

East Kent mencap

Summer Newsletter 2021

Building up confidence



Letter From Our CEO



In this issue, we are celebrating lighter days and members feeling more confident to get out and join their friends in person. I am impressed to see so many members getting involved with community projects; from litter picking and creating care packages to a local arts project. I know they take pride in giving something back. We are lucky that all of our Day Resources are close to the coast, and staff have been supporting members to enjoy outside activities as a great way to start building confidence with regular trips to beaches and parks. Our Herne Bay project has made good progress with creating their garden, with romance as well as plants blossoming!

We continue to be bowled over by the incredible support from individuals and companies and have recently launched a Supporter bulletin with updates on fundraising successes. Details of how to sign up for this bi-monthly email can be found on page 10.

All of our services are fully open, whilst paying careful attention to government guidelines, so if you or someone you know would like to explore a new activity, or come back to a service- our staff are here to offer you the information you need to support your choices.

Our Community Confidence Project continues to offer free information and support across East Kent, and you can get in touch to find out what we can do for you by emailing us at info@eastkentmencap.co.uk or call us on 01843 808964.

East Kent Mencap will be taking part in NHS, Social Care and Frontline Workers' Day on Monday the July 5th 2021, which is a national initiative to show our gratitude to all NHS and frontline staff with an annual day of thanks and remembrance. I am so proud of how my staff have kept positive throughout the pandemic, often going above and beyond to ensure people with a learning disability and their families continue to be supported. Look out for posts on our social media recognising their contributions.

Jason Gerlack

For members who are nervous about meeting up indoors, our support worker Ronnie is running an outdoor group every Wednesday afternoon. Members can enjoy new outdoor games including croquet and giant ludo, as well as seeing old friends. If you would like get out more but feel anxious, this is the group for you! For a free taster, you can contact Angie Hughes by calling 01843 808964 or sending her an email at:

angie.hughes@eastkentmencap.co.uk



How To Stay Safe While Out and About



Wash your hands with soap and water for 20 seconds or more often.



Use hand sanitiser often.

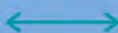


Cover your mouth and nose when coughing or sneezing by using tissue or your flexed elbow.



Wear a mask or face shield inside or on public transport.

6 ft.



Practice social distancing by keeping a 2m or 6ft distance from others.

Are you ready to go out and about? Over the past few months, we have been able to do more activities as some of the COVID-19 restrictions have been lifted.

The theme of this edition of the East Kent Mencap newsletter is building confidence, because we want you to feel more confident to go out and about safely. Many of you will have had both vaccinations, which help to protect you from COVID-19.

Take a look at the guide above to learn how to stay safe and reduce the spread of COVID-19 while leaving your home.

2nd Round of Vaccinations

East Kent Mencap hosted Kent Community Health NHS Foundation Trust in their second vaccination drive to protect our members from COVID-19. On the right you can see Nick bravely having his photo taken while he is given his 2nd vaccine.

Below you can see another one of our members Stephen at the centre.



Nick said: "I'm much less nervous this time around. I know what to expect now and people are friendly here. Last time I felt a bit tired and my arm ached but [it] didn't hurt. I'm looking forward to going out for walks and stuff".

Stephen said: "It doesn't hurt and I'm happy that I've had 2 vaccinations now. I can go out with my support workers and my friends for walks in town".

Congratulations to the Happy Couple!

Congratulations to Ellie and Gary who just got engaged!

The proposal took place at Herne Bay Day Resource.

Everyone at Herne Bay Day Resource is so happy for them, and they are hoping to plan a party (when it is safe) to celebrate!



GOLD's Refracted View Project



Members of the GOLD Project are working with artists Billie Penfold and Sonia Overall on a new project called 'A Refracted View', which explores how we look at the world. Together with the artists, members are creating sets of walking cards which will be launched at the Margate Bookie in September.

The cards will encourage walkers to think about their environment differently. The sets of walking cards will be available to buy at the Margate Bookie, and all proceeds will be donated to our Scrap-Store at Foresters Hall. The Margate Bookie is a charity that inspires a love of reading and writing through literary festivals and creative courses.

Join our GOLD project in Thanet to talk about the things that are important to you, meet new people and find out what is going on in your local area. Contact suzanne.derham@eastkentmencap.co.uk, or phone 0845 004 1876.

Volunteers' Week 2021

Volunteers' Week took place from the 1st to the 7th of June 2021, and this is a time of year where the UK celebrates its volunteers and says thank you to them for their contributions. The week also raises awareness of different types of volunteering that you can take part in. Take a look below at what some of our volunteers at East Kent Mencap have been up to. Well done Neil, Natasha and David for your efforts!



Days at the Beach



As some of the restrictions have been lifted, we have been able to do more group activities outside.

Margate Day Resource recently went on a scavenger hunt on the beach, where they were on the lookout for different things that can be found there.

Learning Disability Week (LD Week) 2021

Learning Disability Week took place this year from the 14th to the 20th of June, and the theme was creativity. Being creative was one of the ways that many of us coped with the challenges of the pandemic, as it is a great way to relax and create something that you can keep. Check out some of the art pieces that some of our members have done below. Thank you to Amy, Pierre, Lewis, Emma, Phil and Tina for sharing your artwork with us!



Asda's Green Token Giving Scheme

You may have seen this already on our social media, but here is another reminder to vote for us in Asda's Green Token Giving Scheme! You can vote for us every week, and if we win, East Kent Mencap will get £500!

You can vote for us once every week until midnight on Saturday the 31st of July 2021.

To vote for East Kent Mencap, follow this link: www.asda.com/green-tokens, click Broadstairs as your store, and choose our charity. The charity with the highest number of votes will be selected as the winner on the 31st of July and win the most funds.



Swale Day Resource's Care Packages



Swale Day Resource have been hiding these care packages in the local area to brighten someone's day! What a great way to spread joy in the community!

Great British Spring Clean

The Great British Spring Clean was an event that took place to make British outdoor spaces cleaner. To take part, people went to their local area and picked up litter.

Swale Day Resource did this by cleaning up their local area. They cleaned by Trinity Church, the high street, the sports courts by Sheerness Leisure Centre, the grass around the swimming pool and by the McDonalds. They had a great time and were thanked by local people in the community along the way. Well done Swale Day Resource for your hard work!



Gavin (on the right) was supported by Tris Kennedy in Ramsgate to help out as one of the Mayor's litter pickers for the Great British Clean. Well done Gavin for getting involved!

Supporter Bulletin

We are excited to introduce to you all our new Supporter bulletin.

The bulletin is an e-newsletter and shares our fundraising successes, celebrates the support we get and explains different ways that people can help East Kent Mencap.

The Supporter bulletin is a two-monthly feature sent directly to your email address. If you would like to be added to this mailing list, please get in touch with us using funds@eastkentmencap.co.uk.



Special Thanks

- Sue Baron for a beautiful homemade quilt
- An anonymous donation of tennis rackets and arts supplies at Herne Bay Day Resource
- Kevin Harrington for his thoughtful donation for raffle prizes
- Ashden Marlow (AshdenV2) for hosting a charity stream as part of his gaming page and raising more than £600
- Our super support worker Tris for hosting our re-scheduled virtual disco after solving our technical issues
- Beverly for her wonderful donation of a disco sound system and beauty supplies
- Lorraine at Bits and Bobs for housing one of our collection tins and making a generous donation
- Online supporters who have purchased items from our new eBay store
- A huge donation of baking supplies for cookery groups from a friend of the directors

To make a donation for raffle prizes and activities, contact Demi at demi.price@eastkentmencap.co.uk or call her on 01843 808964

Herne Bay Garden Project



Herne Bay Day Resource had big plans to create a garden space and we were excited to see how they had progressed. The Herne Bay members have not only been planting seeds, but also building planters and a trellis from scratch. The garden is really taking shape and they hope to be able to welcome visitors later in the summer. Thanks again to Canterbury City Council for funding this fantastic project.

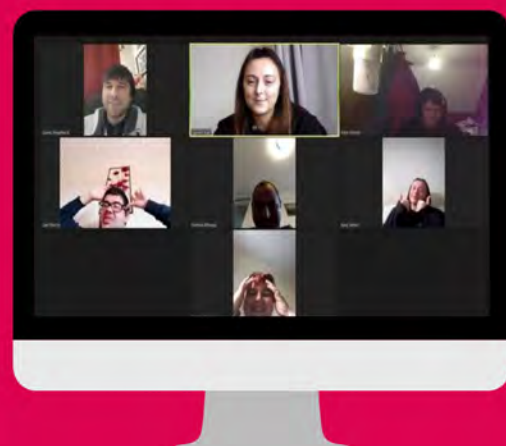


Social Club

Our virtual Social Club, which runs every Thursday between 4 and 5pm, has seen friendships being made across Kent.

The club is a virtual safe space where people with a learning disability can socialise and chat with friends from the comfort and safety of their own homes. With our members living all over East Kent, they have not been able to meet up for the last year so it is lovely to see people's friendships growing through the club.

Lauren, who runs the club, said – 'we had a new member last week and everyone was really welcoming. The lady really enjoyed being involved'. We are very grateful to Pfizer R&D UK Limited for their support of this club. The club is free and they welcome new members – just email lauren.kay@eastkentmencap.co.uk to join the club.



What Do We Offer?

East Kent Mencap provides opportunities for adults and children with a learning disability and their families in East Kent. If you, or someone you know, has a learning disability, we can help with:

Day Resources in Herne Bay, Margate, Ramsgate and Swale, offering opportunities for adults with a learning disability or autism to learn new skills, get involved in community projects or choose from a choice of sessions: cooking, upcycling, birdwatching, photography, music, drama and more. You can also join sessions virtually if you prefer. For more information, contact DayResource@eastkentmencap.co.uk

Community services across Canterbury, Thanet, Swale, and Shepway supporting people to be as independent as possible both at home and within the community.

A bespoke service for people with complex needs, in the home and at our specialist resource centre as well as in the community.

Properties across East Kent providing supported and independent living.

A programme of low cost and free virtual social events, open to anyone with a

learning disability.

Information, support and signposting to relevant local services for families and carers.

Keep an eye on East Kent Mencap's social media accounts for updates about our activities and projects!



Find out more about our events and services by getting in touch or by visiting our website:

01843 808 964

info@eastkentmencap.co.uk

www.eastkentmencap.co.uk

The Scrap Store @ East Kent Mencap accepts donations of safe, clean 'scrap' craft products to sell at affordable prices for others to use to get creative. Run by members of East Kent Mencap who have a learning disability, the Scrap Store encourages people to reduce, reuse and recycle. To find out more, arrange a donation or book a slot, contact us.

Instagram: [@scrapstore.ekm](https://www.instagram.com/scrapstore.ekm)

0845 004 1876

amy.johnson@eastkentmencap.co.uk



Registered charity number: 1188118

Registered company number: 12263702

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

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