



East Kent menicap



October/November Newsletter 2021



From Our CEO



Last month we asked the Members Committee what you would like the newsletter to focus on, and they said how much you enjoy finding out what other members have been up to. From baking to playing music, I am amazed at the many different activities members have been doing. Thank you to everyone who sent in their photos and stories. If they inspire you to have a go, why not tell us about it and it might be included in a future newsletter?

October is Halloween month and while we are still not holding large events, members enjoyed a virtual Halloween Disco, thanks to Tris, who volunteered his time to host it online. Tris teamed up with our virtual Social Club, which meets every Thursday on Teams. New members to the Social Club are always welcome, just email Lauren at lauren.kay@eastkentmencap.co.uk to join.

I am very proud that EKM was represented at the KICA Awards Ceremony in September, coming away with two awards! Our HR Manager, Alison Fengas, won the Workforce Development Award, recognising East Kent Mencap's support and development of staff, while our Housing team in Thanet were finalists for enhancing the lives of those they support. Hear how members, Hilary and Sarah, enjoyed joining staff for a glamorous evening of celebration.

The Members Committee do an incredible job visiting different services and speaking to lots of people to hear their views. They will now have a regular slot in the newsletter– sharing what they have been up to. It is vital that East Kent Mencap represents what is important to people with a learning disability and we welcome the committees' advice on how to shape and improve our service.

Jason Gerlack

Special Thanks

- The Green Initiatives Grant Programme of the 149th Open Legacy Fund for a grant of £2,838 to our Herne Bay Photography Project
- National Mencap for donating tablets, plus £3,050 for the GOLD podcast project
- ASDA Green Token Scheme for their donation of £500
- Our fab support worker Tris Kennedy for volunteering to DJ for another brilliant virtual disco.

Members Committee Takeover!



Amy W- Thanet Day
Resource & Community



Hilary R- Thanet &
Deal Housing



Ian S- Swale Day
Resource



Neil E- Thanet Day
Resource &
Community



Patricia B- Thanet &
Deal Housing



Laurie J- Swale
Housing &
Community



Natalie S- Thanet
Day Resource
Ramsgate



Natasha R- Thanet
Day Resource
Margate



Paul P- Herne Bay
Day Resource,
Housing &
Community



Stephen S- Thanet &
Deal Housing

EKM Members Committee first started in 2018 with 1 member. Remember, everything has to start somewhere! Neil E had many talks with Jason Gerlack and Karen Roberts about members having more of a voice, and it was agreed that the idea of having a committee would be discussed with members.

Members in Thanet Day Services were the first to be told about this idea in 2018, with lots of members thinking it was great. This has become an annual election, giving everyone a fair chance. We are now a committee of 10 with a representative for all services across all geographical locations within EKM.

The committee meet each month, and we discuss ideas and suggestions from members about their services, ideas for fundraising projects, as well as success stories of committee members and their peers. The meetings are also an opportunity for guest speakers to discuss future plans for EKM.

The committee receives requests from staff, such as creating Easy Read documents, sharing opinions on what we feel would work best for members within specific services, support with members' surveys, thoughts on the lockdowns and about the steps EKM have taken for members to return safely to services. We supported the introduction of the KARA carephones which was a huge help to the members during lockdown. Many of us have continued to form friendships with people across locations who we had never spoken to before. We also get the opportunity to proudly represent East Kent Mencap at events.

We were voted on to the committee by you, our members, and we want to continue doing this as best we can. We would welcome any questions, ideas, suggestions or stories that you would like to share with us. If you would like to contact the member who represents the service you access, you can do this by contacting Fiona.

Support: Ask a member of staff to support you to contact Fiona Wonford (details below)

Email: Fiona.wonford@eastkentmencap.co.uk

Telephone: 01843 808964

Sandwich Arts Week



Members of our Herne Bay photography group at East Kent Mencap have been exploring the environment. They used flower presses that they had made in woodwork to preserve the plants. Then, they took photos of the plants on a light box to create the images that you can see above.

These images were displayed in an exhibition for Sandwich Arts Week. £150 was raised in sales, and East Kent Mencap received a £50 donation!

Well done to Colin, Jez, John, Laurel, Ritchie and Shonie for taking part and for creating these beautiful photos! Look out for their next exhibition in Herne Bay from 26 November to 2 December at the Gas Gallery, Beach Street, Herne Bay, Kent CT6 5PT.

Swale Day Resource Theme Parks Trip

Swale Day Resource did their first trip in 2 years!

Members went to Chessington World of Adventures Resort and Thorpe Park along with Swale Day Resource's support team. They had a great time getting out and about to have some fun!



Award Winners!

We are thrilled that Sara and Hilary joined staff to represent East Kent Mencap at the Kent Integrated Care Awards ceremony. The Awards recognised the commitment and hard work of our staff teams during the pandemic.



Folk Week



Susan from Swale Day Resource went to Folk Week along with Support Worker Tracy.

Susan said: "In August I went to Folk Week in Broadstairs. I volunteered on 2 days, and I collected money in a tin near to the bandstand. My monkey puppet comes with me to help. There are lots of entertainers and it gets very busy. I have been going to help for many years and have lots of friends who I meet there".

In the photos, you can see a friendly dragon called Clarence, Morris dancers and Susan enjoying an ice cream. We love to see our members getting out and about in the local community.

Virtual Halloween Disco

The Virtual Halloween Disco was on Thursday 28 October at 5-7pm in collaboration with East Kent Mencap's virtual Social Club!

There was a raffle with the chance to win a prize, and a best costume competition.

Tris Kennedy returned as the DJ, and lots of dancing and fun was had from the comfort of our attendees' homes.

Our FREE social club meets online every Thursday and welcomes new members.

Email lauren.kay@eastkentmencap.co.uk to find out more and join in the fun.



On Your Marks... Get Set... Bake!

Another activity that you can do inside is baking. Holly from Arkley House is proud of her baking skills and has been making some brownies! She used a brownie mix box. Holly enjoys trying new recipes and says her favourite desserts are chocolate brownies, apple crumble and flapjack! What are your favourites?

Why not have a go at making biscuits using the recipe below?



Biscuits recipe

Ingredients

- 200g unsalted butter
- 200g caster sugar
- 1 teaspoon of vanilla extract
- 1 egg
- 400g plain white flour
- 75ml water

Method

1. Preheat the oven to 180c / 160 fan / 350 gas mark 4.

2. Beat the butter and sugar together until the mixture is creamy using an electric mixer or wooden spoon.

3. Add the vanilla extract and egg, beating together until combined. Gradually add the flour and mix gently.

4. Collect the dough into a ball and cover with film. Let this chill for at least 1 hour.

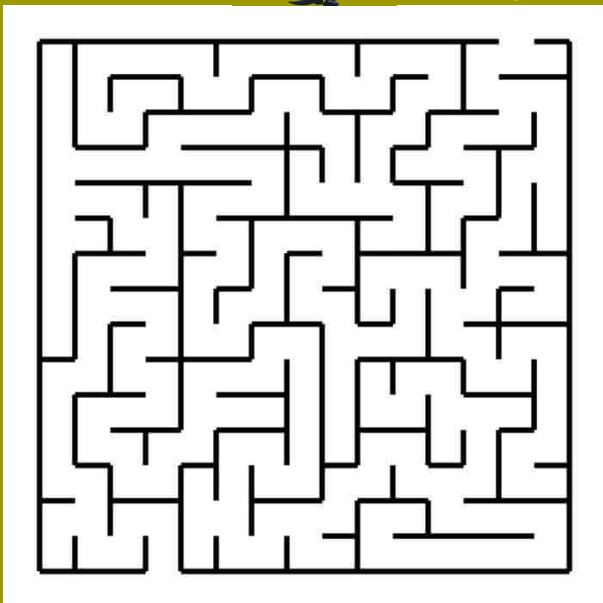
5. Roll the dough into a thickness of 5mm. Cut the dough into the shape that you want, then chill for 30 minutes.

6. Bake biscuits for 10-12 mins in the pre-heated oven.

7. Once cool, you can decorate your biscuits however you like!

Games Zone!

Can you help Dracula back to his castle?



Can you find these autumn words in this word search?

Ghost
Pumpkin
Cosy
Harvest
October

Halloween
Spooky
Leaves
Witch
Zombie

G	C	B	M	Y	P	B	I	O	E	E	C	A	P
T	O	H	K	A	R	B	V	N	G	O	W	U	I
I	T	S	O	Y	O	O	E	O	O	H	M	E	N
S	O	P	H	A	R	V	E	S	T	P	O	P	W
S	S	O	E	M	T	M	L	R	K	T	O	S	I
B	E	O	Z	O	H	W	K	I	G	T	T	W	T
E	E	K	E	L	P	A	N	C	N	O	R	P	C
K	O	Y	O	P	A	U	L	L	S	E	B	O	H
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A	O	K	L	S	E	I	I	A	O	V	N	C	R
L	S	O	V	I	L	S	S	O	E	W	P	H	H
H	B	O	O	P	E	M	B	G	M	L	E	C	N
M	B	S	I	H	C	E	P	P	S	E	L	E	R
C	O	S	Y	O	O	O	C	T	O	B	E	R	N



East Kent

mencap

Registered charity number: 1188118

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

Find out what activities are on offer by searching East Kent Mencap on Facebook, Instagram and Twitter



Call 01843 808 964

info@eastkentmencap.co.uk

www.eastkentmencap.co.uk