

Newsletter

Issue 1: Winter 2017

With contributions from Merton Mencap Staff

MAYOR OF MERTON EVENTS On behalf of Merton Mencap



We are delighted that the Mayor of Merton, Councillor Marsie Skeete, has chosen Merton Mencap as one of her **Charities of the Year** (the other being Commonsense Community Development Trust).

The Mayor organises fundraising events throughout the year in aid of her chosen charities.

By attending one of her exciting events (see list below), you can have fun whilst directly supporting Merton Mencap. Someone from the charity will attend as well so let's go together...

Book online at the [Mayor of Merton Events](#) page or contact us and we will arrange the tickets for you. Our contact details are on page 4.

70s Disco Party

Friday 3rd November 2017, 8pm – 2am

At The Hub, Imperial Fields, Bishopsford Road, Morden, 6BF

Tickets: £10.00

Christmas dinner

Thursday 23rd November 2017, 7pm for 7.30pm

South Thames College, London Road, Morden.
A three-course dinner. Includes pre-dinner drink.

Tickets: £30.00

Winter Warmer

Saturday 27th January 2018, 6.30–9pm

St. Mark's Academy, Acacia Road, Mitcham CR4 1SF.

Produced by the wonderful Merton Music Foundation, this celebration of Merton music making will delight the audience with a variety of music styles to reflect the rich cultural diversity across Merton.

Tickets: £6.00

Mediterranean Night

Friday 23rd February 2018, 7pm for 7.30pm

Ambience, 12 -14 Leopold Road, SW19 7BD.
Come and enjoy a traditional Turkish Meze.

Charity Ball 2018

Saturday 28th April 2018

Chak89, 105 Bond Road, Mitcham CR4 3HG.
A three-course dinner.

Other Ways to Donate...

- A **sponsored challenge** using the Merton Mencap [Just Giving](#) page
- Simply press the **Donate Now** button on the [Merton Mencap](#) website
- Become a voting member with an optional [Membership Contribution](#)
- **Sponsor a person** to attend our services
- **Leave a legacy** (we can suggest simple wording to add to your will)

ALL donations make a real difference to someone with a learning disability or autism, however small.

Service Updates

Personal Budgets and Personal Assistants

Merton Mencap currently provides personal assistants (PAs) to a small number of people who are funded by an adult social care personal budget.

We also 'pool' or join up personal budgets in order that 2 or more people can share a service - this increases social engagement and variety, in fact, both our **BetterGym** service and **Café** are examples of this.

We are considering expanding the service by offering PAs for children who receive direct payments to pay for a short break. Self-funding would also be possible.

We hope to expand the service in the future to provide job coaching and mentoring.

If you are interested in our PA or personal budget/direct payment services, please contact us (details on page 4).

Useful Tip

[Merton's Personal Assistant finding service](#) is available on the Council's website. They offer advice, training, and a list of local PAs.

Independent Travel Training

Merton Mencap has operated the Council's programme for children since 2014 but, with additional funding from BBC Children in Need, **we can now accept young people up to age 18** without the need for a referral from Merton's SEN team. Please contact us for more information (see page 4).

Our trainers use systematic instruction and a check list of skills, safety and communication targets. Independent travel can be life-changing. One parent recently said:

'It just increased her self-belief and gave her a can-do attitude to life in general'



Merton Mencap Services with spaces available

Merton Mencap runs 21 projects. Below are the services that currently have spaces available and would welcome new members.

Aspirations Youth Club

A weekly youth club for young people with moderate learning disabilities or autism.

Age? 14 – 18

Where? Based at North East Mitcham Community Association (NEMCA); offers a variety of outings and activities

When? Sundays 9.30 - 1.30pm



Going Out

A weekly group outing into the community.

Age? 18 – 25

Where? Meets at Wimbledon Station

When? Wednesdays 6.30pm – 9.30pm

Giving Back Club

A weekly activity and volunteering club. Travel training or transport may be offered.

Age? 16 – 25

Where? Based at Cricket Green School with activities all over the borough

When? Saturdays 11am - 3pm



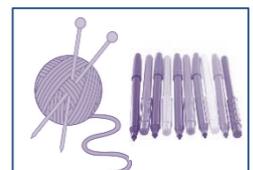
Thursday Social Club

A weekly social and activity club for adults. Most of our current participants are over the age of 35.

Age? 25+

Where? High Path Community Centre, South Wimbledon

When? Thursdays 7pm – 9pm



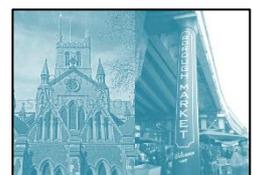
Carer's group

Join other parent carers for an outing on the last Friday of each month, meet at 10am, at a Merton station.

27th October-Musical

Museum, 24th November-Southwark

Cathedral & Borough Market, 15th December-Christmas Lunch



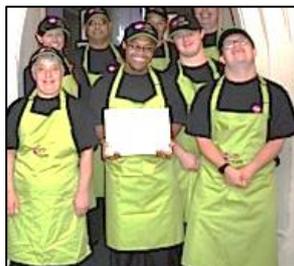
Merton Mencap Services Cont.

Have you been to the Merton Mencap Café yet?



Enjoy excellent, reasonably priced home-cooked food

When? Mondays
10am – 2.30pm
Where? Holy Trinity Church, 234 The Broadway, SW19 1SB next to The Polka Theatre



PARENTS

Need advice or information?

Ring our Thursday advice hub 020 3458 5121

- Benefits
- Housing
- ...and more

Housing Advice

We receive many queries about housing, especially supported living where disabled adults live in the same block or house but have their own living accommodation. There may be shared areas for which people would share responsibility for cleaning and paying bills.

To be eligible for supported living, you would need to be assessed as suitable and in need by the Adult Social Care, Learning Disability Team.

There are a range of options in Merton, some providing more independence and less support and vice versa. A brief summary of all housing options can be found on [Merton's Local Offer website](#), search 'housing', and more details can be found on the [Merton-i website](#).

Charities that offer advice about housing:

[Mencap](#), [Golden Lane](#), [Learning Disability England](#), and [Network Autism](#).

Volunteer now!

Volunteers are critical to our work at Merton Mencap. Volunteers bring special skills and much needed variety to our work.

We need volunteers at all of our services:

- You can choose which days, hours and how often you wish to volunteer
- You can just help out or we can give you a specific role with a job description
- You can work together with another volunteer, if you prefer
- You will receive the same training as our paid staff
- You may apply to become a paid worker in the future, if this is what you want
- We do not require prior experience
- We also need volunteer Trustees to sit on our Board

To become a volunteer, simply contact us (details on page 4) or apply on the volunteer page of our website

www.mertonmencap.org.uk

2017 Annual General Meeting

Our Annual General Meeting will take place on **Thursday 7 December at 6pm** at the main function room of Tooting & Mitcham Football Club ('The Hub'), followed by a light buffet.



Please contact Niki Lowe if you would like to attend (contact details on page 4).

Calendars & Christmas Cards

Our new Christmas Cards and 2018 Calendar will soon be available.

To order yours, contact Niki Lowe or order on-line (all contact details on page 4).

Cards and Calendars will also be on sale at our café.

Please give us your feedback.

This is our first multiple newsletter issue covering adults, children, and our parent forum newsletters, with details about charity news, service updates, useful tips and campaigns.

This newsletter is aimed at families of people with learning disabilities and autism in Merton.

What do you like about our newsletter?

What else would you like to know about?

What do you not like?

Please send us a quick email, ring us, tweet or post some feedback on Facebook.

Contact Us

General Enquiries, Event Bookings, AGM, Christmas Card Orders and Calendars

Phone: 020 8687 4651



Email: info.merton@swlondonmencap.nhs.uk

Tweet: [@MertonMencap](https://twitter.com/MertonMencap)

Facebook: www.facebook.com/MertonMencap

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