

# Summer Newsletter 2017

## A year on from the 'Big Day Out'



What has happened nationally a year on from Royal Mencap Big Day Out where the five priorities were launched...

### Raising Awareness and Changing Attitudes

Apart from the fantastic awareness raising that goes on locally all over the UK, 151 MPs have pledged to listen, 31 MPs are learning disability champions. Mencap has done a major survey of public attitudes towards learning disability this year, they will use the results to get a firm understanding of what people really think about LD and what impact that has on people who have a learning disability.

### Improving Health for People with a Learning Disability

Awareness sessions in 300 pharmacies. Healthcare staff training—small pilot scheme, co-delivered by people with a Learning Disability. **We want to make it easy for people with a learning disability to access healthcare.**

400 athletes entered the Mencap national athletics & swimming championships.

### Making a difference to the lives of People with a Learning Disability— Here and Now

Day to day support provided for 5,286 people. More than 200 new tenancies started with Golden Lane Housing. Employ Me programme supported 1,551 people to learn new skills and gain work experience. **We want a better understanding of the difference that we make in people's lives.**

### Supporting Friendships and Relationships

Gateway Clubs supported 20,000 people a week! 542 people took part in the Gateway Awards this year. **We want to improve the social lives of people with a learning disability and their connections in their local community.**

### Giving Children the Best Start in Life

The first Mencap Children and Families centre opened. Bags of Ability project delivered sessions to over 700 families. **We want to have a better understanding of how the provision of early intervention affects the lives of children, young people and their families.**

You can read more about the Five priorities online or download a copy here:

[www.mencap.org.uk/sites/default/files/2016-09/2016.021\\_annual\\_report\\_2016\\_web%20FINAL.pdf](http://www.mencap.org.uk/sites/default/files/2016-09/2016.021_annual_report_2016_web%20FINAL.pdf)

### New Forest Mencap Team

#### Trustees

Liz Rolfs Chairperson  
Valerie Bowyer  
Teresa Faris  
Rodney Rook  
Angela El-Cargly  
Pauline Marchbanks

#### Accounts

Lisa Yeates

#### Office Administrator

Ann Page

#### Club Leaders

Pauline French  
(Brockenhurst)  
Christine Eyles  
(NF Gateway & Saturday club)

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### 2017 Important Dates

Inter Gateway Sports  
30 September  
Brockenhurst Gateway  
Auction 14 October  
Street Collections  
September & October

# Fundraising Spring to Summer 2017 Report from Mary Tattersall,

## Charity Fundraiser

A great start for fundraising from Spring to Summer bringing a good return from the Christchurch Rotary Sponsored Swimafun raising over £700 for N F Mencap and the Macmillan Unit at Christchurch Hospital.

The outdoor community fundraising with stalls in May at Milford Fair & Moore Blatch, and a Car Boot sale at Fawcetts field in June along with our annual Learning Disability Awareness week (19-25th June) where volunteers helped with street collections in New Milton, Lymington and Brockenhurst raising nearly £400 for our Gateway Clubs, Gateway Award Scheme and central charity funds. **A huge thank you to all our volunteers who gave their time.**



I am delighted to say that we came 1st in the nominations for the Tesco Bags of Help Grant for £3410 for our **'Pennington and Mencap Growing Friends' project**, working with Lymington Transition to develop a community allotment in Pennington and enable our Gateway Award students to learn gardening skills and gain horticultural experience to achieve their Bronze and Silver award.

The money will also enable us to make the area wheelchair accessible. Huge thanks to Tesco and Groundwork, all the allotmenters at Pennington and to all those customers that chose our project with the little blue tokens during March and April this year. *See above & left—planting & growing is fun!*

During the Summer we will be taking part in the Sway Carnival Fete with a charity stall, More street collections are planned for September 23rd and October 14th in Lymington, look out for the volunteers in pink! Follow us on Facebook and Twitter for up to date info, news and events.

On a separate note this is my last report as Fundraiser for New Forest Mencap, I am leaving to start a new position locally in July. I have enjoyed my 7 years at New Forest Mencap and have always taken great pride in the work I have undertaken. It was a delight to gain the funds to launch our **Gateway Award** and begin to see it flourish with the students achieving their bronze and silver levels.

Who knew that setting up the community recycling schemes with milk bottle tops and two textile bins would be a virtual cottage industry! Many fundraising events and collections have taken place to raise awareness of the charity and funds for adults with learning disabilities across the New Forest.

Lastly a big thank you to all the staff and volunteers & Trustees who have supported me.

*Pictured, Mary with Fundraising Trustee, Teresa Faris*



## Brockenhurst Gateway Club

We are thankful that we continue to gain new volunteers to help our club. We average between 25 and 30 members a week. Many thanks go to Julie who coordinates all our fundraising and does a brilliant job, with the Spring fundraising, including our Spring Fair held at St Saviour's Church being very successful.



We have confirmed that we can do the car parking at the Beaulieu Caravan show this year again in September. Our annual auction is booked for Saturday October 14<sup>th</sup> at Everton social club. We have already had various lots donated to us. Richard Cartridge from Radio Solent has confirmed he will be our auctioneer again. We will also be at Lymington carnival with the tombola and Hordle fete.

The Musical Mix up grand performance and raffle was a great success. Many thanks go to Brockenhurst College for their help and to New Forest Rotary who sponsored the event. Thank you to Rosie Charlton who was our photographer on the evening. She took the photos as part of her Gateway Award and is currently selling them to our members. We've already had a busy time with trips to Longleat and Paulton's Park. We are preparing for our open evening doing a lot of art and wood work projects. Activities so far this year have included an in house auction, bingo with the Rotary, skittles, and disco's. We are looking forward to a beach walk, sailing, skittles and end of year disco.



The programme which will run from September is looking good, and already includes a visit from Creature teachers, bingo with the Rotary Club, Morris dancing and a Christmas dinner dance which is popular, plus many other activities. Our annual **Inter gateway sports** event at



Brockenhurst College has been confirmed for Saturday 30<sup>th</sup> September 2017.

Rod Rook has been elected Chairperson of Brockenhurst Gateway Committee, replacing long serving Mike Snell. We welcome Rod and say a huge thank you to Mike for his many years steering the Club to such a successful position.

## New Forest Gateway Club

The club continues to provide members with a range of interesting activities. We recently had a visit from Pedall with their range of cycles for members to try out. It was a nice evening weather wise and members cycled around the car park trying to avoid each other. Some members needed assistance to steer clear of others!



With the Inter-Gateway Sports coming up in October we spent an evening practicing one of the games. We made a bit of a competition of it and the majority of members took part and enjoyed themselves. We'll have more practice sessions before the Games. It may not help us win but it is great fun for everyone.



We had an evening of glass painting – a first for us. Pictures from colouring books were inserted into large jars and the outside of the jar was then painted to match the picture. It really brought the artistic streak out in members who were very proud to take home their creations. In the few weeks to the end of term several interesting activities are planned including a pub meal and strawberry picking.

Welcome to Jane Sykes, Chairperson of N F Gateway Committee. Jane is mother of Rachel, one of our Club members and has been an active volunteer for many years.



## News Items

### STOMP - Ending over-medication

It is estimated that on an average day in England alone, between 30,000 and 35,000 adults with a learning disability are being prescribed an antipsychotic, an antidepressant or both without appropriate clinical indications.

The NHS with its partner for our area, Dimensions, are spearheading a campaign called STOMP (Stopping over-medication of people with a learning disability) which commits all agencies to "work together with people with a learning disability and their loved ones, to take real and measurable steps to stop over-medication".

The published aims are:

- ◆ Improving the quality of life of people with a learning disability who are prescribed psychotropic drugs
- ◆ Making sure they only receive them for the right reasons
- ◆ Improving understanding of when the drugs should and should not be prescribed
- ◆ Raising awareness of alternatives and encouraging regular medication reviews

For more information you can contact the project leader Dave Robinson on 07776 208794 or [dave.robinson@dimensions-uk.org](mailto:dave.robinson@dimensions-uk.org)



### Southampton, Hampshire, Isle of Wight & Portsmouth Transforming Care Partnership Housing options event for people living with a Learning Disability and/ or Autism

This is a drop in event on Tuesday 19 September from 10.00am-2.00pm at the Performance Hall, Discovery Centre Winchester. The event will have information stands on housing which will include: Keeping safe, Local councils and Health. There will be a talk at 10am and 12pm. Light refreshments will be provided. If you have any questions please contact Louise Osborne Email: [WHCCG.SHIPTCP@nhs.net](mailto:WHCCG.SHIPTCP@nhs.net)  
Telephone: 023 8062 7890

### Urgent Appeal for Volunteers

You will have read in this edition how much we rely on our wonderful band of regular volunteers (*see Mary's report on page 2*). Our Charity Shop in New Milton provides work experience for people with a learning disability and also much needed income. It is run entirely by volunteers. Recently, the shop has had to remain closed on certain days, due to the retirement of some and the sad loss of another regular volunteer. Are you able to spare a couple of hours—it is a great social time and you get to 'play shops' just like we did when we were young. If you can spare a couple of hours regularly per week, we would love to hear from you. Contact: [office@newforestmencap.org](mailto:office@newforestmencap.org) Tel: 01425 621893



### Goodbye to a dear friend

Valerie Clatworthy passed away peacefully on 13 June. Valerie was chairperson of the Saturday Club and ran it for many years. She raised a lot of money organising car boot sales with Jean Mellion, and took members on many day trips including Paultons Park and Marwell Zoo. Valerie was a lovely lady and will be missed by all who knew her. Our sincere condolences go to Kolin her husband and her family.