

Autumn Newsletter 2022



Award-winning Team



Celebrations at
Ashford Mencap



Books Beyond
Words Pop-Up

Introducing your Members Committee



**Ben C -
GOLD**



**Ellie B -
Herne Bay Day
Resource**



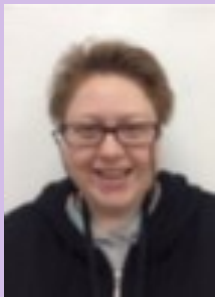
**Paul P - Herne
Bay Housing
& Community**



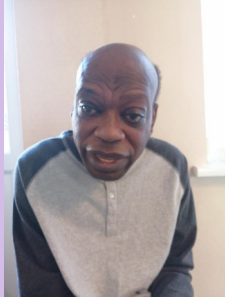
**Laurie J -
Swale Housing
& Community**



**Ian S -
Swale Day
Resource**



**Natasha R -
Thanet Day
Resource,
Margate**



**Stephen S -
Deal
Housing**



**Natalie S -
Thanet Day
Resource,
Ramsgate**



**Pat B -
Thanet
Housing**



**Amy W -
Thanet Day
Resource &
Community,
Margate**

Thank you from our Members Committee

We would like to say a big thank you to everyone for sharing your experiences of East Kent Mencap (EKM) and supporting us to get the job done.

We are proud to be able to represent you and the services we attend. The Members Committee is here to speak up on behalf of all members by sharing both the challenges and successes we have.

We would also like to thank; staff teams, managers, senior management, and the CEO for supporting us to make changes, overcome challenges, celebrate successes, have our voices heard and feel valued.

**If you have something to share, get in touch with a
committee member or email**

memberscommittee@eastkentmencap.co.uk



Welcome Ben

The committee welcomed Ben as the new representative for GOLD – Getting On With Learning Difficulties service.

Ben shared that he felt very happy and proud to be elected, and was looking forward to being able to represent the service on the committee.



Co-chairs

It was agreed that from August two members would co-chair the meetings. One member would read the rules to all and one would manage the register, offer apologies and manage questions.

In August, Paul and Ian were the first members to co-chair.



Easy Reads

We have finished the Easy Read version of the Complaints Policy and it is now available across East Kent Mencap.

The Complex Needs Day Resource Manager has asked for our support with creating an Easy Read version of the Mental Capacity Assessment form. We are hoping to complete this shortly.



Shared role

Laurie is now sharing his Members Committee responsibilities with Lee and Neil, who live with him.



Handrails

Handrails have now been fitted in all toilets, not just disabled toilets.

What else has our Members Committee been doing?

Refresh

Since members asked about decorating the cupboards and organising a sensory / chill out area in Thanet Day Resource, Margate, staff are on the case.

Staff are consulting members to discuss what they would like on the cupboards and a room has been allocated for the sensory / chill out, but it may take a little time to clear and complete. Further updates will follow.



Swale members get out and about

Our Swale Day Resource Centre members recently held a fantastic community dinner. This was the first group outing since Covid, making it an extra special celebration.

Another event everyone enjoyed was the Swale quiz. Lots of people attended and members are hoping for easier questions next time!



Thank you, Asda

A big thank you to Asda, Ramsgate, for their donation to our gardening club.

Thanet Day Resource members enjoy gardening every week at St Lawrence Bowls Club, in Ellington Park. Asda has kindly donated art supplies, so that on rainy days they can continue the club indoors with a crafty gardening session.



From our CEO Jason Gerlack



Welcome to our autumn newsletter, which features lots of stories of members seizing new opportunities and experiences.

Whilst we remain cautious of infection, more groups have been getting together again, with quizzes, dinners and exhibitions. I know how much members

enjoy working with other community groups and we're grateful to the groups and individuals who ran talks and workshops this summer.

Congratulations are due to our photography and arts groups in Herne Bay and Thanet, whose work was exhibited at Sandwich Arts Week in September.

I'm also very proud that we won three Care Awards, recognising the incredible work of staff in providing outstanding support for members.

Finally, I hope to see some of you at our Virtual Halloween Disco on Friday 28 October. Tris will be spinning some spooky tunes and there will be a few ghouls and ghosts appearing as well! Everyone can join this free event on their laptop, tablet or phone, by requesting a link – see page 11 for full details.

Best wishes,

Jason

FREE Laptops!

An exciting collaboration with East Kent College and the Community Renewal Funding, gave us the amazing opportunity to give away free laptops at Trinity Day Resource.

19 laptops were given to members, staff and the local Sheppey community, as they fulfilled a specific criteria.

The laptops will help them access essential new skills and training.



Award-winning Team

We are thrilled to share that we have won three categories at the Kent Care Awards 2022.

Some of our Members Committee attended the special award ceremony in Maidstone, together with staff and Directors.



Amy W from our Members Committee shared: “It was fantastic; a very posh hotel and red carpet. Natasha and I went up on stage to pick up Alida’s award...I also held another award. We jumped for joy! I really enjoyed it.”



Our staff does an amazing job and these awards are a wonderful way to recognise their passion, commitment and hard work. Congratulations everyone!

Happy anniversary The ScrapStore @EKM

The ScrapStore @EKM is celebrating 2 years this September. We are incredibly proud of the volunteer members and team behind the service, not only are they helping the environment by promoting upcycling but they are also raising essential funds.

The
ScrapStore



Celebrations at Ashford Mencap



We held a celebration of Ashford Mencap, where we enjoyed hearing stories, seeing photos, and listening to members' memories. We look forward to providing services to Ashford members in the months ahead. Please join us in welcoming them to East Kent Mencap.

Books Beyond Words



Books Beyond Words hosted a pop-up book club event at Foresters Hall, Ramsgate. Members from Ashford, Deal, and Ramsgate, joined together with our staff team and Sue Carmichael, Book Club Co-ordinator, for a great afternoon of storytelling.

Books Beyond Words use wordless picture books to ensure everyone can understand important topics without any confusing words.

News Round Up

Members make a bee-line for learning

Our Swale members enjoyed an informative talk from Bumble Bee Conservation Trust about bees and their importance to our planet. They even caught a bee to study their anatomy up close! Did you know Sheppey attracts many rare bee species?



Members exhibit masterpieces

Sandwich Arts Week in September featured work from EKM.

The photography and art groups at Herne Bay, Margate and Ramsgate Day Resource showcased their fantastic creations.



EKM Jubilee event video

You can now watch our Jubilee projects here: <https://www.youtube.com/watch?v=Lrsmqi3gIWU>

Look back on the great time we had celebrating the Jubilee. Funded by Kent Community Foundation and Arts Council England.

A paw-fect day!

We enjoyed welcoming Guide Dogs UK to our EKM Margate and Ramsgate Day Resource centre.

Guide dog owners, Arron and Barry, gave an insight into the life-changing support of having their guide dogs, Rufus and Miller.

It was a super popular session, with over 30 people joining.



Interactive workshops

Local artist, Elspeth Penfold held a series of interactive workshops, which included some of our members. The workshops contributed to her new project 'Intertidal Calligraphy'.

Elspeth exhibited at the London Spanish Book and Zine Fair and all proceeds from her sales went to EKM.

'Intertidal Calligraphy' is now available at the Royal Festival Hall Poetry Library.



Thank you marathon runners

Our amazing runners Josh, Geraldine, and Peter raised £330 by taking part in The Big Half marathon. Every penny of this money raised will support our members' health and well-being.

If you would like to take part in a sporting event to raise money for EKM, get in touch info@eastkentmencap.co.uk.

A fond farewell to Keith Smith

Keith Smith retired from the Board, having served as the Treasurer of EKM for over 20 years. Directors, Amy, Audrey, and Bridget, joined Pat to show their appreciation.

Pat, who has been with EKM for as long as Keith, presented him and his wife, Jill, with a gift and card to thank Keith for his fantastic support.

Keith has watched the charity grow from a handful of staff and members in Thanet to a thriving organisation that covers East Kent, and expressed his delight at the continuing success of the charity.

Keith and Jill will stay in touch and come along to EKM events in the future.



In our thoughts

Following the sad death of the Queen we reflected on what she meant to us. Watch the 'In our thoughts' video here: <https://www.youtube.com/shorts/pvZrPnV-BbA>



Saturday Club for young people with Autism

We have spaces at our Saturday Club. The club is for young people, from 11 to 18 years old, to make friends, share experiences, go on trips and take part in community activities. It runs on alternative Saturdays from 10am to 1pm.

Get in touch with Kelly or Louise on 07490773593 to find out more.



Free taster sessions

We have extended our Day Resource services in Ramsgate with additional Monday sessions, following funding from Ramsgate Town Council.

The FREE sessions started in early October. If you would like to give them a try call 01843 808964 to secure your place.



Dates for your diary

We have two exciting Halloween events...

- **Halloween virtual disco on Friday 28 October at 6 - 8pm**
Email funds@eastkentmencap.co.uk for a link. Expect lots of dancing, a Halloween raffle and a best costume prize!
- **In-person Halloween disco at Sheerness Co-op Sports & Social Club on Monday 31 October at 7 - 10pm.** Tickets are £5 and carers go free. Contact Lauren Kay at lauren.kay@eastkentmencap.co.uk for tickets.



Thank you

We are very grateful to our wonderful supporters who have made donations. If you would like to support more opportunities for people with a learning disability please donate at eastkentmencap.co.uk.

Special thanks to: family and friends in memory of Ian Murdoch; Mr and Mrs Dominic Man in loving memory of Mr Martin Waters; Lorraine at Bits and Bobs; Geraldine, Josh, Peter and everyone who supported them to run the Half Marathon; Ramsgate Town Council; ASDA in Ramsgate, and Sue Baron for another beautiful quilt.

Halloween biscuits

Ingredients

100 grams butter
50 grams caster sugar
150 grams sifted plain flour
A teaspoon of ground mix spice

Method

- Place the soften butter in a bowl with the sugar and beat until pale and creamy.
- Stir in the sifted plain flour and mix to a stiff dough. Wrap in cling film and chill in the freezer for 10 minutes or 30 minutes in the fridge.
- Preheat the oven for 180°C/ 350°F /Gas 4.
- Roll out the dough on a lightly floured surface and cut out the Halloween shapes.
- Place on a large, lightly greased, baking sheet and bake for 12-14 minutes until pale golden.
- Cool on a wire rack. Decorate when cold with thinly rolled out coloured fondant, and pipe spooky faces and eyes.



Thank you to Amy W for this fantastic Halloween recipe and photo.

We would love to see photos of your spooky biscuits. Send your photos and any recipes you would like to share to: funds@eastkentmencap.co.uk



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

Call 01843 808 964, email info@eastkentmencap.co.uk or visit www.eastkentmencap.co.uk

Registered charity number: 1188118

Registered company number: 12263702

