



East Kent  
**mencap**



Christmas Newsletter 2020



We are



# Happy Christmas from our CEO!

A very festive welcome to this Christmas edition! It's been a strange and challenging year for everyone but I hope this issue will bring you some seasonal cheer. I am so proud of all our staff, volunteers and members who've kept smiling throughout the pandemic, and encouraged to see their inspiring stories and photos.

I'm also delighted that even more members are joining in with our amazing online activities. During the Christmas period, we are making even more effort to offer sessions that you can enjoy from your home, in the 'virtual' company of familiar faces. If you've not tried going online yet, now is the time to have a go, with loads of Christmas themed activities and events. Check out our website and social media for more details or contact us at: 01843 808 964 or email: [info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk)

We've also launched our Christmas Appeal. Thank you to everyone who has already donated. Christmas can be difficult, especially this year when people may not be able to spend it with family and friends. From funding Christmas goody bags to hosting virtual get togethers, your support means we can make sure that all our members have extra special festive help when they need it.

As I write this, Kent is in Tier 3, with infection rates still high. However, I'm pleased to say that our services continue to operate safely, with measures in place to reduce the risk of infection, and to date we have remained free of the virus at all our centres, community support and housing. Although the government has lifted some restrictions over Christmas, the virus is still here and I ask you all to please be careful if meeting up with friends and family. Remember the rules of Hands, Face, Space!

We are carefully reviewing new government advice regarding home visits and look forward to communicating the outcomes to you at the very earliest opportunity.

Whether you are spending the holiday on your own or with friends and families, I wish everyone a very Merry Christmas and look forward to seeing you all for a brighter New Year in 2021!

Jason Gerlack  
Chief Executive Officer at  
East Kent Mencap



If you or someone you care for has a learning disability and needs support, please do get in touch. We are here to help.

01843 808 964

@EastKentMencap on Facebook

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

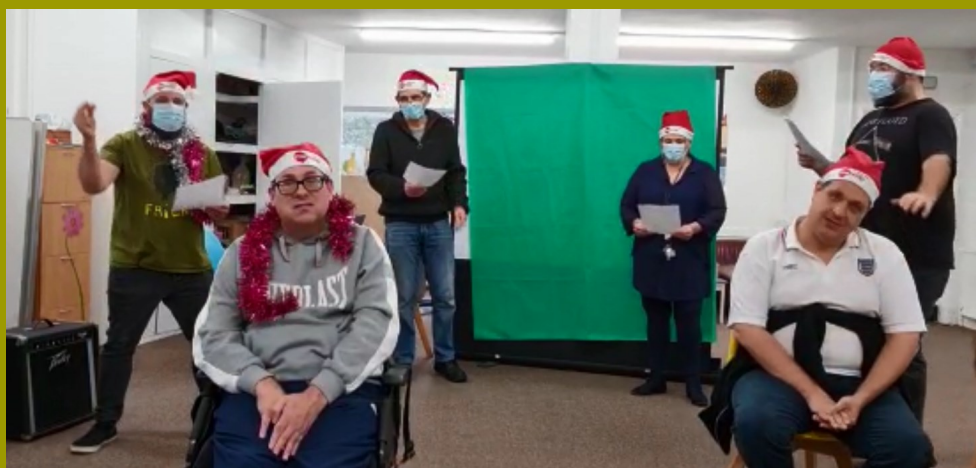
[www.eastkentmencap.co.uk](http://www.eastkentmencap.co.uk)

# Our members at Christmas

We wish you a Merry Christmas sing-a-long!

Over twenty of our members and staff have taken part in our Christmas sing-a-long! This involved them filming themselves singing along to 'We wish you a Merry Christmas'. Organised by Demi and edited by Katie, our whole Fundraising and Communications team want to say a big thank you to everyone who took part and shared so much Christmas spirit!

You can watch the video on our YouTube and Facebook channels!



## GOLD Deck the Halls!

Our GOLD group organised a special video call to have a Christmas crafting session together. They made decorations so they can 'Deck the Halls' at home!



# Winter activities

## Lee's chicken pie recipe

Our member Lee was supported by EKM staff to make a chicken and vegetable pie from scratch, and he'd love to share the recipe with you all as the perfect winter warmer!

### To make the rough puff pastry:

Put 175g of plain flour, 85g of unsalted butter and a pinch of salt in a bowl. Rub the butter into the flour.

Measure out 1—2 tablespoons of iced water. Add the water gradually as you're mixing to firm up the dough.

Put it in the fridge for 30 minutes.

Roll it into an oblong and then fold in the ends, and repeat this three times.

Put this back into the fridge and now make the pie!

### To make the pie:

In a frying pan, fry 500 g of diced chicken in a little oil until brown.

Add 200mls of gravy.

Once the chicken is cooked through, pour the chicken and gravy into an oven proof dish with two handfuls of frozen mixed vegetables.

Roll out your chilled pastry and place it on top of the filling. Brush the pastry with one beaten egg.

Place the pie in the oven at 180°C and cook until golden brown. Make sure the pie is cooked all the way through. Enjoy with potatoes and mixed vegetables—Tuck in!



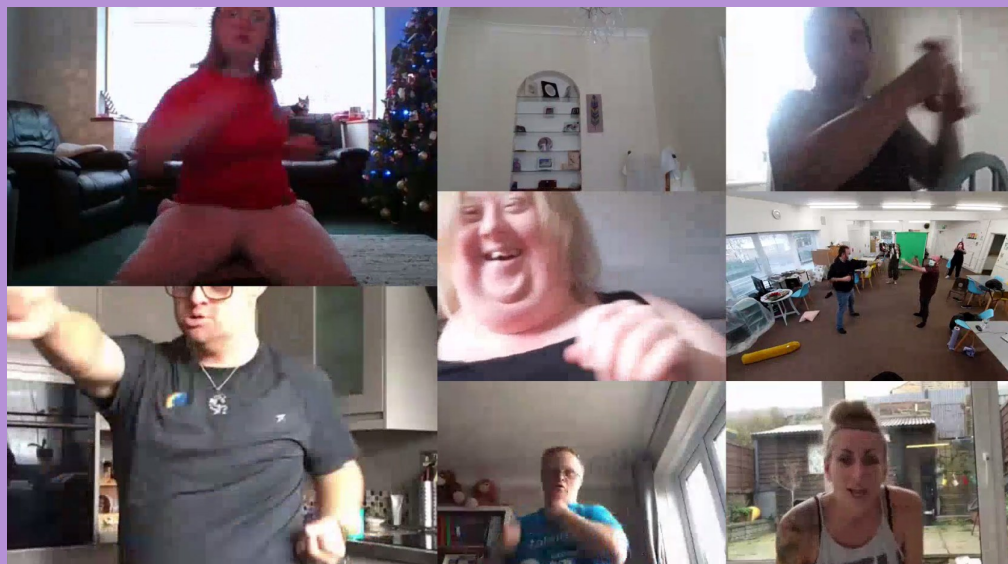
## Virtual fitness sessions

Our Thanet Day Resource in partnership with Your Leisure is bringing all our members across East Kent 12 weeks of free virtual fitness sessions! During the Christmas holiday, get active by following the first session recording on East Kent Mencap's YouTube channel

These sessions have been running for a couple of weeks and will resume in the new year.

Any member of East Kent Mencap can join these virtual sessions live every Thursday at 1.30pm.

To find out more, email [William.Roberts@eastkentmencap.co.uk](mailto:William.Roberts@eastkentmencap.co.uk)



## Sensory jars with our Complex Needs team

Our members and Complex Needs team had an awesome time creating sensory jars using autumn leaves, acorns and pine cones they found outside!

Our Complex Needs Day Resource provides the opportunity for people (16+) with additional support needs to develop life skills, take part in therapeutic activities and access services in their community. We provide 1-to-1 or 2-to-1 support. These services are based in an adapted space at our Margate Day Resource at 132 Northdown Road.

For more information on our Complex Needs services call Ange Brown on 07478 045 593 or 01843 808 964 or email [info@eastkentmencap.co.uk](mailto:info@eastkentmencap.co.uk)



Follow East Kent Mencap on social media to keep up to date with our services, virtual events and activities!

Search for @EastKentMencap on





## Christmas cooking and baking at Thanet Day Resource

Our Thanet Day Resource bubbles have loved cooking and baking some Christmas treats, including beautifully decorated Christmas cakes! Everyone got their hands busy and produced wonderful results, as well as having great fun together.

Even with the challenging situation this year, the Christmas spirit is still present at East Kent Mencap!







## Festive craft in Herne Bay

Here is our member Ritchie from our Herne Bay Day Resource! He made this wreath at home from an activity pack that our Herne Bay team sent out.

The Herne Bay Day Resource team are keeping all our members in Herne Bay entertained with activity packs sent to their homes. They are able to be creative together even if they aren't in the same place!

Below you can see Holly and Alison who came into Herne Bay Day Resource for a creative session. They made some beautiful decorations together.





# Events online

Head over to our YouTube channel to watch a selection of Christmas films we are releasing online! You can watch 'The Christmas Squid' by our member Jamie, 2019's Carol Concert and the 2017 Variety Show.

Search on YouTube for 'East Kent Mencap' to find our channel.



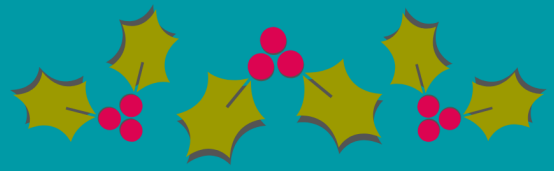
## Virtual Art Exhibition - coming in the new year!

Our talented members in Herne Bay have created some beautiful artworks that we will be showing in an online art exhibition in January! On Friday 8th January 2021, log onto our social media channels and our website to view the whole exhibition.

Here's a sneak peak below!



# Christmas appeal



Will you support our Christmas Appeal?

At East Kent Mencap we usually celebrate Christmas with shows, parties and pantos. Sadly, we know that this year is going to be rather different with the restrictions in place. It will be especially tough for our members with a learning disability with most of their clubs and services closed, and many unable to visit families and friends.

So we want to spread some festive cheer and let them know people in their local community support them.

If you're buying presents on line, just by shopping through [www.giveasyoulive.com](http://www.giveasyoulive.com) and selecting East Kent Mencap, you can enjoy shopping while making a difference, with no extra cost to you!

We appreciate that this has been a difficult year for many people but please share some joy this season and include East Kent Mencap on your Christmas List. Or if you have cancelled plans for a festive get together, why not donate some of the savings to East Kent Mencap?

Our friendly staff will be working throughout the Christmas period to bring practical help and support to people with a learning disability across East Kent, who are isolated.

You can donate by emailing us at [funds@eastkentmencap.co.uk](mailto:funds@eastkentmencap.co.uk) or calling our switchboard on: 01843 808964 during office hours.

THANK YOU to everyone who has donated so far. We are so grateful for your incredible generosity.

## Thank you for supporting us!

Despite the challenges of this year, we continue to be overwhelmed with the generosity of funders and supporters. Thank you to everyone who has made a donation this autumn, in particular:

The Julia and Hans Rausing Trust Charity Survival Fund for a donation of £41,215 to help meet some of our core running costs.

Redline Clothing for 100 Christmas Hats for members to bring some festive cheer. Watch out for them in our Christmas Song Video.

Westwood Cross Shopping Centre for accommodating the cancellation of our Carol Singing by offering promotional opportunities across their Social Media channels

Sue Baron for her donation of a beautiful handmade quilt

Sainsburys at Westwood Cross for a trolley full of Christmas goodies (see photo below)

Bluewater Shopping Centre for including East Kent Mencap as one of their Giving Tree charities

In response to our Christmas Appeal: Mr Douglas Koszerek, Mrs Dora Smith, Ms Maggie Thomson, and Mrs Veronica Brooke.

Our Scrapstore has proved very popular and we're grateful to everyone who has made a donation for a scrap basket. A big thank you to our wonderful volunteers: Kirsty Peterkin, Tanya Post, Ann-Marie Pritchard, and Mary Sharrock who have helped make the Scrapstore happen. Due to current restrictions, the store will remain closed until 2021, but you can still order baskets by visiting: [www.eastkentmencap.co.uk/GOLD](http://www.eastkentmencap.co.uk/GOLD)



# Games Zone!

Get into the Christmas spirit by finding these festive words in the puzzle below!

I	D	T	R	E	E	W	I	S	H	W	C	G	R
C	O	S	S	O	D	G	D	T	J	S	L	E	D
Y	J	C	H	I	M	N	E	Y	O	S	R	T	R
H	T	I	N	S	E	L	S	I	L	N	E	U	S
T	Y	N	S	I	H	C	J	I	L	O	I	R	O
A	O	M	R	A	F	U	N	V	Y	I	N	K	A
E	S	F	G	E	N	I	I	Y	S	T	D	E	D
R	I	E	I	E	R	T	L	H	C	A	E	Y	A
W	Y	D	V	E	E	L	A	K	A	R	E	A	Y
L	L	A	I	L	O	H	N	C	R	O	R	O	C
S	I	J	N	H	E	L	I	C	D	C	J	S	A
Y	M	E	G	B	E	L	L	S	S	E	I	V	N
Y	A	D	I	L	O	H	W	I	O	D	E	S	D
S	F	T	H	C	S	N	O	W	M	A	N	E	Y

HOLLY  
 JOLLY  
 BELLS  
 DECORATIONS  
 FRIENDS  
 GIVING  
 SLED  
 CARDS  
 ELVES  
 SANTA  
 SNOWMAN  
 WISH  
 WREATH  
 ICY  
 JOY  
 REINDEER  
 HOLIDAY  
 TURKEY  
 TINSEL  
 FAMILY  
 CHIMNEY  
 CANDY  
 FUN  
 TREE

Can you identify all the Christmas objects from their silhouettes?

See if you can identify:

A stocking

A bell

Holly

A candy cane

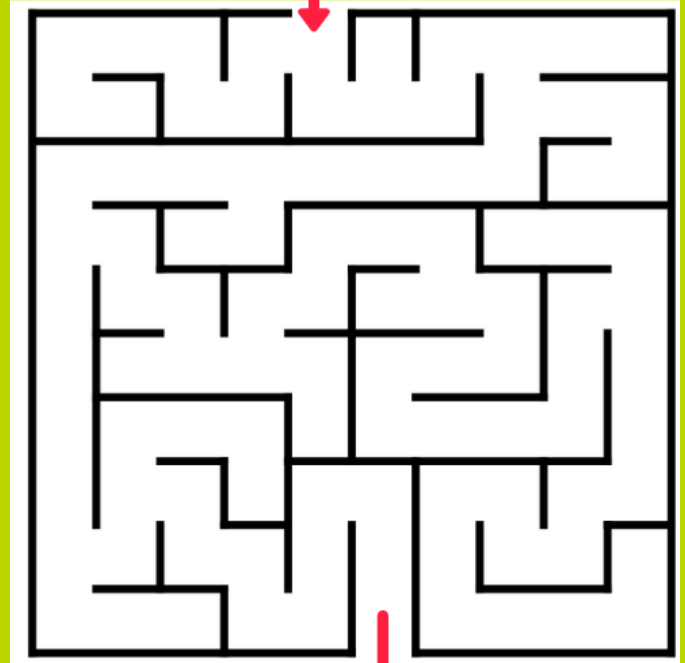
A present

A Christmas tree



# Games Zone!

Santa has lost Rudolph! Can you help him find his way through the maze to reach his reindeer?

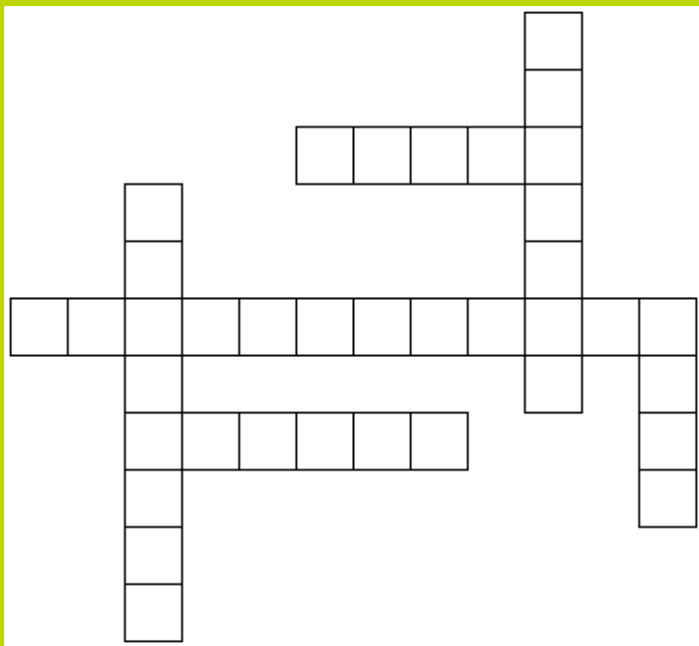


Can you unscramble these Christmas song titles?

⇒ ew shiw oyu a rermymachrists

⇒ linets thing

⇒ duphlor het der nesod dinereer



Get ready to decorate the Christmas tree by fitting these words in the squares!

- Star
- Shine
- Tinsel
- Wreaths
- Glittery
- Fairy lights



**East Kent**

**mencap**

Registered charity number: 1188118

Registered company number: 12263702

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

**01843 808 964**

**info@eastkentmencap.co.uk**

**www.eastkentmencap.co.uk**