



LDN World

Your London Learning Disability Network News

www.wspld.org.uk

Summer 2017



The Westminster Society

Your Learning Disability Network for London



Welcome

to LDN World
The Westminster Society's newsletter



Emma
Editor

Welcome to our Summer issue of *LDN World*. We have had a very busy few months and it was hard to squeeze all the fantastic stories into this one edition. Please check out the news section of our website for more stories and information about what we have been up to.

We also on *facebook*, *twitter* and *Instagram* where you can keep up to date with all the goings on at the Westminster Society. To be kept updated please follow and like our pages.

I hope you enjoy reading our magazine and if you have any feedback or have a story or photograph you would like to see included I would be delighted to hear from you: erussell@wspld.org

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Learning Disability Week

The focus this year of Learning Disability Week (19-25 June) was on employment in order to raise awareness of the benefits of employing people with a learning disability and to address the appallingly low current levels of employment.

Only 6% of people with learning disabilities are in paid employment and we want to help change this. Here are some stories from people we support who are currently in employment and who love their jobs:



Kim has started working part time in the kitchen of the Royal Park Hotel in Westbourne Park. Kim helps the chef, Matt, with the preparation of vegetables and other foods for the evening menu.

“ I enjoy my job a lot, the hotel is very nice and all the people I work with are lovely, I especially like cleaning the fruit ”

Kim

“ Kim is great and really helpful in the kitchen ”

Chef Matt, Royal Park Hotel

Roy has been working at our LDN Drop-in on Harrow Road for over 5 years where he works 3 days a week as a cleaner. He also does talks to hospitals and businesses to train their staff around working with people with learning disabilities and his experiences of living in a mental health hospital.

“ I enjoy my job it keeps me active and I get to meet new people. It means I can buy the things I want such as clothes, CD's and can pay my own bills ”

Roy





Jeremy
Team Manager

A Day at the Races



The people living at Great Western Road enjoyed a day out at the races on 13th May. We all dressed up in our finest even donning hats and set out to Ascot race course. Everyone had a fantastic time and even came back with some winnings.

*“We had a really lovely day, it was great!”
Margaret and Tim, residents at
Great Western Road*





Joanna
Drop-in Coordinator



Dementia Awareness Week

To mark Dementia Awareness Week the Camden Drop-in held an afternoon of stimulating activities. We started by having a discussion about living with dementia and watching a film. We then joined the drama group '*Quite Quite Fantastic*' for a drama workshop. Diane, who runs the group, has a lot of experience working with people with dementia, as well as people with learning disabilities.

We played a memory game, joined in a folk dance and watched a section of the group's show. Our members really enjoy themselves, and it was lovely to have the opportunity to join in with this group.





Laurence
Fundraising Manager

20 Years of Support

On June 10th Majella Forster and Sharon Stewart from The Queen Mothers Clothing Guild visited Rainbow. The guild has a long and interesting history; it started in 1882 by Lady Wolverton who was donating hand made clothes to a local orphanage in Dorset. In 1885 Lady Wolverton's friend Her Royal Highness Princess Mary Adelaide, Duchess of Teck (mother of the future Queen Mary) became Patron of "The London Guild" as it was then known. The Guild was re-named in 1889 to "The London Needlework Guild". By 1897 Queen Mary was patron followed by Queen Elizabeth, the Queen Mother in 1953 and now the current patron is Her Royal Highness Princess Alexandra, the Hon Lady Ogilvy. The guild has been donating clothes to the families who use The Rainbow Family Centre for over 20 years.

Fast forward to 2017! Majella and Sharon from the guild decided to pop along to Rainbow and meet Shona, Director of Children, Youth and Family Services and some of the staff and families who have been recipients of the generous clothes donations over the years.

A huge thank you goes to the guild and all their hard working volunteers, we are looking forward to having more donations to give to the families this year.



“ Its such an honour to be involved with the guild, its quite amazing to think that it started way back in the 17th Century and is still going strong today ”
Laurence, Fundraising Manager

Kris
LDN Co-ordinator



Boxing at LDN Holiday Scheme



*“ Carl Rocks, I loved that activity!
Lydia, LDN Connect member ”*

On our spring Holiday Scheme we invited Carl Guichard to join us; he is a boxing instructor who teaches people of all ages and ability even people at world class level. He has over 20 years experience in boxing internationally and does it for the love and passion for sport, Carl has also worked with people with learning disabilities for a number of years. He was really happy to join us for our holiday scheme and to give the group some hints and tips and the opportunity to try out boxing.

The group all loved the session and got really involved, even members who were a bit wary at first soon got really into it and were boxing like pro's. It was a great session and he gave all the members and staff a good work out and introduction to boxing. Some members now want to take up boxing as a hobby – we will defiantly be inviting Carl back again.



Thank you for your support

£5000 from the Portman Foundation for LDN Connect

£1000 donation in memory of Sharon Shorter, who worked at Cato Street

Thank You to Proximity for arranging a creative craft day at LDN Connect

Thanks to Prospectus for their ongoing support and arranging a volunteering day out

£2171.34 donation to KCA from the Marks & Spencer Carrier Bag Fund

£500 donation and 2 volunteering days to re-vamp the art room at KCA from Marks & Spencer Pinner

£470 from Katia Lewis-Sheldon's memorial fund donations and sales of her book

QPR Collection



On Saturday 18th March a group of fundraising volunteers headed out to Loftus Road, home to our local team Queens Park Rangers. We covered all entrances to the ground with our collection buckets and told the fans about our LDN Shooting Stars Football Group who we were fundraising for at the QPR v Rotherham United match.

Thanks to the generosity of QPR fans we collected over £350. We then got to stay and watch the game and had fantastic seats, to top it all it was a whopping 5-2 win to QPR!

A big thank you to Daniel Laryea, Brand Manager for looking after us and arranging the collection and thanks to all the volunteers who shook their buckets on the day.

We look forward to building on our relationship with the club as part of the great work they do with the local community.

Laurence Fundraising Manager



Drinkslover Wine Tasting Event

On Tuesday 13th June we held the Drinkslover Wine Tasting event; a unique evening which raised over £3000.

Set in a private garden square surrounded by 1850's artists' studios, the 70 guests were greeted with a welcome glass of bubbly before wine expert Riki Hutchinson told his audience about each of the 8 wines they were served, together with a constant flow of delicious canapés.



The finger food was prepared and served by the Yhum Yhums with advice from Stephen Carter Chef of Boodles Club. The Yhum Yhums are a team of service users who, after attending our 'Come Dine with Us' course where they learnt food hygiene and cooking skills, have set up a social enterprise catering service for events.



The profit from this event will be donated to one of the LDN Connect social groups: Our Lives. This is a new project for older people with learning disabilities and dementia meeting weekly, to look at reminiscence and well-being. Thank you to everyone who attend and made this event a great success.





LDN Elections

Over the election period we ran voting drop-ins at our Westminster and Camden drop-in centres and at LDN Connect at our Croyley Road base.

The aim of these sessions was to help people with learning disabilities to register to vote and to aid understanding of the voting process and how to place their vote on election day. We also looked at easy-read manifestos and who the local candidates were for all the main parties.



In the run up to the election the Listen 2 Us group held a drop-in with advice and a mock election.

Labour won this mock election with 75% of the votes, UKIP had 8%. There were several spoilt papers, as a result of which we were able to give further advice to ensure this didn't happen on voting day.

We also held mock elections at our Westminster Drop-in on Harrow Road: the results were similar with Labour winning and 10% for the Conservatives.

Holding mock elections is a useful way to prepare the people we support for what to expect when they go to vote and to ensure their voices are heard.

Joanna Drop-in Coordinator



Camden Drop-in

On Tuesday 16th May, a group from the Leyton Education Project, a further education centre for people with learning disabilities, attended the LDN Camden Drop-in in preparation for the upcoming general election. The group included sixteen students, as well as teachers and support staff. The students are aged 16-25, so some of them were able to vote this year for the first time, while others were learning about how to vote in the near future. We discussed registering to vote, where to go, and how to vote on the day.

I gave a talk on what the general election means, and how the government is formed. I asked the students to find the answers to some questions about government and voting in a handbook that was circulated. The students were very engaged and asked me lots of questions.

At the end we carried out a mock election activity. Two students played volunteers at the polling centre. The other students had to queue up to receive their ballot papers, and then go into a small room to place their vote.

This went well, and the students were able to learn how to complete a ballot paper. I wanted to stress to students how important it is for everyone to vote as all votes count and the result affects us all.

I received good feedback from their teacher, and the group are hoping to return for the next election drop-in focusing on easy-read party manifestos.



Shona
Director of CYF

An update on Children, Youth and Family Services

This has been a time with a lot of change in Children, Youth and Family Services. We have seen a number of manager's move on to great new opportunities:

Fran Smith is now doing her dream job Community Gardening, Chibwe Henry is now the head of international grants at Comic Relief, Vanessa Robinson has gone to set up and manage a new Mental health project and Colette Harvey has gone to America to work in a Special needs camp. We miss them all but it is great to see new opportunities opening up for them.

We now also have a team of new managers who are keen to shape the future of our service with families, children and young people and key partners/commissioners.

I would like to introduce

Lorraine Smith our new Manager of Early Years including the nursery and under 10 play scheme

Cat Delaney our new Team Manager at Tresham

Sophie Mangara Manager of our Short Breaks 1:1 support at home/ in the community service

Kathryn Fast our new Manager of Family Services

Nicola Kirby our new Learning and Development Manager

We hope to give them all opportunities to meet with you all soon so that we can continue to work closely together.

Lorraine



Cat



Sophie



Kathryn



Nicola



Kathryn Family Services Manager



New Pilot Service: Sunday Family Drop-ins

The Family Services Team have set up a family drop-in at Rainbow Family Centre for families with children aged 0-12. This is a free service to families in Westminster. The drop-ins are held every 3rd Sunday of the month from 11:00-2:00.

It has been well received by families and the interaction between the families and the family workers has been very beneficial in many ways. The parents support each other and the children have been able to play in a safe environment where their special needs are met and celebrated. Lunch and snacks are provided for everyone!

We are looking to expand this service in the near future as families are benefiting from the time together and they are able to connect with the family workers. They have the opportunity to discuss issues that they are struggling with. The family workers are then able to discuss options with them and arrange introductions to the member of the family services team who can support their specific needs.

For more information about Sunday Family drop-ins and generally about family services please contact Kathryn via email: kfast@wspld.org



Strengthening the Network

Laurence
Volunteer Manager



A big Thank You to our Corporate Volunteers



Down on the farm

On the 1st June a team of volunteers from Prospectus arranged a day out for a group from the Holiday Scheme and they headed down to the farm. We didn't need to venture too far into the countryside as it was the City Farm at Surrey Quays in Docklands. Prospectus are a recruitment company specialising in working with the voluntary sector: this is our second outing with them. Tracy from the farm showed us around explaining how the farm works, the different produce they grow and the animals they keep. We even got a chance to feed the goats and sheep and had a nibble ourselves on some of the vegetables grown there. Everyone had such a great time that we came back inspired to grow our own vegetables so that the 'Come Dine With Us' group can cook them: watch this space!

Getting creative with Proximity

During the Easter holidays, LDN Connect members took part in a creative session with volunteers from Proximity. Time and Talents at One Westminster had introduced us to this creative agency who arrived on the day with arms full of plant pots, paint, lots of glitter and enthusiasm. The group members brightened up the garden area with lots of colourful pots ready for summer. The team from Proximity enjoyed sharing their creative talents and Charlotte Powell, Senior Accounts Manager said 'We all loved being a part of the Easter Programme. Thank you again for letting us join you'.





The Westminster Society

Your Learning Disability Network for London



Thinking of the future...

You could help create a brighter future for people with learning disabilities and their families

Have you ever thought about leaving a gift in your will?

For over 50 years, the Westminster Society has helped people with learning disabilities to stay healthy, be safe, live well and to live the life they want to. Help us continue to make this happen and improve the lives of vulnerable people with learning disabilities in London.

For more information about leaving a gift in your will you can download our guide from our website www.wspld.org.uk/getinvolved or contact Laurence Swan, our fundraising manager:

lswan@wspld.org

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