



# NEWSLETTER

## End of year celebrations



## A SHOUT OUT TO OUR WONDERFUL FUNDERS

**A BIG THANK YOU** to everyone that came and helped us celebrate a successful 2022.

We are looking forward to a positive 2023.

A big goal for 2023 is improving communication with our users, their families and other stakeholders.

Starting with this newsletter!





# NEWSLETTER

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Welcome to the 1st HF Mencap newsletter from issue 2 this newsletter will only be available digitally to help the environment.

If you require a paper copy please contact us (see page 27 for more information)

Join our mailing list or check our website and social media for quarterly updates.



[www.hfmencap.org](http://www.hfmencap.org)



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[www.hfmencap.org](http://www.hfmencap.org)



[info@hfmencap.org](mailto:info@hfmencap.org)



HammersmithFulhamMencap  
parentsactive.hf

## FROM Our Chair

2022 was a year of change and consolidation. We changed our constitution to better enable co production. Co-production is when we work together with clients, families and carers to design our strategy and identify ways to improve, and better deliver our services.

A nominations committee which is made up of trustees, management and people with learning disabilities, will advise the board about the selection of new trustees.

Over the next few months, we will be appointing up to five new trustees. We are searching, in particular, for people with lived experience and who reflect the rich diversity of our clients, families, carers and staff.

We will also set up a 'Voices Council' which will be made up of experts by experience – our clients, their families, carers and staff. They will advise and guide HF Mencap on our priorities and decisions.



**JOHN  
SAVAGE  
CHAIR OF  
TRUSTEES**

## FROM The Chief Executive Officer

There is still so much that needs to change for disabled people and their families to fully enjoy what is rightfully theirs and to live as independently as possible.

Now more than ever all of us at HF Mencap must stand together with people with learning disabilities and their families and carers to challenge discrimination and injustice and work to create a better world for us all. Achieving lasting impact takes time.

We will achieve this by working in partnership with our Service Users, Families and Carers, Staff and Trustees to ensure that everyone continues to receive a first-class service from HF Mencap.

A special thanks to our AMAZING and committed staff working across all of the Projects. They have been so creative and adapted the ways that they have worked and supported people with learning disabilities and autism to continue to deliver all of our excellent projects.

Thank you to all of the Trustees for their ongoing support. And finally, many thanks to all of our Funders, Donors and individual Fundraisers who have given us so much support for which we are very grateful.



**TERESA  
MCGINN  
CEO**

# KEY DATES

HF Mencap are planning a number of events in 2023.

Our next event is: a fundraising sensory walk on the 27th of April.

Our members, families, clients, and volunteers will walk through Ravenscourt park to raise much needed funds to help buy sensory equipment.

The aim of the sensory walk is not only to raise funds but to bring our community together, socialise, celebrate Learning Disability and Autism and share information on local services.



**Find us at the Social Impact Fair on the 16th (White City) and 23rd (Hammersmith) of May. Venues to be confirmed.**

**See [www.move-upstream.org.uk](http://www.move-upstream.org.uk) for more information.**

**Join our mailing list to be kept up to date with future events!**

**Contact: [info@hfmencap.org](mailto:info@hfmencap.org) or 02087485168**



# Save The Dates 2023

January

Feedback session  
24th 3.30-5pm

February

Early Feb  
Fundraising meeting  
volunteers welcome

April

27th April 11-1.30  
Fundraising walk and  
picnic at ravencourt  
park

May

Feedback session  
23rd 3.30-5pm  
Stall at Social  
Impact Fair 16th  
and 23rd (12-4pm)

Summer

Summer  
celebration and  
fundraiser

October

Feedback session  
17th 3.30-5pm

December

Large end of year  
party for clients,  
families,  
professionals etc.

Fundraising money raised throughout the year will go towards new equipment and hosting large end of year social event in venue, to include entertainment, food, drink etc.

Feedback sessions  
Help us shape our services by meeting with project leaders and managers. Let us know what we are doing well and what we can improve.



UPDATE  
FROM  
PROJECTS

We run a range of services at HF Mencap See Pages X to X to find out more about them!

realising  
our children's  
rights

parents  
active

Parentsactive formed in 2001 and the main purpose of the service is to support local families of disabled children and to include them in the community decisions making related to their education and care. Parentsactive provide a support network, regular training sessions and work with the local authority to help structure services for disabled children and young people to ensure that their needs are met.

## Top achievements for 2022:

Parent carer wellbeing programme 'Parentsactive8' - run in association with Chelsea football club foundation and HFEH Mind.

The programme was open to 12 parent carer participants who benefitted from the programme in 2022. Thanks to the funding from NHS CAMHS, we are also able to offer another 2 blocks of the programme this year for another 30 parents!

20 sessions over the course of the year, including training from Professor Luke Clements on 'Carers Rights and the Care Act' and 'Education Rights of Children and young people' with Barrister Steve Broach. Our sessions were attended by 142 unique parent carers, and 175 attendees overall since April!

realising  
our children's  
rights

parents  
active

**Caroline Speirs is the newest member of parentactive's team.**

**Role:  
Post 25 Co-production  
Co-ordinator.**



Caroline is filling a much-needed gap for parent carers of adult children to get their voices and experiences heard and is currently leading on the co-production workstream with the local authority.



07944048213



caroline.speirs@hfmencap.org





# Youth Development Project

Youth Development Project is a programme that is designed for anyone aged 13-25 with a learning disability or autism who lives or goes to school/college in the Hammersmith and Fulham area. The programme focuses on skills development, self-advocacy, and social inclusion.

## Youth Development Project top 3 achievements are:

1. Our collaboration with LPM Actions is one of the biggest successes in 2022. Their funding gave an opportunity to provide healthy and nutritious lunches to our clients during the holiday programme. It also allowed families to enjoy Christmas humpers, much needed in cost-of-living crises. Also, we had a chance to provide nutrition education to our service users



Jolita Anupreviciute Youth Development Coordinator

[jolita.Anupreviciute@hfmencap.org](mailto:jolita.Anupreviciute@hfmencap.org)

2. Funding from Hammersmith United Charities is another big accomplishment in 2022 as it opened many doors for our services and helped to keep on going our services. The funding was used to introduce new activities such as: professional dance classes with DanceWest, drama and arts sessions with qualified teachers.
3. We had an amazing opportunity to be a part of JOY Festival in 2022 which was at Hammersmith Lyrics. JOY festival is a celebration po local disabled artists, produced by Turtle Key Arts in partnership with HF ArtsFest and the Lyric.



**BIG THANK YOU TO LMP for making our holiday programme extra special!**



HF **mencap**  
**My Life: Out  
 and About**

**MyLife is a Day Opportunities Service which delivers high quality support and activities for young people and adults with learning disabilities and autism according to their needs. You can access our services via a referral from your local authority or direct payments.**



**Top Achievements:**

in 2022 we were awarded Community Lottery Funding which used for the activities such as: Drama sessions which are run by Oliver Campbell-Smith, the Associate Artist for Inclusion with Turtle Key Arts, an award-winning arts production company based at the Lyric Hammersmith. Visit [www.turtlekeyarts.co.uk](http://www.turtlekeyarts.co.uk) for more info, fitness with Branincfitness, dance and yoga classes at DanceWest studios.

We have collaborated with Imperial College and Sands Community Centre to find volunteering and job experience opportunities for people with learning disabilities and autism.

MyLife are also working with the community access Scheme for Kew Gardens which gives free entry for the clients and members of staff to enjoy. Including membership at Kew Access Forum.

**Contact the service Manager Manuel for more information:**



Manuel.Moncayo@hfmencap.org

# NOURISHed Cookery Course For Adults

Develop your cookery skills whilst exploring the issue of food waste, in our fun five-week cookery course.



**"I love it, I like to do it. I love everything about it, cooking, meeting new people" Fatima**



**MyLife have enjoyed working closely with the Nourishhub to take our cooking sessions one step further with some member attending professional 5 week cookery course!**

[www.nourishhub.org.uk/events](http://www.nourishhub.org.uk/events)

For beginner and  
intermediate cooks

free

Location: Nourish Hub, Swanscombe House, 1 St Ann's Rd, London W11 4SS



NOURISHed®



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# Activity Diary 2023



HF Mencap offers a large range of indoor and community-based activities.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Activity Centre	Community	Activity Centre	Community	Activity Centre	Community	Activity Centre	Community	Activity Centre	Community	Create your own support
Health and Wellbeing Workshop 	Dance Group Run by Dance West (Term Time) 	Cooking skills 	Shopping for Cooking 	Inclusive Fitness 	Swimming 	Art with teacher 	Sensory Walk #SenseCharity 	Makaton 	Yoga Dance West (Term time) 	Relaxation 
Music Session 		Campaign Group 		Jewellery Making 				Sensory Fitness 		Cooking skills and shopping 
Media - HF Mencap Magazine/ podcast 	Bowling 	OpenAge Digital Session 	Big Trip Out 	Theme of the week workshop 		Drama with Ollie 		HF Mencap Restaurant and Disco (every 2 weeks) 		Swimming 
		Chair Yoga 		Mindful moment 		OpenAge Digital Session 		Bingo 		Art 
								Bikeworks Cycling 		Movie and Games 

Diary events are subject to change, depending on weather conditions, holiday adjustments and coordinator availability.



2023

## ACTIVITY DIARY

Empowering people with learning disabilities and/or autism through social and community inclusion.

Campaigning for change.

### ABOUT US

We provide high quality support packages for people with learning disabilities and/or autism.

Open 6 days per week.

Packages include:

- 1:1
- 2:1
- Group support

### HOW CAN YOU ACCESS PERSONAL SUPPORT?

You can access support using personal budget, other forms of direct payment or with funding from your local authority.



### OUTCOMES

#### Life Skills Workshops

- Enhance memory, concentration and motor skills.
- Develop educational skills, increase your self-esteem and confidence and increase the ability to express self and your ideas.
- Build Independent living skills travel training, food preparation, shopping and money management, healthy eating promotion and cultural awareness.
- Improve communication and social engagement through creating and building relationships.

#### Health, Wellbeing and Fitness

- Improve fitness and positive mental health.
- Gain a deeper understanding about how to maintain a healthy lifestyle, travel training and increase confidence in accessing local community.
- Increase your knowledge of local health services, confidence in accessing services and promotion of independent living and personal care skills.
- Accessing these sessions aim to help reduce anxiety and stress. This will lead to the promotion of positive mental health and increased overall wellbeing.

#### Arts and Culture Activities

- Gain new skills, increase your ability to express yourself and communicate ideas.
- Explore different senses, increase coordination and fine and gross motor skills, build self-esteem and confidence.

#### Social and Community Inclusion

- Meet and socialise with new people.
- Access local community and fresh opportunities you may not otherwise have the chance too.
- Building confidence within community and social situations.
- Create build and maintain relationships, learn new skills and build your confidence in safe environments.

020 8748 5168  
 info@hfmenicap.org  
 www.hfmenicap.org  
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 @HFmenicap  
 www.hfmenicap.enthus.com

### Key Dates

January - feedback session  
 April - fundraising walk  
 May - feedback session  
 Summer - celebration fundraiser  
 October - feedback session  
 December - End of year party

# YOUNG PEOPLE'S TRANSITIONS PRACTITIONER



The Young People's Transitions Practitioner offers person-centred support for young people, aged 14-21 years, who have a learning disability and/or autism and are currently/have previously been under the support of local Child and Adolescent Mental Health Services (CAMHS), Kooth, MIND (Be Kind to Your Mind, Learnwell or Mental Health Support Teams), Intensive Behavioural Support Service or Positive Behavioural Support Consultancy services, mental health youth Workers.



**NATASHA GURUNG**

TOP  
ACHIEVEMENTS  
OF THE  
TRANSITION  
SERVICE IN 2022



**PRIYANKA KUNWAR**

1. Started paid work experience at HF Mencap for young people supported by the transition service. We have currently recruited three young people and created the roles with the young person keeping their interests and skills they would like to learn in mind.
2. Established partnership with British Heart Foundation for work experience opportunities for YP with reasonable adjustments agreed.
3. The service has been introduced to around 200 plus professionals since the beginning of the project. Received positive feedback from professionals the service has engaged with in multiagency work.



SUMMARY OF  
THE WORK  
EXPERIENCE  
PROJECT:



HF Mencap has appointed three young people since October 2022 in a range of paid work experience roles co-produced with the young people supported by the CYP Transition Service. The roles are suited to their skillset, interests and designed with the ethos of 'simple adjustments make a big difference'.

- The work experience has provided young people with flexible work schedule, helped build their confidence and develop employability skills in a supportive environment.
- The young people had the opportunity to go through the recruitment process, gain employability skills and earn money whilst gaining work experience. Our young people have shown with the right support and opportunities they can work, thrive and their insight/input have been invaluable to HF Mencap.

For more information about the Young persons transitions practitioner or work experience contact Priyanka:



075 0762 8462



[priyanka.kunwar@hfmencap.org](mailto:priyanka.kunwar@hfmencap.org)



# Community fundraising

## Charity/Ecards

### DontSendMeACard.com

Find us on DontSendMeACard.com!

<https://www.dontsendmeacard.com/ecards/charities/hammersmith-and-fulham-mencap>

Be more eco-friendly this year and raise money for charity at the same time by sending a charity E-card for all occasions. How about sending your Christmas thank you cards this way? Simple and easy to do.



Did you know that you can help us raise funds simply by recycling your ink cartridges via our Recycle4Charity programme? For each ink cartridge recycled via the programme, we will receive up to £2 donation.

To send your cartridges or start collecting for us, go to [Recycle4Charity.co.uk](http://Recycle4Charity.co.uk)



## Donate directly to us or hold a fundraising event

Join our Team by signing up to HF Mencap's enthuse page and click fundraise for us.

**A HUGE thank you to our first supporter Robert Tarlton! Who is using his daily swim to raise money for HF Mencap!**

You can also donate directly to HF Mencap using this link:

<https://hfmencap.enthuse.com/>

## HF mencap



Sensory Walk and Picnic Fundraising Event



Ravenscourt Park Kings Street Entrance



27th April 2023  
11am - 1.30pm



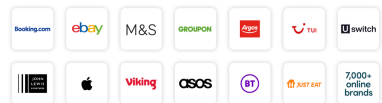
To help us raise funds for sensory equipment.

### DONATE

To donate or fundraise for us visit: <https://hfmencap.enthuse.com/>



info@hfmencap.org  
www.hfmencap.org  
020 8748 5168



Don't forget to buy your shopping online via [easyfundraising.org.uk](http://easyfundraising.org.uk) and you will be raising a free donation for Bromley Mencap with no extra charge to you. It's free and simple to use and thousands of online retailers are part of the scheme.

Sign up here.

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

# Are you a small business owner?



With 5.8 million small businesses in the UK; collectively the small business community can have a hugely positive impact on society. But currently, only 2% of UK charities' income comes from businesses, compared to 43% from individuals.

We want to play a part in moving the needle on that 2% and are keen to increase our support from small businesses, to enable us to grow and develop our services.

We've found an easy way for small businesses to donate to us through their sales! By pledging a donation via our Work for Good page  
<https://workforgood.co.uk/charities/hammersmith-and-fulham-mencap/>



businesses can donate in a legal, simple and sustainable way that works for them.

We're living in a world where people increasingly want to buy from and champion businesses that are led by their values and we'd really appreciate the opportunity to talk to any businesses who'd be interested in putting their purpose alongside profit.

So here's where you can help: we'd love to hear from you if you own or work for a small business, or have any friends, family or other contacts who do. From altruistic accountants to compassionate crafters; we believe businesses can have a powerful, positive impact, whatever their size.

For more information please contact  
 Rebecca Rawcliffe Senior Manager



[Rebecca.rawcliffe@hfmencap.org](mailto:Rebecca.rawcliffe@hfmencap.org)



# Volunteer for us!

## HF Mencap are calling all volunteers!

HF Mencap are looking to build a strong team of volunteers from new Trustees to running activities for clients or admin support! We have a wide range of opportunities available.

### Trustee Opportunities

- Do you have lived experience of a learning disability and/or autism?
- Are you a parent/carer?
- Do you have finance, marketing, fundraising experience or experience of working with health and social care?

HF Mencap are looking for trustees with any of the above to join our Trustee Board.

Contact Rebecca Rawcliffe Senior Manager for more information



Find us on the **BIG HELP OUT WEBSITE OR APP**

### Benefits of Volunteering

- Better physical and mental health and wellbeing.
- More confidence.
- New skills and valuable work experience.
- A sense of connection to others in the community



Rebecca.rawcliffe@hfmencap.org

# COST OF LIVING CRISIS



**You might have heard people talk about the cost of living crisis and the problems it is causing.**



Cost of living is about the price of things around the world and how much money people have to spend on things they need like:

- food
- fuel
- energy
- care and support.



Because the cost of these things is going up, many people are having to make difficult decisions on how they spend their money.



The cost of living crisis is affecting everyone around the world, not just those in the UK.



# COST OF LIVING CRISIS



**The cost of living crisis may affect the wellbeing of yourself and others around you.**



You may experience isolation and loneliness because you don't have the money to do things that some of your friends are doing.



You might feel worried about yourself or worried about your family.



You may worry that you or your family cannot afford food or a home to live in.

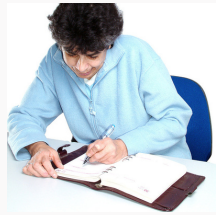
# COST OF LIVING CRISIS



Stress and worry can have an impact on your day-to-day life so it's important to look after your health and wellbeing.



Speak to someone you trust about how you're feeling.



Draw or write down your thoughts in a journal.



Focus on what you can do rather than focusing on things that are beyond your control.



Feelings of worry can sometimes be made worse by news or social media.

# COST OF LIVING PAYMENTS



## Who can get cost of living payments?

Some people will get cost of living payments from the government.

These payments will help with things like food, energy at home and fuel.

You will receive these payments if you receive some benefits or tax credits.

You do not need to apply, the money will be paid to you automatically.

You won't pay tax on these payments.

They should not affect your benefits.

## COST OF LIVING PAYMENTS TIMELINE

	2023				2024
	Spring	Summer	Autumn	Winter	Spring
£900 Cost of Living payment	First payment of £301		Second payment of £300		Third Cost of Living Payment £299
£300 Pensioner Cost of Living payment				Payment of £300	
£150 Disability Cost of Living payment		Payment of £150			

# Did you know?

## According to Mencap.org.uk



People with a learning disability pay more for things like medication, energy and transport – it's estimated up to £583 more than someone without a disability.<sup>1</sup>



The employment rate for people with a learning disability is lowest of any disability or health condition: only 25% for people with a learning disability are in work.<sup>2</sup>



42% of families that include a disabled person receiving benefits are in poverty.<sup>3</sup>

62% of people referred to a food bank in early 2020 were disabled.<sup>4</sup>

## If you need help with the cost of living:

Government information:

<https://www.gov.uk/cost-of-living>

Support from LBHF council:

<https://beta.lbhf.gov.uk/cost-living-support/what-were-doing-help-cost-living-crisis>

Crisis team: 0800 917 6994. The line is open 8am to 6pm, Monday to Friday

[costoflivingteam@lbhf.gov.uk](mailto:costoflivingteam@lbhf.gov.uk)

For easy read guides visit:

[www.mencap.org.uk/help-with-food-energy-and-money](http://www.mencap.org.uk/help-with-food-energy-and-money)

Mencap cost of living Helpline on 0808 808 1111

[helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)

If you are from Hammersmith and Fulham you can access welfare support from Action on Disability:

<https://www.aod.org.uk/welfare-benefits/>

020 7385 2098

[info@aod.org.uk](mailto:info@aod.org.uk)



# Feedback

## YOUTH & ADULT SERVICES

**Feedback is very important to us, it helps us to develop and shape our services. We value and take into consideration all comments.**

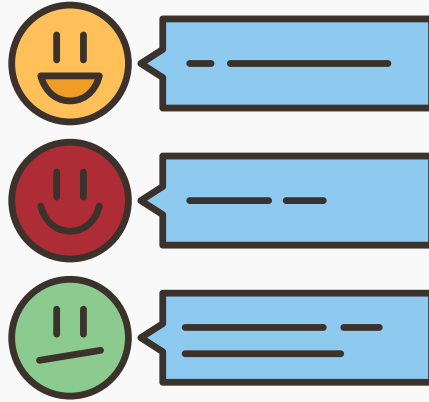
'WE FEEL THE SERVICE AT HF MENCAP IS GOOD. THE STAFF ARE DEDICATED AND CARING.' A.P.

J.N ENJOYS GOING TO MENCAP AND IS ALWAYS ENTHUSIASTIC. HE SAYS IT'S 'VERY GOOD!' GRATEFUL THAT THE SERVICE IS THERE?'M.L.

THE TEAM IS VERY SUPPORTIVE AND CARING WITH MY SON.I HAVE WITNESS THAT THE FOCUS ON INDIVIDUAL NEEDS FOR THE OTHER CLIENTS AS WELL AS MY SON'S. R.V.A. SEEMS HAPPY ATTENDING MENCAP MYLIFE SERVICES'. P.V.

'WITHOUT IT MY SON WOULD BE SO HARD TO MANAGE. IT GIVES US BOTH A BREAK FROM EACH OTHER. I WOULD FIND IT IMPOSSIBLE TO COPE WITHOUT THE SUPPORT I GET FROM THEM'. S.F.

# Help Shape Our Services



HF Mencap are updating our business strategy and we want to hear from you!

- What services are most needed?
- What are we doing well?
- What could be improved?

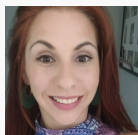
Our Business Strategy helps us plan for the future

We want to develop our strategy by listening to people with a learning disability and/or autism and their families or carers.

## How can you help?

Attend events run by HF Mencap  
Come to feedback sessions  
Complete paper questionnaires  
Fill out online surveys  
Email [info@hfmencap.org](mailto:info@hfmencap.org)  
request a Telephone or zoom call

We will work in strong partnerships with individuals, communities and other organisations to make sure our services are providing what is really needed.



Speak to Rebecca Rawcliffe for more information



[Rebecca.rawcliffe@hfmencap.org](mailto:Rebecca.rawcliffe@hfmencap.org)



realising  
our children's  
rights  
**parents  
active**

# Local News!

## Family Hubs

Family Hubs are going to be opening in Hammersmith & Fulham in 2024. Family Hubs are planned as a space that families will be able to visit to get the support they need from local services.

The project runs till March 2024, with the hubs planned to open in April 2024.

It's really important to have parent carer voices shaping this project. Join sessions run by parentsactive and Hammersmith & Fulham, share your views and have your voice heard.

## Young Carers

Young Carers service H&F Hammersmith & Fulham recently launched their young carers offer.

The Family Support Team will be offering group sessions to young people that are identified as young carers living in Hammersmith and Fulham.

For further information please contact Annie or Charmaine at Family Support on 0208 753 1200.

If you would like to make a referral to the Young Carers Service please contact ICAT on 0208 753 6600 or [familyservices@lbhf.gov.uk](mailto:familyservices@lbhf.gov.uk)



[www.parentsactive.org.uk](http://www.parentsactive.org.uk)



[@parentsactive.hf](https://www.facebook.com/parentsactive.hf)

**h&f**  
hammersmith & fulham

# In the News!

## Emergency Alert Testing

**A siren-like alert will be sent to smartphone users across the UK on the 23rd of April 2023 to test a new government public warning system.**



In the rare event of an emergency situation, you'll receive a pop-up message along with a 10-second long siren on your phone, which will sound even if it's silent.

You'll have to acknowledge that you've seen the notification before you can use any other features. The message can include telephone numbers to call in an emergency, along with links with more information about the event.

If you're driving, you should wait to find somewhere safe to stop before attempting to read or respond to the message.

During the test on 23 April, the alert will say: "This is a test of Emergency Alerts, a new UK government service that will warn you if there's a life-threatening emergency nearby."

### You may get alerts about:

- severe flooding
- fires
- extreme weather

### Emergency alerts will only be sent by:

- the emergency services
- government departments, agencies and public bodies that deal with emergencies

## CLIMATE CHANGE. WHAT IT IS?



The Climate is changing because of what humans are doing. The world is getting warmer.



This is causing changes in weather meaning more forest fires and floods. The sea is rising so people and animals are losing their homes.

## WHAT WE CAN DO TO HELP STOP CLIMATE CHANGE!



Walk or cycle to the places if you can. or use public transport.



Use reusable cups, bottles and bags.



Eat more vegan food like vegetables and fruit and less meat.



Save the energy use wash clothes at 30 degrees or energy efficient light bulbs.

# Join us Mailing List

**From our next issue the Newsletter will be going online only (unless you request a hard copy).**

**Please email [info@hfmencap.org](mailto:info@hfmencap.org) to join our email mailing list.**

**If you would like a hard copy please contact  
Laura Janulyte  
[laura.janulyte@hfmencap.org](mailto:laura.janulyte@hfmencap.org)  
020 8748 5168**

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