margate

Margate Day Resource had an amazing Halloween fun day and raised £95 for our services!



## David's presentation in London

Our member David went with our CEO Jason and Fundraising Manager Jane to London to meet the Trustees of the Collyer-Ferguson Charitable Trust, and give a presentation with the hope that they would make a donation towards the development of Foresters Hall.

David says: *'I have been involved with presentations and events with the Fundraising Team for over three years and really enjoy it. On Monday 29 July Jason picked me up and we drove to the station to catch the train to London. We gave our presentation and the Trustees were very friendly and interested. They asked me questions.'*

*The next day Jason had a phone call saying they awarded us £150,000!!!*

## Learning about visual impairment

Kent Association for the Blind gave a talk to our Margate members. KAB staff Liz and Jenny did a presentation and interactive demonstrations to help the members understand what it feels like to have a sight impairment. The facilitators were very good in explaining things, and the practical demonstrations helped show how it feels to not have full sight. All the members joined in and found it enjoyable and insightful.

A member said: "I had special glasses on and [my friend] walked me round the room. I felt a bit frightened, but [my friend] made me feel safe. I had good insight into what it's like to be blind."



## Creative upcycling!

Check out our member Clifford's latest upcycled creation!



His support worker Judith says: 'He had not previously worked in any craft environment and so I am really chuffed that he attends the centre where he has joined the Upcycling Sessions. He has worked on a variety of items from foot stalls, chairs and units where he has cleaned, sanded, painted, varnished and waxed

## Fit Start is back!

Learn about healthy eating and exercise in a supported environment every Wednesday, 4 - 6pm, at Foresters Hall, Ramsgate. £3 per session. All people with a learning disability welcome!

## Exploring the Hoverport

In September our members explored the deserted Ramsgate Hoverport with an archaeologist from CITiZAN! We were taking photos for an exhibition next year. Stay tuned!



## Street Party in Ramsgate!

In August our Ramsgate Day Resource hosted a street party with circus skills, accessible sport, live music, and more! Over 300 people came and we made over £1500 to support our services.

We would like to say thank you to the 38 volunteers and 30+ organisations and supporters who attended and helped.



## 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.

## Margate Day Resource

is open Monday—Friday,  
9am—4pm.

## Ramsgate Day Resource

is open Tuesday—Friday,  
9am—4pm.

## Thank you for supporting us

### All these people supported our street party:

Inclusive Sport, Kent Cricket, Thanet Galaxy Football Club, Kinetic Circus, IASK, One You, Healthwatch, Action on Hearing Loss, Kent Libraries, Pets as Therapy, Al's Ice, Bright Start Nursery, Kent Fire and Rescue, South East Coast Ambulance Service, Bookers, Kevin and Mandy Rackley, St John's Ambulance, Georgie MacFarlan, Network Rail, SAP Concur, Steve (volunteer videographer), friends and family volunteers, Jenny Barlow, 6 & 8, Greyhound Buskers, Galaxy Choir, Stephen Sewell, Ross Uttridge, Steve Warrington, Matt Smyth (Pie Factory Music).



# Herne Bay

## Our brand new Herne Bay building

Our new building for our Herne Bay Day Resource is looking amazing! The team moved in during July and worked hard to transform the space with bright colours and stylish furniture to make members feel comfortable and inspired.

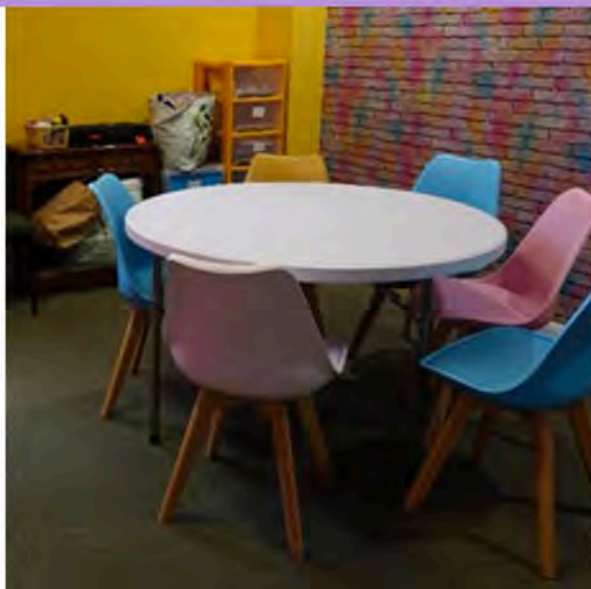
The photos on the left below show what the spaces looked like before, with a doctor's reception and office. The photos on the right show what it looks like now! There is a multi-purpose room at the front of the building for music, drama, games and fitness, with a kitchen for members to make snacks and socialise. Other rooms are for specific sessions, such as the art room pictured below.



Before...



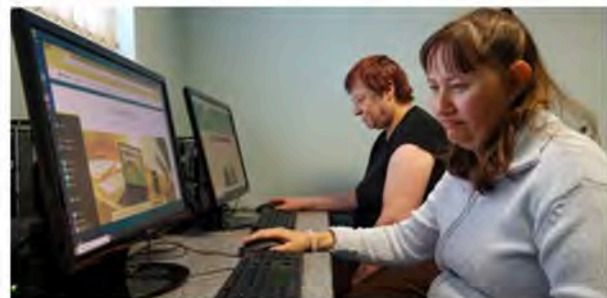
... and after!



## Funding success!

We were delighted to receive a grant of £19,847 from National Grid in August to refurbish our new premises in Herne Bay, creating a fresh, unique and welcoming environment.

Coordinator, Louise McAlpine, said: 'The funding means that we can now provide our members with activities and equipment they have for been wishing for.'



## Days out together

While our new day resource was being transformed we had some community trips, including to Druidstone Park in Blean. Our members enjoyed the woodland walks and feeding the animals.



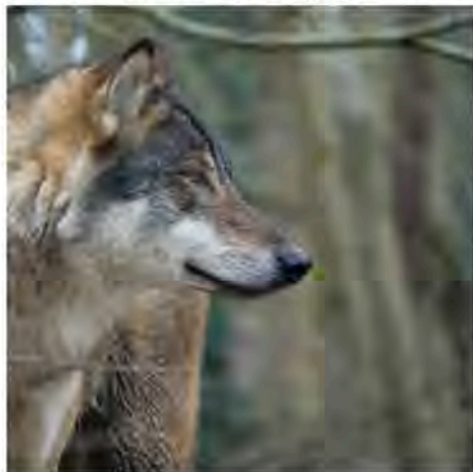
We also had a great boat trip from Grove Ferry along the River Stour!





## Our photography group's first year!

This is our Herne Bay photography group's first year! We visit Sandwich Bay Bird Observatory to photograph wildlife, using a book to identify birds. We photograph animals at Wildwood, our favourites being bears, wolves and arctic foxes.



The local church has beautiful stained glass windows and we have had lots of fun creating abstract images by using a slow shutter speed whilst moving the camera.

Though this is our first year we have produced enough photographs to have an exhibition in December at Beach

Creative in Herne Bay. The group is very excited about their exhibition! The photo above was taken by our member Gary.

## 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.

## Member's story – Andrew

Andrew joined us in June as he was looking for alternative services as his current provision did not meet his needs. He was very anxious about joining sessions and meeting new people, but our members were very caring and helped him to settle in. He came for one day to begin with but

eventually decided to attend for 4 days as he enjoyed his time with us so much. Andrew is a very active young man so really loves all the community activities and the 6 mile Reculver walk!

Andrew says: "I enjoy the trips out, that's my thing – bowling, bus journeys, walking, (I'm a fast walker). The mini golf is excellent and I like swimming more than anything else. I like singing and might join the choir. I like talking to people about things I'm interested in and playing hangman. I've made friends, mainly Gary. I'm quite a good listener. Where I was before I didn't like it there and I didn't make any friends."

**We are offering free woodwork taster sessions on Thursdays 10am-midday or 1-3pm. For more information or to book a session, contact Kelly or Louise on 07490 773593 or email [info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk)**





# GOLD

## Three more years!

We are delighted to announce that our GOLD project has received funding for three more years from The National Lottery Community Fund! Originally funded for four years, this extension shows the project's impact. Thanks to this funding, we will be able to continue supporting people with a learning disability in Thanet who receive little other support.



## Visiting Ramsgate's new Fire Station

Our GOLD group saw that a new Fire Station was being built in Ramsgate and contacted Kent Fire Service to arrange visit. We were warmly welcomed, given a tour and shown equipment. We met the firefighters, asking questions.

## To become part of GOLD

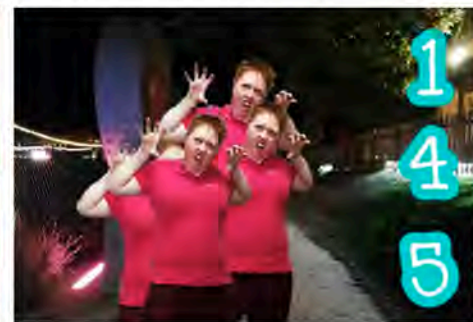
GOLD (Getting On with Learning Disabilities) is for people with a learning disability in Thanet who live independently, receive less than 5 hours of support a week, or live with unpaid carers and receive no other support.

GOLD Group meets every Thursday, from 1pm to 3pm, at Royal Victoria Pavilion in Ramsgate.

Call 0845 004 1876 for more information!

## Creating video games

Our GOLD members have been working with Genetic Moo to create video games, using Scratch coding and choosing a horror theme. The workshops were at GOLD's home, 215 Northdown Road, with members drawing, coding and making sound effects. The mini-games were available for the public to play at NOW Digital festival in Margate. If you'd like to play the games, watch out for a news story on our website that will be released soon, where you will be able to download the games to play on your own computer!



## A Night to Remember – When the World Turned Upside Down

This summer GOLD did a filmmaking course with Open School East! They learnt about cameras, writing, acting, directing, and green screen. They created the concept and storyboard, acted in, directed and filmed it!

The red carpet premier was in Dreamland's Ballroom, presented by TV presenter, Ayo Akinwolere. Check out our YouTube for a video showing the members in action. The finished film will be released on our website soon!



They gave us easy read information on fire safety. As we were leaving they had a call out, which was dramatic!

Members said they enjoyed the visit and the Fire Fighters had been friendly.



# Fundraising & Volunteering

## Pre-loved clothes fair

A huge thank you to everyone who came to our Pre-loved Clothes Fair. We had an amazing turnout and raised over £200!

This will help renovate the kitchen in our new building in Ramsgate so members can safely learn how to cook and make meals together.



## Lee's fundraising

Our Sheerness member Lee took part in a summer fun day to raise money for an upcoming group trip. He organised and managed a tombola supported by our staff and raised £114.27! Lee has done so much amazing fundraising - we are proud of all he is achieving! Thank you, Lee!



## Thank you for supporting us

- ⇒ Grosvenor Casino at Westwood Cross—Hosting quiz night
- ⇒ Sue Baron – Donating a homemade patchwork quilt
- ⇒ Brian Whitehead – Photography at many events
- ⇒ Deputy Mayor of Swale, Cllr Roger Clark – Judging at our East Kent Mencap's Got Talent
- ⇒ The Asda Foundation – Choosing us as a beneficiary of Green Token Giving, £500 donation for winning
- ⇒ Co-Op Local Community Fund – Choosing us as a beneficiary from the member scheme
- ⇒ Mrs Quickfall – Donating homeware items
- ⇒ Layzells Bar and Tavern – Free hire for our talent show
- ⇒ Azra Kucukkaramuklu – Volunteer intern
- ⇒ St James' Friendship Group – Donation of £25
- ⇒ Raushan Ara – Delivering a Climate Change Talk
- ⇒ Volunteers from the National Citizen Service



## Quiz night fun!

Thank you to Lorna and Mary for choosing us as the charity for one of their quiz nights at the Northwood Club in Ramsgate. We raised an incredible £400!

## Collecting tins

You may have seen our purple collecting tins in shops and cafés around East Kent. If you are wondering, this money goes to a central fund overseen by our Executive Committee. Anyone who has an idea for a project or activity at East Kent Mencap can request funds. Recently, this has helped:

- Fund the Go Out Guide
- Buy a new cooker for our kitchen at 132
- Bring Sheerness members to Margate's Christmas Show

Huge thanks to those who display our tins! If you would like one, email [demi.price@eastkentmencap.co.uk](mailto:demi.price@eastkentmencap.co.uk)



# Dates for your diary

*See our website for full details of all these events!*

## **Wildlife and abstract photography exhibition**

**1st—15th December (weekends only)**

Beach Creative, Herne Bay, CT6 5PT

## **Exhibition of birdwatching group's photography**

**2nd-15th December**

Kings Street Gallery, Margate, CT9 1ES

## **Christmas Carol Concert**

**4th December**

St Paul's Church, Cliftonville, CT9 2RD

## **Christmas Party**

**11th December**

East Kent Mencap Herne Bay Day Resource

27 Canterbury Road, Herne Bay, CT6 5DQ

## **Carol Singing**

**12th December**

Westwood Cross Shopping Centre, Broadstairs, CT10 2BF

## **Red Arrow Club**

**13th December**

Red Arrow Club, Ramsgate, CT11 0QX

## **A Christmas Carol (play)**

**17th December**

Sheerness East Working Mens Club, ME12 3BZ

# 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:**

Fit Start, 4pm-6pm,  
Foresters Hall,  
Meeting Street, Ramsgate, CT11 9RT  
**£3 each week**

Bowling Club (Youth), 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**



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

Find out more about our events, clubs and services  
by getting in touch or visit our website

**01843 22 44 82   info@eastkentmencap.co.uk   www.eastkentmencap.co.uk**

Newsletter designed & edited by Katie Hogben

Distributed with the help of David Benson and Christina Savva.