

Brent Mencap Newsletter

Date November 2017

379-381 High Rd
Willesden
London NW10 2JR

Phone Number
020 8451 5278

Brent Mencap Annual General Meeting and Fun Sports Session Saturday 25th November from 3-6pm at Bridge Park. NW10 0RG

- Come and hear about Brent Mencap's last year.
- Find out about how we spent our money
- Hear about our plans
- Tell us what to focus on in the future.
- All welcome. (Only Members can vote)



3.00 pm Meeting starts in Sports Hall
 3.50 pm Healthy Snacks in Ground Floor Foyer
 4.00 pm Fun sports activities in Sports Hall
 5.45 pm Finish and Goodbyes.



Please tell us you are coming by Wednesday 22nd December

- By ringing the office 020 84515278
- By emailing administrator@brentmencap.org.uk
- By giving or sending us the reply slip below.

I want to come to Brent Mencap AGM and Sport Session on 25th Nov

Name _____ Email address _____

Home Address _____

Phone Number _____

Brent Mencap Xmas Party Wednesday 20 December 2.00-4.30pm

Xmas Party

Wednesday 20 December 2017

2-4.30 pm

At Brent Mencap, 379-381 High Road, Willesden.

Singing, Crafts, Raffle, Mince Pies and Snacks

£3 per person in advance, £4 on day

Please contact administrator@brentmencap.org.uk to book or ring 0208451 5278

Only 50 tickets available



Director's News and Views

Hi folks. Apologies for the gap in newsletters; the year has gone very quickly. Come to our A.G.M and Sports Session on Saturday 25th November to hear all our news. We have 2 new projects. Our building has been a community centre and home since before 1874! Help discover its Hidden History with us—details inside. Our new Specialist Learning Disability Advice Service will be up and running on Thursdays and Fridays from January 2018. We are just recruiting staff. Look out for the flier. Michelle Burke is running the DRAP group now. They are going out more to give their views on transport, services, changes and fundraising. More people welcome to join in. Lots of people are using our ground floor rooms for meetings and parties. Richmond AID run employment support sessions here on Tuesdays for new Universal Credit Claimants with disabilities. About 50 people saw Captain Underpants at the Tricycle Cinema with us. Thanks to Ian Frost for sponsoring it! Our next newsletter will be in early 2018. Have a great Winter and New Year!



Kate from the DRAP group collecting at ASDA in May

Get Fit at Our A.G.M at Bridge Park

An Annual General Meeting (or A.G.M) sounds boring. But Brent Mencap's AGM is interesting. We will tell you about the last year. We talk in plain English, and use an easy read way to explain our money situation. Members can then vote on our accounts and trustees.

This year it's at the Bridge Park Centre Sports Hall to celebrate the end of our latest sports project. **It's on Saturday 25th November at 3pm.** After you can try some gentle sports sessions till 5.45. Please contact the office to tell us you are coming on 02084515278 or email administrator@brentmencap.org.uk



Bridge Park Community Leisure Centre, Brentfield, Stonebridge NW10 0RG. Near Buses 18 and 112, Stonebridge Tube



Director
Ann O'Neill

Chairperson
Noel Gibb

Vice Chair
Pete Bickers



Registered Charity 1077038 Company Limited By Guarantee 03651245

There is no Magic Money Tree for Charities. Please donate to us at www.justgiving.com/brent-mencap. Thanks!

Hidden History 379-381– Join Our Time Team!

People have lived and worked in our building for about 150 years. Brent Mencap have been here for 40 years. People told us it was a dentist in the 50s, Brent Council had sheds in the garden after that and there was a hair-dresser and old ladies living here in the 70s. What else happened here?

We know there was a fishmonger living here and the Povey family with 5 children. People worked in the laundries and businesses around Willesden

We want to find out more in the next year, hear from ordinary people who came here and record it. The Heritage Lottery Fund have given us the money to do that. Are you interested in helping and in finding out things?

Would you like to learn with us? We will be running local history workshops, visiting archives, running events and doing research. We need people who want to make friends, learn new skills or share memories. You don't need to be an expert, just enthusiastic and imaginative. You can join in by

- ◆ Writing to us at 379-381 High Road, Willesden NW10 2JR
- ◆ Emailing us at administrator@brentmencap.org.uk
- ◆ Checking our website www.brentmencap.org.uk
- ◆ Facebook @379to381HighRoad



LOTTERY FUNDED



Can you help with groups, collections, DIY or money?

Do you have a few spare hours each week or month? Come and help us. Tell us when you are free, what you are good at and what you would like to do. Our volunteer roles vary from being on our committee to DIY

Alicia has been coming to trustee meetings since last year to find out about being a trustee. She has enjoyed it and learnt a lot. She wants to join the Committee. You can vote for her at our AGM on November 25th. We still need a new Treasurer. Please encourage any accountants you know with a few spare hours a month to contact Ann on 020 84515278.

We desperately need a volunteer receptionist/admin volunteer on Tuesdays as it's busier here then and a volunteer handy-person for a few hours a month. Our old building occasionally needs small repairs such a door eased or paint touched up. Contact Linda J on 02084515278 or email her on finance@brentmencap.org.uk. Thanks!



Keep Up to Date on Facebook and Our Website

Things change very fast. We can't cover them all here. We have 2 Facebook pages. One is Brent Mencap, the other is ann@brentmencap. Our website is updated weekly. "Like us" on Facebook and check www.brentmencap.org.uk regularly. We know it's harder for people with a learning disability to use computers. Carers don't always have time to get online but you'll miss out on news and opportunities if you don't look.



DRAP- Disability Rights and Politics Group

In September the Disability Rights and Politics (DRAP) group had a visit from Debbie Abrahams MP. She is the Shadow Secretary of State for Work and Pensions. She leads on disability issues. She wanted to know how their lives had been affected by welfare and public sector cuts. One told her his work hours had been cut. He isn't eligible for working tax credit now. Another spoke about her struggle to get the right housing benefit to keep her flat.

One went to Brent Council's "Show Homelessness The Door" event. Others came to the BBQ after collecting at Tesco's, Brent Cross. One sold 25 film tickets to raise funds to carry on providing support to people with a learning disability to speak up and live independent lives. Some took part in Hate Crime Awareness Week and the Brent Disability Forum. They asked bus companies to provide good disability awareness training for drivers. This will happen soon.

They will go to the local college and Look Ahead Housing to encourage other disabled people to speak up. They want to provide learning disability awareness training in Brent. To find out more or join DRAP contact Michelle on engagement@brentmencap.org.uk



Meeting Rooms and Offices for Hire

We have 2nd floor offices for rent, ideal for local artists, start-ups, charities or social enterprises. All large and airy. 2 lovely, ground floor meeting rooms and a gorgeous garden are available from £15 per hour, Monday-Sunday, 9.00am-10.30pm. They are great for groups, clubs, meetings or family events for up to 60 people. Look at the leaflet on our website for details and prices. To book contact Linda on Tuesdays and Thursdays on 020 84515278 or finance@brentmencap.org.uk.



Care Navigators and Health Update.

Brent Care Navigation Service is a year old now. Brent Mencap is one of Brent Care's partners with Living Well CIC and Sufra. Our care navigators have supported over 400 Brent patients with long term health conditions.

The Care Navigators give information and advice so patients can manage long term health conditions. They direct them to the right services and ensure they know how to self-care and self-manage.

A report shows a 30% reduction in these patients going to their GP practices. This is because Care Navigators support patients with their long-term conditions or non medical issues. This Brent CCG video explains it all :https://vimeo.com/224471780.

Brent Mencap thinks everyone should give their views on local health and social care services. We asked people about their experiences of leaving hospital. We reported on this to Healthwatch-Brent. Join in and out more at http://www.healthwatchbrent.co.uk

