

# Sutton Mencap Newsletter



November 2016

## Welcome to our latest newsletter

We've got updates from across our services, plus plans for activities this Christmas.

We are redesigning the layout of our newsletter. Let us know what you think.

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## Sutton Mencap – Saying No to Hate Crime



Sutton Mencap worked on a major programme over the summer and autumn to raise awareness of hate crime against disabled people.



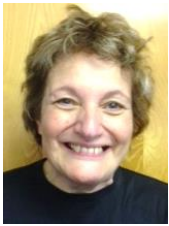
The project, delivered in partnership with the Metropolitan Police, Safer Sutton, Malookoo, Orchard Hill College and Victim Support, included providing learning disability and autism awareness training to 240 police officers in Sutton. We also delivered 2 days of awareness-raising workshops at Sutton Life

Centre during Hate Crime week in October. These were attended by over 100 people and looked at how to stay safe in the home, on the street and on public transport.

We are also helping to distribute support cards which people with a learning disability can use to help police officers understand their specific needs. If you haven't got your card yet, ask for one when you next visit us.



## Children's services: getting out and about



Sutton Mencap's Children and Youth Service Manager, **Fran Boto**, talks about some of the outings organised over the year, thanks to funding from BBC Children in Need.

Throughout 2016, we have been delighted to be able to organise outings and in-house activities with our children and young people. As an example this summer was a really hectic but fun few weeks, which included two trips to Thames Valley Adventure Playground and one trip to Thorpe Park. One of our young men described the day at Thorpe Park as, "the best ever day at



Mencap", although a staff member was tricked into believing that Colossus was an 'entry level ride'. I am not sure she would say this was her best ever day at Sutton Mencap!

Other trips included a Head to Head production of Pinocchio at Sherwood Park School, a trip to Battersea Park, a workshop with the Steel Pan Agency and several restaurant outings. The Toby Carvery continues to be a firm favourite with the youth group.

This funding also allowed us to run a 'stay and play' session in October, attended by 6 families. Siblings who long to ride on our bikes and jump in the ball pool finally had the chance. We also had a sensory story and made autumn decorations.

The range and extent of these trips and activities could not have been possible without extra funding due to ticket and transport costs, and the need for extra staffing. As the grant comes to an end, we are urgently looking into how we can secure further funding so we can continue to have such exciting experiences next year.

## Our newly refurbished parent's room

We are delighted with the transformation of our parent's room, which is now just about complete. We are hugely grateful to the donations from the Screwfix Foundation and local volunteer Hannah Curry and her family. It's made such a huge difference.

### The old...



### and the new





## Circles of Support: 'no-one knows as much as all of us'

**Jude Okeke** joined us over the summer to set up a new project, supporting people develop their own circles of support. Here Jude tells us a bit about how a circle works.



A Circle of Support is a group of people that meets together and focuses on one person they care about, in our case a person with a learning disability. Circles are a natural part of life for most of us. When we are

troubled we call on our family and friends to share our worries and, when good things happen, to share our joy. We also find our own circles useful to help us think through what we can do and achieve, and identify our dreams and hopes for the future.

My role in this exciting new project is to help people set up their own circle of support. Each person's circle of support is as different as they are, but they all try to help a person accomplish their personal goals, aspirations, and dreams. Members may include family, friends and other people from the community who care about a person. Circle meetings provide an opportunity to talk about visions and plans and allow time to think about what supports are in place now, what others may be needed in the future and what options and resources exist to make things happen.

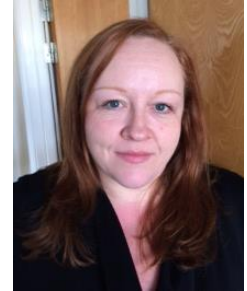
The concept of a circle of support is not a new one and mutual support has always existed. However for some people there is a need to 'intentionally' create the circle.

If you want to know more contact me on 020 8647 8600 or by email: [jude@suttonmencap.org.uk](mailto:jude@suttonmencap.org.uk)

The Circles of Support project is funded by the James Trust.

## Welcome to Tammy Satchell, our new Adult Services Manager

We are delighted that Tammy Satchell is taking over as our new Adult Services Manager this month. Tammy is already well known to Sutton Mencap service users, parents and carers, having been a co-ordinator on Breakaways, day service and leisure groups. We are very excited that she is stepping up to this new role.



## Sutton Mencap AGM



Sutton Mencap's Trustees would like to thank everyone who attended the Annual General Meeting in October.

The AGM is an important meeting for trustees, as it provides an opportunity to report back to members

and supporters about the work of Sutton Mencap in the previous 12 months. The meeting also enabled us to look back over 60 years of Sutton Mencap and to celebrate the role of volunteers and hear the stories of people who have contributed so much to the organisation.

If anyone would like a copy of the annual report and accounts which were presented at the meeting, please contact us on 020 8647 8600.

## Update on **Community Link**



Our Community Link service works with adults with mild learning disabilities or autism who are able to get out and about independently or with a bit of support from their friends. **Caroline Nickerson**, who joined the project in August, tells us a bit about how her first few months have gone.

I am delighted to be working for Sutton Mencap on the exciting Community Link project. This project is set up to promote greater use of leisure activities in the community for adults with a mild learning disability, Asperger's or autism. I can support you until you are comfortable to attend independently. I can also provide initial travel training if needed.

So far I have set up a group for people with Asperger's that meets monthly in Cheam Village. I have also set up a walking group which meets fortnightly on a Friday morning at Beddington Park. This group links up with the Ramblers healthy walking initiative. Additionally I am pleased to have placed two clients with Cheam cycling club which meets on a Saturday afternoon. Other success stories includes clients who are now attending card making classes, drama therapy, knitting and football groups. I have restarted the popular table tennis and tenpin bowling groups. Finally I have started a swimming group and am working towards getting a film and social club set up.

If you would like to add some spice to your social life and would like some support to do so please do not hesitate to contact me. I can be contacted by email:

Caroline@suttonmencap.org.uk or on 020 8647 8600 or 07591 578211.

The Community Link service is funded by City Bridge Trust, the City of London Corporation's Charity.



## Reminder: Adult Services membership fees for 2017

Membership fees for our adult services are now due for payment. Adult services membership costs £10 and is payable for people who want to join Sutton Mencap leisure groups.

Thanks for those who have already renewed their membership. If you haven't and would like to continue to be a member, a form is included with this newsletter.

### Let's make support work for everyone

Sutton Mencap is supporting Healthwatch Sutton and the Speak Up Partnership in their joint campaign to improve the quality of support work provided in the borough.

Following a successful conference during the summer, Healthwatch Sutton's report on the quality of support work is now available.

The conference was held on 28th June and was supported by Sutton Mencap and the Speak Up Partnership. It sought the views of service users, parents and carers and support workers on how the quality of support work can be improved. The report makes recommendations to the local council and support providers on how services should be improved.

A copy of the report is available to download at

<http://www.suttonmencap.org.uk/news/healthwatch-sutton-report/>



## Lord Rix and Daphne Wakelin remembered

**Mavis Peart**, Sutton Mencap Chairman, writes her own reflections on two people who had a major impact on the work of the organisation.



2016 is our 60th Anniversary year and as we reflect on our past history, I thought it appropriate to remember two people who both died in August, both in their nineties and both having had an impact in very different ways on the development of Sutton Mencap. Both faced similar problems with a family member with learning disabilities.

Daphne Wakelin lived in Carshalton and after her parents died, became the sole carer to her brother Bernard. She joined an early group of parents and carers who got together to organise group activities and outings for their young adults. This was at a time when there was very little support of any kind and no prospect of employment or leisure opportunities. In Sutton this parent group became Sutton Society for Mentally Handicapped Children and Adults. It registered as a charity in 1956, affiliated to what was then National Mencap (now the Royal Mencap Society) and later became just "Sutton Mencap". Fundraising for various activities was vital as no grants were available and, as an example, a charity shop in Wallington was opened. Daphne, who never married, gave very generous financial help to Sutton Mencap and this continued throughout her life.

I first met Daphne when I became Chairman in 1994. Our big project then was to renovate the dilapidated "No 8" which would be leased from Sutton Council provided we found £450,000 for refurbishment. Daphne gave us a very substantial donation to build the conservatory at the back in memory of her late brother. She frequently sent large

donations to support our adult activities and in her earlier days paid for many outings. These included visits to the Covent Garden ballets with a coach there and back! Daphne knew and befriended many of our older members and was assiduous on their behalf in sorting out any problems. Phone calls were quite frequent!

Daphne was totally committed to improving the lives of people with learning disabilities both by campaigning on their behalf and giving generous financial support. She was a great friend of Sutton Mencap (and of the Carers Centre) and we are deeply thankful for that friendship. I am pleased that she lived to see our society grow to be the vibrant organisation it is today.

The other person who died in August was Brian Rix, later Lord Rix of Whitehall. He was 92, a year younger than Daphne. When he died he was the President of Royal Mencap, having done perhaps more than anyone nationally to change the lives of learning disabled people during the same life span when Daphne was active locally. The older generation (mine!) also remember him as a popular actor putting on comedies at the Whitehall Theatre in the fifties and Sixties. His wife was an actress, they married in 1949, but their lives changed when their first daughter was born in 1951 with Down's Syndrome. They were horrified when she was certified as "uneducable". They looked after her for four years at home but she then went to live at Normansfield Hospital, coming home at the weekends. He was quoted as saying "There was no question that we could look after her at home. There was just no support and we were isolated. The child just sat there without stimulation, exercise of teaching". After Shelley left the family home, Brian Rix spent the rest of his life driven by "fantastic guilt" and harnessed it into campaigning zeal.

He first became involved in Mencap when asked to talk about his daughter in front of 2000 theatregoers. This made headlines in the papers and Mencap asked him to chair its fundraising committee. He then gave up acting in 1977 and started working for

Mencap full time in 1979, opening new homes, resource centres and leisure clubs. He was active in changing perceptions of disability as well as fundraising. He became the Chief Executive of Mencap, then Chairman and then for the rest of his life President. He became a peer in 1991 and thereafter had the opportunity to steer through legislation such as the Children's Act 2006, and an Act which gave people with learning disabilities the right to vote. Campaigning for respite care for parents was another success and when his son had a child with Down's Syndrome himself, Brian Rix expressed his joy that the child was able to "live at home".

Lord Rix's obituary in the Times finished with a summary of what he had achieved.

"He could at least look back with satisfaction on the fact that people with learning disabilities are today more likely to lead a normal life, grow up with their families, go to a normal school or college, enjoy restaurants and other public spaces without being stared at and lead a semi-independent life." He once said, "There is still a long way to go before people with learning disabilities are treated equally, but we are certainly making positive steps towards that day."

Daphne Wakelin locally helped to bring about some of those positive steps and they are at the heart of everything we do at Sutton Mencap.

*Mavis Peart*

## Funding success for Breakaways

We are hugely grateful to the Sutton Community Fund for awarding a grant of £5,647 to help us run our Breakaways groups.

Breakaways is such a valuable service, providing fun activities for adults who live with their parents or family carers at the same time as given family members a short break. We are delighted that the Community Fund has chosen to support this service.



Sutton Community Fund, funded by Sutton Council and administered by Sutton Centre for the Voluntary Sector.

## Thank you to Toyota

Many thanks to the Toyota Fund for a Better Tomorrow, for their grant of £1,800 towards our Zest healthy living project.



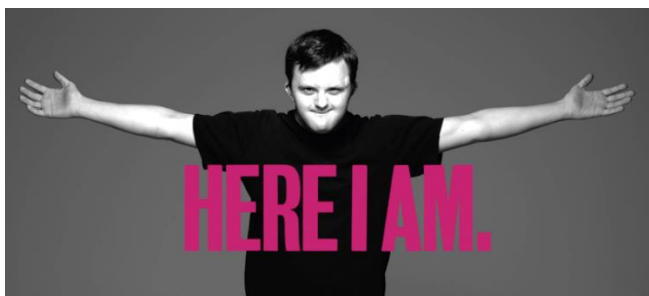
The group was delighted to receive a cheque from Jason and David from Toyota.

## Gardeners' Question Time

Mavis Peart would like to thank everyone who attended this year's Gardeners Question Time in October. The event was a huge success and raised £500 for Sutton Mencap.



## Mencap launches Here I Am campaign



Royal Mencap's biggest national campaign ever aims to raise awareness and improve understanding towards the 1.4 million people in the UK with a learning disability.

Mencap believes that learning disability has been invisible for too long. It's time to see people with a learning disability for all they are and all they can be. They want you to join the Here I Am campaign, spread the word and help change the future.

The campaign features the results of the first set of in-depth research in to public attitudes towards learning disability in 30 years, a brand new video featuring a DJ, who has Down's syndrome, images from fashion photographer Rankin and a web tool which allows the public to ask the questions they're usually too afraid to ask about learning disability. For more information, visit [www.mencap.org.uk/get-involved/here-i-am](http://www.mencap.org.uk/get-involved/here-i-am).

## Christmas Raffle

Sutton Mencap's Christmas raffle is back and you could be in with a chance of winning one of our great prizes, including a £50 cash prize, a golden cinema ticket, a hamper of Christmas treats or a bottle of champagne.

Please find enclosed 2 books of raffle tickets for you to try to sell (£1 per ticket). Please return any stubs (with payment) or unused books by 15th December. The raffle will be drawn at Santa's grotto on 17th December. If you would like more books please call the office or ask a member of staff when here.

## Tickets now available for A Pirate Panto, Saturday 10th December



The Action Replay Drama Group and Savvy Theatre present their latest performance, A Pirate Panto, at The Arc Theatre in Purley.

Why not join them for an evening of pirates and mermaids, krakens and creaky boats, epic quests and treasure chests. Doors open 30 minutes before the show, so come early to meet Winnypeg the Wench (but make sure you have a ticket or she'll make you walk the plank)! Find the Innkeeper and his Wife where you can buy your pre-show refreshments and head to the top deck to join the Pirates at the Rats Pie Tavern where celebrations 'arrrrr' underway.

The show takes place on Saturday 10th December with performances in the afternoon and evening. To book your tickets, visit <http://piratepanto.eventbrite.co.uk>.

## Disability skating at Streatham ice rink

Streatham Ice Rink is running its Disability Skate programme for 5 weeks, every Friday from 7.30 to 8.30pm., starting on 18<sup>th</sup> November.

Tickets cost £5.45 per skater and a carer skates for free. Skates and Penguin skating aids are available for hire.

For more information contact Streatham ice rink on 020 8677 5758.

# Christmas at Sutton **mencap**



Our magical **Christmas Grotto** takes place on  
Saturday 17<sup>th</sup> December  
8 Stanley Park Road, Wallington.

Drop in any time from 10.00 to 2.00 pm.  
Tickets are £5.00, payable on the day.

## Coffee morning (and afternoon)

Sutton Mencap's Chairman, Mavis Peart, invites you to her annual Christmas gathering on Friday 2nd December, 10.30 to 4.30 at 5 Stanley Square, Carshalton, SM5 4LX

Lunch is available and a range of homemade goodies are for sale. All proceeds go the Edward Peart Memorial Trust.

## Get this newsletter by e-mail

If you would like to help us to save on resources and cut costs you can now receive this newsletter by e-mail. This is not only an efficient way to keep you informed, it is also kind to the environment, so please do let us know by contacting [emma@suttonmencap.org.uk](mailto:emma@suttonmencap.org.uk).

## Adults Christmas Party



We are holding our Christmas Karaoke night for adults at Carshalton Social Club on Thursday 15<sup>th</sup> December, 7.30 to 10.00pm.

Entrance is £5.00, payable on the day, and you'll need extra money for drinks.

To book your place, call us on 020 8647 8600.