

East Kent menicap

Winter Newsletter 2020

Training
nurses
at Canterbury
Christchurch
University



Our GOLD Group in action!



Taking
part in
POW! 2020
festival

We are



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.

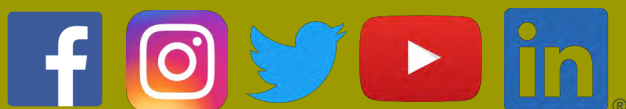
We believe that everyone should be valued as equals and have their voices heard.

Registered charity number:
1188118



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

@EastKentMencap



A word from our CEO

East Kent Mencap is changing.

The charity was established in 1948 and after 70 years the Trustees decided last year that it was time to modernize the charity.

Following consultation with our members it was agreed to change our status to become a charity within a company. We are now incorporated and have a new charity number but retain the same name, East Kent Mencap. As of 1 April 2020 we will be using the new charity for all our activities.

Most people won't notice anything different and the change will not impact on our service delivery in any way.

We will be contacting all our funders and suppliers to inform them of our new details and bank account. However if you have any queries, please contact info@eastkentmencap.co.uk or call 01843 22 44 82.

Our new charity number is: 1188118

Our new registered company number is:
12263702.

Our new registered office is:

Foresters Hall, Ramsgate,
Kent CT11 9RT

A handwritten signature in black ink.

Jason Gerlack,
Chief Executive Officer



To talk to a member of staff about

01843

Coronavirus update

As you are aware Government and Public Health advice on how to deal with Coronavirus (COVID-19) is changing almost daily.

With this in mind East Kent Mencap wishes to reassure you that we are monitoring the situation closely and will follow Central Government and Kent County Council advice to Social Care as it is released.

If you do not wish to attend our services, please let us know.



You should follow the UK Government's advice. Anyone with the symptoms of:

- a high temperature (37.8 degrees and above)
- a new continuous cough

should self-isolate for 7 days, regardless of whether they have travelled to affected areas. This means staying at home and avoiding all but essential contact with others for 7 days from the point of displaying mild symptoms, to slow the spread of infection.

We will aim to keep you updated as things change but in the meantime please do speak to Service Managers or email info@eastkentmencap.co.uk if you are concerned how this may impact on you, your family member or someone you support, or your personal situation.

Important information on Social Clubs and Events

Due to this we have sadly taken the decision to close all East Kent Mencap social clubs and events for the foreseeable future.

Remember to keep regularly washing your hands and following government guidelines.



Please continue to check our website, Facebook, Twitter and Instagram pages for updates.

Take care and if you have any worries, please do get in touch with us using the contact details below.

For our services, please get in touch on:

22 44 82

info@eastkentmencap.co.uk

GOLD

Creating artwork for POW! 2020 festival!

Our GOLD group took part in a series of creative sessions with local artists, learning new skills like marbling and clay modelling. This was in collaboration with their neighbours on Northdown Road, Well Projects at 217. The project was entitled A Gathering of Flowers, and a lot of the creative activities involved using nature as inspiration.

The GOLD members created lots of artistic pieces, and at the start of March they came together for a celebration at the GOLD office, 215, to celebrate the project with the Mayor and Mayoress of Margate, and to choose what artworks were going to be displayed in the windows of 215 and 217!

The artworks were on display throughout POW! 2020 festival in March, a festival all about celebrating International Women's Day and the POWER of women!

A huge thank you to everyone involved in A Gathering of Flowers, including Well Projects, the artists, and the team at POW!



GOLD members help train nurses at Canterbury Christchurch University

East Kent Mencap's GOLD project is helping to train nurses at Canterbury Christchurch University.

Students do not typically get many opportunities to work with people with a learning disability, so since 2012 our members have worked with students training to be nurses and GPs.

When attending CCCU, our members meet the student nurses, go to the training ward together and the members pretend to be patients. The nurses ask questions to be able to fill in a Healthcare Passport, and take the members' temperature, blood pressure and pulse.

Thanks to our members giving their time and enthusiasm, they are helping student nurses to understand what it is like to have a disability and be better at their future jobs. The members are the teachers, encouraged to ask questions, heard and appreciated.

“The student nurses seemed nervous to begin with because they didn't know how to talk to people with a learning disability. We talked to them and got to know them and we all relaxed. I think the students were surprised at how much we knew and it changed their minds about people with learning disabilities.” – A member of EKM's GOLD Group

Evaluation by CCCU staff has revealed that students taking part in these sessions have felt their experience helped to dispel anxieties about patients with learning disabilities, helped them to see the individual and not the disability, and helped develop communication skills. The student nurses recognised the vulnerability of some patients and developed great respect for people who often encounter discrimination and stigma.

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!



Herne Bay

Creating together

Our members in Herne Bay have been having an amazing time in their newly decorated art room, which is packed full of beautiful and inspiring colours!

They have created heart-shaped decorations for Valentine's Day and also put together vision boards displaying their exciting visions for themselves for 2020!



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

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



Sheerness

First Community Engagement session!

Our Sheerness Day Resource members had their first community engagement session together in February, bowling and playing snooker!

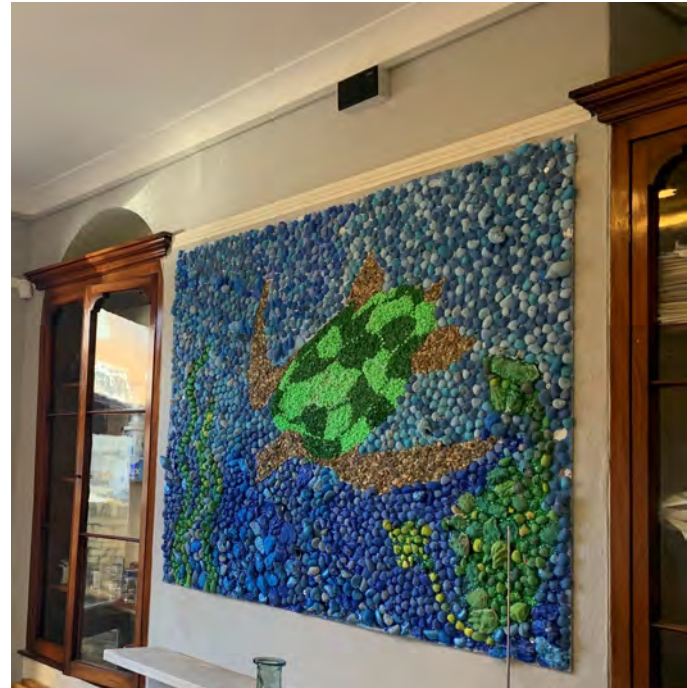
We think it's so important for our members to be able to get involved and feel happy in their local community.



New Look Art and Upcycling Room

The Art Room at our Sheerness Day Resource has been redecorated, and a beautiful mural created by the members over 11 weeks has been put up! They hand-painted and glued on each stone individually, and are so thrilled with the result!

This room is also used for Upcycling sessions. Our members Rachael and Lee have just started sanding down four chairs saved from being dumped, which they will paint and varnish. It will be a big job for them both but they're very enthusiastic and up for the challenge.



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

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



Thanet

New kitchen in Ramsgate!

Our brand new kitchen is almost finished at our Ramsgate Day Resource, complete with beautiful teal coloured tiles and huge amounts of cupboards! Our members will be able to cook and learn to make healthy meals together, as well as eating together. The appliances will soon be installed!



Exploring Ramsgate Hoverport, photography exhibition

Earlier this year our Thanet Day Resource photography group had an amazing time at Nice Things Gallery and Shop in Ramsgate for their exhibition, Exploring Ramsgate Hoverport! They were joined at the preview by Lara from CITiZAN who they worked with on this project, and Mayor of Ramsgate Raushan Ara.

We're also thrilled to be able to say that seven photographs from the exhibition sold! Well done to Sarah, Lee, Robert and Micheal! And thank you so much to Suzie from Nice Things for being such a wonderful host.

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
or 01843 22 44 88.

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

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



Community & Housing

Stephen's swimming

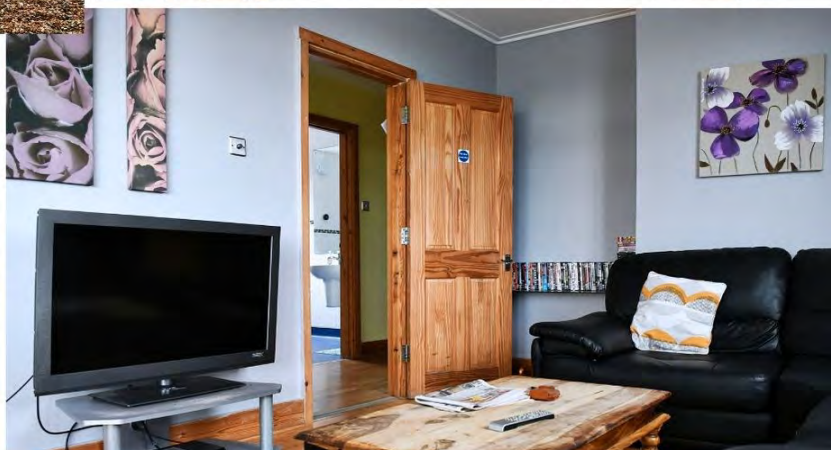
One of our Support Workers, Trina, has received a lovely compliment from our member, Stephen: *"I want to say a big thank you to Trina for all the help she has given me with my swimming. If she hadn't helped me I wouldn't be able to do it. She has helped build my confidence. I struggled in the beginning but she helped me find the right footwear and techniques to be able to judge where I was and how to turn. I felt very nervous and afraid to go swimming at the new pool before all her help."*



In October last year Stephen swam 72 lengths of his local pool, was sponsored by friends and family, and raised £700 for a visually impaired club that he has attended for over 10 years. Here he is handing the cheque to Ivy who runs the club.

Housing available in Sheerness

We have two rooms available for people with a learning disability in our four bedroom bungalow in Swale: Halfway Bungalow. The property has two kitchens, a bathroom, dining room, living room, wet room, large fenced garden, and beautiful views over the fields. If you're interested in this accommodation, please do contact Sue on 01843 22 44 82 or sue.beaumont@eastkentmencap.co.uk



Fundraising & Volunteering

Vitality Big Half

On 1st March, five amazing individuals ran the Vitality Big Half Marathon to raise funds for us. The 13.1 miles included London's Tower Bridge!

We are proud to announce that our runners raised £2,305! This will help us to provide more opportunities to people with a learning disability.

These funds will support our Healthy Living and Fit Start clubs, which help members to get active and stay healthy.

Our runners have inspired our members – two have signed up for a half marathon!

A huge thank you to our runners Peter Johnson, Lily Price, Becky Edmeades, Christina Cattani and Becky Cannan! You've done more than run a half marathon. You've empowered, enabled, and allowed the voices to be heard of people with a learning disability. Here is a before and after photo of Becky who finished in an amazing 2hrs 32mins, raising over £300!



Thank you for supporting us

- ⇒ Pauline Antonioni - £50 donation
- ⇒ Thanet & District Reform Synagogue - £192.50
- ⇒ Sue Baron – Handmade Patchwork Quilt
- ⇒ Suzie Humphries at Nice Things Gallery in Ramsgate – Hosting our Photography Exhibition
- ⇒ Palm Bay Co-Op Store – Hosts for our most recent Bake Sale
- ⇒ Brian Whitehead – Voluntary Photography
- ⇒ And a huge thank you to everyone who donated clothes for our Pre-Loved Clothes Fair, including:
Mary Robinson Sharrock, Karen Essam, Julie Gollick, Ronnie Duval, Rose Atkins, Maxine Morgan, Mandy Rackley, Maxine Rowe, Karen Atkinson, Lynda Salisbury



The Mayor's Fund

The Mayor of Ramsgate, Raushan Ara, and her Fundraising Chairman, Peter Borrough, visited our Ramsgate Day Resource drama group to present them with £500!

These valuable funds were raised by Raushan, as we are one of her chosen charities for her time as Mayor of Ramsgate. The funds will help us to produce our much loved Christmas show! Raushan has been a supporter of East Kent Mencap for a long time and we're so grateful for everything she does.

Valuing People Now

Pupil's Voice

Pupils Voice is a project for sixth formers at Special Schools in East Kent which gives a voice to young people with a learning disability and complex needs. Funded by KCC, the project was developed in 2017 by East Kent Mencap in collaboration with pupils and staff from the schools, to prepare young people for their life after leaving school. The project runs termly Forums, hosted by the schools, and facilitated by staff from East Kent Mencap, where the young people are supported to discuss their ideas and aspirations for the future.

25 sixth formers attended the meetings, including students from St Anthony's and Stone Bay, hosted by Foreland Fields School. At the November meeting, they welcomed officers from Kent Fire Service, Kent Police, and community wardens to talk about using Makaton, including a demonstration from pupils and a discussion about the ways the services might use them, such as for fire evacuation. Michelle Hosken, the VPN Support Worker, reported that the community hospitals now had a Makaton package and would be using it across their sites in East Kent.

At their January meeting, students heard from Zoe Holt, a mouth care matter nurse at East Kent Hospitals University NHS Foundation Trust, about importance of mouth hygiene. Zoe's talk was very entertaining and included a giant set of teeth and an egg timer to show how long to brush your teeth.

In Canterbury Pupils Voice, 23 pupils from St Nicholas Sixth Form met last November to talk about employment.

Contributors included a Community Liaison Officer, Volunteer Police Officer and Police Cadet Leader from Kent Police, crew members from Kent Fire Service, and staff from The Willows talking about work opportunities. Job Centre Plus were also there to talk about the support they offer. The group then heard from four people with a learning disability talking about their experiences of work. The four speakers were:



Harriet, who has autism and is an Ambassador for Born Anxious, a clothing label for people with special needs which aims to make planet friendly comfortable clothes; Jonny, a wheel chair user, who is a body builder; Christina who works at QEQM hospital; and Danni who works at a soft play centre and the RSPCA.

Their next meeting will focus on social activities.

Pupils Voice welcomes more special schools to their meetings. For more details contact michelle.hosken@eastkentmencap.co.uk.

Donate to our Rain or Shine Appeal

At a time when we are surrounded by doubt and confusion, one of the things we can be certain of is that East Kent Mencap still needs your support.

The current government guidelines surrounding the Coronavirus is to reduce large gatherings of people. As such, we are postponing our fundraising and community events for the foreseeable future. This will have a big impact on our income. Therefore we are asking that if you are able to, please donate to East Kent Mencap's appeal so that as soon as it is safe to continue we can resume all our affordable Social



Clubs and events for people with a learning disability in East Kent, come rain or shine!

Online donations are a secure and, especially during this time, safe way to demonstrate your support for our charity from any location. You can make donations via our website, where you have the opportunity to set up monthly, or one off payments. Regular donations mean that we are able to benefit from a steady and predictable source of funding which has an incredible impact on the lives of our members.

Donate via our website at www.eastkentmencap.co.uk/donate

You can also **donate through our Facebook page**. Search for **East Kent Mencap**.

Donations of this kind make an invaluable difference – and for that, we are extremely grateful.



**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