

Sutton Mencap Newsletter



November 2017

Welcome to our latest newsletter

We've got updates from our services, information on what's happening in the local area plus plans for activities this Christmas.

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Improving health for people with a learning disability

Sutton Mencap is helping organise a partnership conference on 28th November, 10.00 am to 2.00pm at the Strawberry Lodge Conference Centre.

This half day conference is for people with a learning disability, parents and carers and health and care organisations who support people with a learning disability. Participants will be able to:

- Find out about the specialist health services available for people aged 14 and over with a learning disability in Sutton.
- Hear from people with a learning disability about their experiences of health services.
- Take part in discussions on how we can improve the health of local people with learning disability.

Speakers will include people with a learning disability plus senior representatives from the London Borough of Sutton, Sutton Clinical Commissioning Group and local health and care organisations.

Refreshments will be served from 10.00 am. A buffet lunch will be provided from 1.00 to give an opportunity to continue conversations.

To book your place contact Sutton Mencap on 020 8647 8600, or e-mail info@suttonmencap.org.uk



Out and about with Sutton Mencap's children's services

Our children's services team have been putting lots of effort into providing activities and outings for our children and young people, all thanks to funding from BBC Children in Need.

The October half term holiday service including lots of cooking, dressing up and arts and crafts. We also took two groups to Sherwood Park School for a Head to Head Production of Alice, where the young people enjoyed the humour and the sensory experiences on offer.

We also had our first youth disco in November. The young people enjoyed mocktails



and glow in the dark balloons but the biggest highlight was them showing their moves.

These activities followed a busy and exciting time during the summer holidays. We organised a trip to Thames Valley Adventure Playground, which is always a really popular day out, plus two trips to Thorpe Park and a visit to the London Aquarium. In house activities included a steel band workshop, two sessions of caged cricket, two sessions on circus skills and a visit from an animal petting zoo.



On behalf of the children and young people who use our service, huge thanks to Children in Need for their support.

Christmas lunch for parents

Join the Sutton Mencap team and Sutton Parents Forum for a break from shopping! Relax for a couple of hours and feel appreciated.

We look forward to welcoming you from 12.00 to 2.00 on 7th December at 8 Stanley Park Road, Wallington.

To book a place call Fran on 020 8647 8600 or email info@suttonmencap.org.uk. Don't forget to mention if you have any special dietary requirements

Sutton Parents Forum meeting: Restructuring Sutton education services

Sutton Parent's Forum's next meeting will look at the reorganisation of education services for children with additional needs. Guest speakers will be Adrian Williams, interim Head of Education and Tracey Burley, Managing Director of Cognus.

The meeting takes place on 24th November, 10.00 am for a 10.30 start at Strawberry Lodge Conference Centre. For more information contact the Parents Forum at suttonparentsforum@outlook.com or 020 3701 2175.

Consultation on a draft Special Educational Needs and Disability strategy

The London Borough of Sutton is seeking views on a new draft SEND strategy.

Consultation documents are available via the link at sutton.citizenspace.com/ Hard copies of the documents can also be requested from Olivia.Mckenna@sutton.gov.uk.

The deadline for response is 29.11.17.

Sutton Mencap support for orphaned children in Romania

Our Thursday day service for adults recently spent a few weeks on a 'Love in a box' project. The group collected some special gifts to put inside a decorated shoe box which will be sent off to Romania for orphaned children to open this Christmas.

The group then delivered the boxes to volunteers at St Paul's United Reformed Church in South Croydon who are organising the delivery of the boxes to Romania.

Kirsten, who made a box said, 'Christmas is all about love, it was a nice thing to do'



Expanding our day services

We will shortly be expanding our day activity services, which will enable us to support lots more people each week.

We will soon be recruiting new staff to work on the service. Watch out for adverts at <http://www.suttonmencap.org.uk/vacancies/> and elsewhere.

Adult Services membership fees for 2018

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

For adults and their carers, forms have been included with this newsletter. If you haven't received one and would like to continue your membership please contact Tammy on 020 8647 8600.

Bowling with Speak up Sutton

Speak Up Sutton's have organised a bowling session at Valley Park on 6th December at 12.00.

Advance booking is essential. For more information and to book your place contact Advocacy for All, either: Tracy Crockford on 020 8300 9666 / 07921 466212, or Rachel Coates on 020 8669 0500 / 07711 590398.

New Town Christmas tree festival



Sutton Mencap is taking part in the Sutton New Town Christmas tree festival.

Community groups from across Sutton will be decorating their own trees for a display in St Barnabas Church in Sutton. We have asked a number of our service groups to make some decorations to put on our own tree which will be put up on the 4th December by people from our day service.

The festival opens on Friday 8th December and will run until the 6th January 2018.

For more information and a full programme of activities, visit suttonnewtowncommunityfestival.org.uk/

A happy Halloween party



Thanks to everyone who came to this year's Halloween Party. It was definitely the biggest and best yet!

Play tennis and cricket with Community Link

Sutton Mencap's Community Link project has joined up with Sutton Parents Forum to organise Tennis and Cricket taster sessions on 19th December at Sutton Sports Village Rose Hill Park.

The sessions are aimed at people with a learning disability aged 17 and over. As well as having lots of fun, we hope it will help people keep in touch with friends (and make new ones) over the Christmas holidays.

To book, contact
suttonparentsforum@outlook.com

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



Sutton Mencap's Nuts Challenge – over £5,000 raised



Huge thanks to our staff team and people who joined us on the day, as well as all the people who sponsored them. A team of fourteen people took part in this year's Nuts challenge, a gruelling 7km course with 100 obstacles to climb, crawl, trek, fall, and suffer through, plus lots of mud! The team have raised over £5,000, which is an incredible effort. Well done to everyone.

To view a video of the event visit [youtube.com](https://www.youtube.com) and search Sutton Mencap Nuts Challenge 2017.

Skydiving for Sutton Mencap

We are hugely grateful to the efforts of two volunteers, Philip and Emily, who raised over £3,000 by skydiving for Sutton Mencap. What a fantastic achievement.

Could you volunteer with Circles of Support?

Circles of
Support

Sutton Mencap is looking for volunteers who could spare some time once a month to support someone with a learning disability by joining their Circle of Support.

How often have you said a problem shared is a problem halved? And how many of us have achieved your goals and dreams without the help, advice and support of other people? We are all stronger together and that's just what a being a volunteer in a Circle of Support could mean to a person in your community.

Circles of Support is in essence about gathering a group of people together who care for and know a person to help them plan and make changes, to overcome obstacles and increase options open to them. For some people however their own network is just too small and we need to bring in additional help to make the circle grow. And that's where you could come in.

Circle meetings are friendly and fun, social but with a purpose. A circle will meet anywhere from once a month to a few times in a year dependant on the needs of the person and their goals. They run for about 2 hours each time.

Circles can be really empowering and enlightening so join us and get involved. To find out more. Contact Jude Okeke at Sutton Mencap on 020 8647 8600 or e-mail jude@suttonmencap.org.uk

Circles of Support is funded by the James Trust

David Schad remembered

Mavis Peart, Sutton Mencap Chairman, writes her own reflections on David Schad.



It was with great sadness that we reported that David Schad, a long standing trustee at Sutton Mencap, passed away on 20th August.

David has been a much valued Trustee of Sutton Mencap since 2006, following on from his sister, Joan. Sutton Mencap has benefitted for more than 60 years from having a Schad devoting their time and energy to supporting people with learning disabilities and their carers.

All those who have known David will have been very deeply saddened and indeed shocked by his death. He was very much admired for his commitment to this cause. This led him after his retirement to become not only a Trustee but also to pursue a diverse range of committees, partnerships and, close to his heart, to chairing the Carers' Forum. His contributions to any large meeting or small group were always relevant, as he had so much personal experience of the issues affecting any family with a son, daughter or sibling with a learning disability among its members. People always listened to him and when required his experiences in his working life as a union representative were always helpful. He was a skilled and willing advocate who was prepared to give his support and advice to anybody who needed help.

What endeared David to the members of the various committees upon which he served was not only his expertise but his ability to put forward his own views with clarity and without rancour if anyone disagreed with him. Never an angry argument but instead patience and humour. On a lighter note, what also endeared him to us were his hats which were almost a weather forecast: tweed when it was cold and wet, straw on a sunny day!

In his own commitment and devotion to his voluntary service, David was also very aware of the huge contribution of the professional staff whose daily work was to organise and carry out the many services provided by Sutton Mencap, the Carers' Centre, other organisations and the Council. He was a frequent visitor to Mencap's office with a cheery word and a tin of biscuits, wearing his hat of course!

So, David was a much loved and respected friend and colleague. There must be hundreds of people in Sutton who have benefitted from his involvement in their lives. He will be very much missed but long remembered.

Mavis Peart

Mavis Peart, Chairman of Sutton Mencap

Sutton Mencap AGM

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

The annual report and accounts will be available to view on our website. If anyone would like a paper copy please contact Emma on 020 8647 8600 or emma@suttonmencap.org.uk

Support Sutton Mencap with your local Co-op



Over the next year you can help raise money for Sutton Mencap through the Co-op Local Community Fund. 1% of what is spent by Co-op members on selected own-brand products and services will go to the Co-op Local Community Fund. Local Co-op members can choose for these funds to go to Sutton Mencap. Everything raised will go towards providing outings and activities for our children and young people. For more information on how you can help, visit www.coop.co.uk/membership

Funding for Groupies and High Fliers

Many thanks to the Mrs Smith and Mount charitable trust for their grant of £4,795. This will keep our very popular evening activity groups: High Fliers and Groupies going for a whole year.

Cheam and Sutton Rotary are fundraising for Sutton Mencap

We are very grateful to the Cheam and Sutton Rotary Club for arranging to hold a fundraising dinner for Sutton Mencap at Sutton United Football Club this month. We are sure it will be a very successful evening.

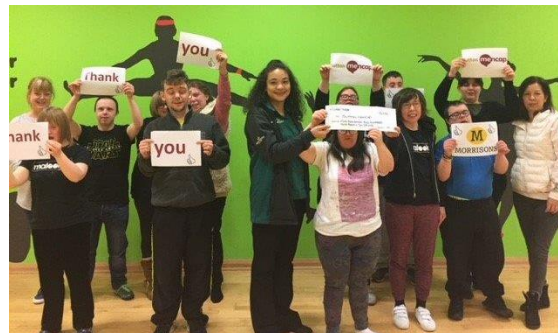
And how you can help...

Each year we set ambitious fundraising targets so that we can make a real difference to the lives of people with a learning disability.

If you would like to help Sutton Mencap, maybe by seeking sponsorship for a sports activity or an unusual New Year resolution, we can help you with publicity, setting up online fundraising pages and moral support. Contact Robbie at Sutton Mencap on 020 8647 8600 or robbie@suttonmencap.org.uk.

Thank you to Morrisons

The Morrisons Foundation has donated £5,000 to Sutton Mencap to run our Zest healthy living group, which helps people to live an active and independent life.



The cheque was presented on behalf of the Foundation by Nicole Walters from the Morrisons store in Croydon, who said: "We were delighted to present this cheque to a charity which supports people who have learning disabilities in our local community."

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 nearly £600 for Sutton Mencap.

Cockney Knees-up

Congratulations and well done to Michelle Perrett, Trustee at Sutton Mencap who raised £1,700 by holding a cockney knees up night at Carshalton Social Club.

Christmas raffle

Sutton Mencap's Christmas raffle is back and you could be in with a chance of winning £50 in cash, or one of our other great prizes.

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 14th December. The raffle will be drawn at Santa's grotto on 16th December.

If you would like more books please contact Emma on 020 8647 8600 or emma@suttonmencap.org.uk.

Sutton Mencap closures over the Christmas holiday

Sutton Mencap's services will be taking a break over the Christmas holidays. The dates when services end and start up again are as follows:

Children's services	Last day 2017	First day 2018
Monday after school club	18 th Dec	8 th Jan
Tuesday after school club	19 th Dec	9 th Jan
Wednesday youth club	13 th Dec	3 rd Jan
Thursday youth club	14 th Dec	4 th Jan
Phoenix Rangers	14 th Dec	4 th Jan

Adult services	Last day 2017	First day 2018
Day service	19 th Dec	2 nd Jan
Groupies	12 th Dec	9 th Jan
High Fliers	13 th Dec	10 th Jan
Art Café	19 th Dec	9 th Jan
Zest	20 th Dec	3 rd Jan

Sutton Mencap's office will close on Friday 22nd December and re-open on Tuesday 2nd January.

Christmas panto – A Night of Arabian Tales



Join Savvy Theatre this Christmas in a faraway place, where marketplaces sell anything from magic carpets to monkey nuts; where

the desert sands hide many secrets, and snake charmers rub shoulders with shoe sellers.

In true SAVVY style, their festive night of Arabian Tales will take you on a journey with characters you know and characters you don't, as Aladdin, the Genie (and a pair of Blue Suede Shoes), are thrown into an escapade of magic carpets, chaos and ... THE KING!

So come and have fun with Ali Barbara, her band of 'not quite' Forty Thieves, a hapless gang of guards, fortune tellers - and an old guy named Roger!

The fun takes place at The Arc Theatre, Riddlesdown Collegiate, Honister Heights, Purley CR8 1EX on Saturday, 16th December, 4.30pm and 7pm.

Tickets cost: £8.00 and are available at <https://arabian-tales.eventbrite.co.uk>

Community Link Christmas show

Don't miss Community Link's film show spectacular on Friday 15th December from 1.30pm to 3.30pm at the Salvation Army in Sutton. We will be showing a great film, free of charge. There is a café at the Salvation Army if you would like a bite to eat or something to drink beforehand.

For more information contact Caroline on 020 8647 8600 or e-mail Caroline@suttonmencap.org.uk.

Christmas at **Sutton** **mencap**



Santa and all his elves and helpers are getting ready for this year's Christmas grotto, which takes place on Saturday 16th December at 8 Stanley Park Road, Wallington.

Drop in any time from 11.00 to 3.00 pm.
Tickets are £5.00, payable on the day.

Adults Christmas Party



Come and dance the night away at our Christmas party for adults at Carshalton Social Club on Thursday 14th December, 7.30 to 10.00pm.

Entrance is £5.00, payable on the day and includes raffle tickets. You will also need extra money for drinks. Please bring a support worker with you if you need one.

To book your place, contact Tammy on 020 8647 8600.

Coffee and cake for Christmas

Sutton Mencap's Chairman, Mavis Peart, invites you to her annual Christmas gathering on Friday 1st 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.

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If you would like to help us to save on resources and cut costs you can 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