

Sutton Mencap Newsletter



November 2018

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.

Sutton Mencap
8 Stanley Park Road
Wallington
SM6 0EU
Tel: 020 8647 8600
Fax: 020 8647 8311
info@suttonmencap.org.uk
www.suttonmencap.org.uk

Director: Dave Hobday
Adult Service Manager: Tammy Satchell
Children's Services Manager: Asma Jacob
Assistant Manager, Children's services: Toni Baldwin
Circles of Support Manager: Jude Taylor
Office Manager: Emma O'Connell
Finance Officer: Lynn Mason
Office Administrator: Rosemary Frost

Chairman: Mavis Peart
5 Stanley Square
Carshalton SM5 4LX

Treasurer: Paul Solomon
30 South Drive
Cheam SM2 7PN

Registered Charity No: 1080514

Say Hello to Our Sutton Radio Stars



From December, Sutton Mencap will be hosting a new online radio service for people with a learning disability and their carers in Sutton.

Our Sutton Radio Stars will be a new online programme which will feature news, music, chat, guest interviews and more.

We'll publicise what's going on in Sutton, including local services, places to go and things to do.

We also want it to be a place where local people with a learning disability and their carers can talk about the issues that affect them. We hope Our Sutton Radio Stars can help provide a stronger voice for people with a learning disability across the borough.

If you've got subjects you'd like us to talk about, or activities you want to publicise, you can contact the Radio Stars via Tammy@suttonmencap.org.uk

Our first podcasts will be going out in December and you will be able find them directly from www.suttonmencap.org.uk/osr or our Facebook page. Listen in and tell us what you think.



Introducing our new adult day service



Our Adult Services Manager, Tammy Satchell, talks about our recently expanded community day service.

We have been aware for some time that demand for our day service has grown, but we haven't had the places to take on more people. So this year the service has nearly doubled in size, with us running two separate groups and having services on five days a week.

A big theme for our day service is getting out and about in the community. We've had some great activities, with a particular favourite being 'Globalls' in Brighton where they play glow in the dark golf.



We also discovered Sandra's horse riding school in Horley. It is accessible and lots of fun! A huge thanks to the team there for being so welcoming.

The day service are also enjoying a ten week art and craft course provided by Sutton College. The group have been doing funky Christmas art and have made some very festive things. The groups have also been working hard at jazzing up the garden shed and recently had a 'give back to the community day' where they went litter picking and made cakes to give away.

We still have a few spaces on a couple of days, especially a Wednesday. If you would like to find out more, contact Tammy on 020 8647 8600 or Tammy@suttonmencap.org.uk.

Let's end Hate Crime in Sutton

Sutton Mencap participated in a conference led by Community Action Sutton on 18th October to mark national Hate Crime Week. The conference aimed to bring people together to look at practical steps to challenge hate crime in our local communities.

A number of people put themselves forward as Hate Crime Champions and Sutton Mencap will be closely involved in supporting this work in the future.

Sutton Mencap achieves PQASSO quality standard

We are delighted to have achieved the PQASSO Quality Mark award which recognises our excellent work as a voluntary organisation.

PQASSO is part of the National Council for Voluntary Organisations (NCVO), and is the only UK quality standard designed to help voluntary organisations operate more effectively and efficiently. Sutton Mencap was assessed against the 11 standards of effective practice in PQASSO level 1, including in governance, leadership and management, managing staff and volunteers and managing money, and proved to meet all standards.

Mavis Peart OBE, Chair of Sutton Mencap said "we are very pleased to achieve this standard, which recognises the hard work and dedication of trustees, staff and volunteers across the organisation."

The award was presented by the Deputy Mayor of Sutton, Councillor Chris Williams at the Annual General Meeting.



Update on services for Children and Young People



Asma Jacob, Children's Services Manager talks about preparations for Christmas on children's services.

Christmas is always a very exciting time at Sutton Mencap. This year the children are already making Christmas cards and decorations. We will also be creating our own Winter Wonderland sensory story, using props, sounds, textures, smells to bring Christmas to life. Food and drink plays a big part in preparations. We will be baking cakes full of Christmas flavour as well as enjoying hot chocolate with marshmallows.

The children have also been making decorations for the Christmas Grotto, which takes place at our premises on 15th December. We hope to see you there.

Finally, we are delighted to welcome Toni Baldwin to her new role as Assistant Manager for Children and Young People. Toni will be starting in her new role shortly, supporting Asma in making sure our services run smoothly.



Thank you to Co-op



A huge thank you to the Co-op Local Community Team for raising £8,782 over the last 12 months. The funding has gone towards outings and activities for our children and young people.

Circles of Support



Jude Taylor, Circles of Support Manager, gives an update on how the service has developed over the last two and half years.

Two and a half years ago Sutton Mencap launched a new service to support people to develop their own circles of support. Support circles was not a new idea; in our community mutual support has always existed. But for some there was a need to 'intentionally' create that circle to focus just on that one person. To date we have helped 40 people start their own circle.

Each Circle is as different as the focus person in the centre, but all work to help that person accomplish their personal goals, aspirations, and dreams. Members may include family, friends and other people from the community who care about the person.

Together people feel stronger. They give the focus person a voice. They provide an opportunity to have conversations about visions and plans, 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.

Recently we decided to celebrate the success so far, 20 people came together, ate cake, traded ideas, numbers and stories. Natural connections were made, strengthening our community further.



If you are thinking about how to form your own circle, or have any questions contact Jude on 020 8647 8600 or jude@suttonmencap.org.uk

Sutton Mencap minibus appeal



We need your help to raise £15,000 towards the cost of a replacement minibus.

Accessible Transport plays a huge part in the delivery of our services. We want our service users to get out and about, participate in community life and to have access to all the arts, sports and leisure facilities available to us.

Wherever we can we make use of public transport. However, for many of our service users, this is not an option. Having our own minibus is therefore a huge part of our service. Our current vehicle has served us well, but is now due for replacement.

That's why we have launched the Sutton Mencap minibus appeal. Over the next 12 months we have a target of raising £15,000 towards the cost of a replacement vehicle.

We need your help to do this. Maybe you could carry out a sponsored activity and get your family, friends or colleagues involved. Or maybe you could support one of our fundraisers in their efforts to reach our target.

One of our fundraisers Beccy Stafford has really taken the project to heart. Beccy has a whole range of fundraising activities in mind over the next 12 months. If you'd like to support her, you can find out more at www.justgiving.com/suttonmencap.

How you can help with fundraising

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 Emma at Sutton Mencap on 020 8647 8600 or emma@suttonmencap.org.uk

Thank you from Art Café

Many thanks to Sutton Community Fund for their grant of £3,714 towards our Art Café. This adds to the grant of £1,800 from the Toyota Fund for a Better Tomorrow received earlier in the year.



Gardeners' Question Time

Mavis Peart would like to thank everyone who attended this year's Gardeners Question Time in October. The event was our most successful yet, raising over £600.

Many thanks to our speakers and to Sutton College for a great evening

Sutton Mencap 200 Club

The 200 club is a simple way to support Sutton Mencap. Just £3 a month buys you a number in our monthly prize draw, with the winner receiving half of the money received by the club in that month. For more information, phone Lynn Mason on 020 8647 8600 or contact Lynn@suttonmencap.org.uk

Halloween disco

Once again, our Halloween Disco at Carshalton Social club was great fun. We had over 80 people plus carers attend on the night, with everyone dressed up and dancing the night away.



Getting ready for Christmas with Breakaways

Breakaways have been enjoying their usual weekends spent at the Old Pheasantry. They recently went to see the show Dr Doolittle at the Churchill theatre in Bromley. They are also looking forward to their trip to Mill Rythe in Hayling Island for a 'Turkey & Tinsel' weekend.

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 by our Community Day Service on 17th December.

Proceeds from the raffle will go towards our minibus fund.

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

Thank you Sainsbury's

We are delighted that Sainsbury's Local on Stanley Park Road have chosen us as their charity of the year. Not only will they be helping us with fundraising, they have also offered to help with the Christmas grotto. It's fantastic to have their help.

Sutton Mencap AGM

Thanks to all our members and supporters who attended our AGM this year. The trustees were delighted to get members' approval to the change in our charity objects. It was also great to showcase some of the great things our service users get involved in at Sutton Mencap.

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:

	Last day 2018	First day 2019
Children's services		
Monday after school club	17 th Dec	7 th Jan
Tuesday after school club	18 th Dec	8 th Jan
Wednesday youth club	19 th Dec	9 th Jan
Thursday youth club	20 th Dec	10 th Jan
Phoenix Rangers	14 th Dec	10 th Jan
	Last day 2018	First day 2019
Adult services		
Day service	21 st Dec	7 th Jan
Groupies	11 th Dec	15 th Jan
High Fliers	12 th Dec	16 th Jan
Art Café	18 th Dec	8 th Jan
Zest	19 th Dec	9 th Jan

Sutton Mencap's office will close on Friday 21st December and re-open on Wednesday 2nd January.

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

Sutton **mencap**



Santa's Grotto –

Saturday 15th December

Come and see our magical Grotto, soft play/ sensory room, craft area, refreshments, raffle and more...

8 Stanley Park Road, Wallington SM6 0EU, 10.30 to 3.00 pm

£5 per child, plus £2.50 for siblings, including a gift for all.

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

Adults Christmas Party

Thursday 13th December, 7.30 to 10.00pm
Carshalton Social Club, North Street, Carshalton.

£5 entry, including raffle tickets. Please bring a support worker with you if you need help on the night.

Contact Tammy to book a place on 020 8647 8600



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emma@suttonmencap.org.uk