

Funding raised by The National Lottery and awarded by the Heritage Lottery Fund

heritage lottery fund LOTTERY FUNDED

local **mencap** Brent

Hidden History 379-381.
100 Years' Community Local History Celebration Event
Saturday 15th September 12.30-4.30. All welcome!

Find out how a fishmonger, a Suffragist female doctor, war babies and cocoa are linked.
 Where did the greengrocer have his stables? What room was baby George born in?
 What did people think of the dentists in the 40s and 50s? What else have we found out?
 Free talks and Booklet, Workshops, Blue Plaque Building Tours, Lunch and Refreshments.

At Brent Mencap, 379-381, High Road, Willesden, NW10 2JR
 Come for the whole event or a couple of hours.

- 12.30-2.30 Session 1 (includes drinks and snacks)
- 2.30-4.30 Session 2 (includes late lunch)
- 12.30-4.30 Session 3 (includes drinks and lunch)
- Please tell us you are coming in advance to help us plan!
- Ring 020 84515278 email administrator@brentmencap.org.uk
- FB Brent Mencap or Hidden History 379-381

www.brentmencap.org.uk

Brent Mencap Newsletter

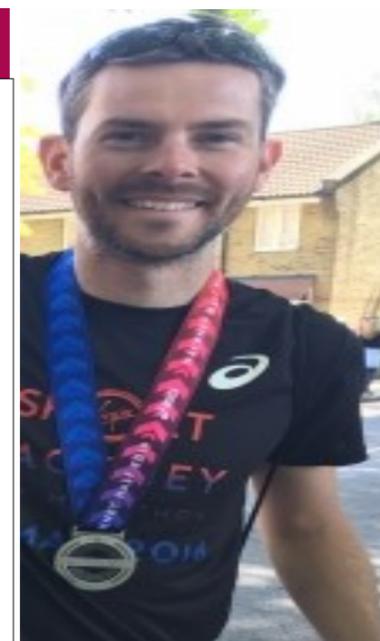
379-381 High Rd
 Willesden
 London NW10 2JR

Phone Number
 020 8451 5278

Date August 2018

Director's News and Views

Hi folks. Hope you are enjoying the hot summer. Our Advice, Hidden History, Wellesden and Care Navigation projects are doing well. New people are joining them and our fortnightly Bonanza Club and Going Out Group. New bookings in our meeting rooms include a Money Mentoring course, training courses and parties. The local St John's Ambulance group is moving here in September. Book now for parties or meetings. Dominique and Stuart ran the Hackney Half Marathon on 20th May and raised over £1700 for us. Trustees did an informal Mencap Meander in July and raised £500. Thanks folks! Lots of people enjoyed our Wellesden Launch and Open House events earlier in the year. Some photos are inside. We have found out so much about our building. We have talked to people who worked here 20-30 years ago. If you like watching the Time Team or "Who do you think you are?" on TV, come and find out some interesting local history on Saturday 15th September—see back page for details. Our A.G.M is on Friday 26th October at 6.30. We hope to see you then. We would love to see more parents of young people with learning disabilities there. If you don't tell us what you think or what your children need, we can't plan things for them.



Dom and Stuart enjoyed it so much they are going to do it again for us next year!

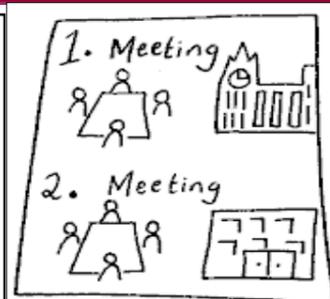
Brent Mencap Annual General Meeting, Friday 26 October 6.30pm

"Lets Get Together"-We'd love to tell you what we did last year and get ideas for the future

Friday 26th October 6.30-9pm

Find out what goes on here. Meet new people.
 Choose Trustees, Raffle, Talks, Supper

Please tell us you are coming by Tuesday 23rd October



Please fill in your name and address and bring or send this form to Brent Mencap, Only members can vote so sign up before the meeting. email administrator@brentmencap.org.uk or ring 020 84515278 to tell us you are coming.

Name _____ Email address _____

Home Address _____



Director
 Ann O'Neill

Chairperson
 Noel Gibb

Vice Chair
 Pete Bickers

Volunteers at Brent Mencap.

We rely more and more on volunteers. Jackie, Howard, Sophia, Theo and others have really helped the Hidden History Project. The local GOODGYM group visited us twice and did amazing work in 45 minutes. Josh volunteered again to provide individual therapy sessions with a young person. We hope to get a new trustee through KPMG, some building repairs done through Quintain, the Wembley Park Developers and Capita in to paint our garden furniture. We need help with party or business planning, social media, graphic design, admin or fundraising events. If you fancy a change, please contact ann@brentmencap.org.uk



Hidden History 379-381– What We Have Found Out!

People have lived and worked in our building for 150 years. Our Hidden History project has been finding out lots of information. Staff and volunteers have developed new skills, recorded memories from our clients and old staff, created a new archive of documents about our building and had lots of fun. It's nearly finished. We are so excited to share it with you. We have a couple more workshops looking at old World War 2 objects with people with a learning disability and old documents about the building with volunteers at the end of August. Then we need to finish a booklet and print some big photos for the building. Finally we will store everything online. This building became a mother and child health centre in 1918, so its been an important community resource for 100 years. Come and celebrate its 100th birthday with us, hear what we have found out, get a free booklet, do a building tour, have lunch and enjoy our garden. It's on Saturday 15th September between 12.30 and 4.30. Everyone is welcome, just let us know you are coming to help us plan the food and activities. Email administrator@brentmencap.org.uk or ring the office on 0208-451 5278 or tell us on Facebook. Hope to see you and your family there.



People enjoying our Open House event

Open House

Research has shone that social isolation is as dangerous to health as smoking. People with a learning disability are not the only people who feel isolated in Brent. So we held an "Open House" as part of the Jo Cox "Lets Get Together" weekend. About 15 new people popped in for lunch and a chat with another 20 people with learning disabilities, volunteers and trustees. Many enjoyed sitting in our garden or hearing about our different projects, having discussions about politics and austerity and meeting some of our new staff and volunteers. Brent Mencap is part of Together in Brent, a partnership between local charities talking about loneliness and offering information about community based activities. If you ever feel lonely, do join our Wellesden project or volunteer with us!

Wellesden-Putting the Well in Willesden

Wellesden is a new, inclusive wellbeing project for people with a learning disability and our neighbours in Willesden. Every week 3 volunteers prepare a healthy lunch. Members arrive around midday and chat about their week over salad and fruit. Different people have visited to talk to the group such as the police, a local councillor, a gardening project, the foodbank, Sufra and the police. People have gone for walks together to the local cemetery or Willesden Library where they visited Delipot, a new gardening project. Some members also went off to local meetings such as the Brent Public Transport Forum or the Health Partners Forum to find out what's going on and have their say. We also have an accessible yoga class here with Rita, which costs £3. People are really enjoying that. It's lovely to see new people joining the group, so if you are bored, want to make new friends and get healthier contact Michelle on 020 84515278 for details of what's going on.



Treat Me Well Mencap National Campaign

We told Brent People with a learning disability about this campaign recently. If you or your relative go into hospital this is important for you. **1200 people with a learning disability die avoidably every year.** You can contact Michelle at Brent Mencap for information on 020 8451 5278 or email engagement@brentmencap.org.uk

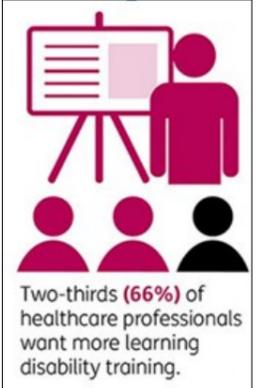
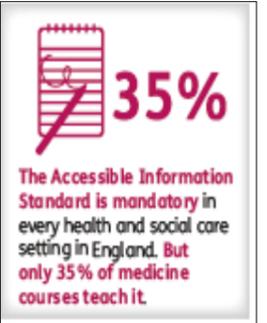
Simple changes in hospital care can make a big difference – better **communication**, more **time** and clearer **information**. But we know the treatment people with a learning disability get in hospital is still not good enough in many parts of the country. **This has to change.**

Our campaign, Treat Me Well, asks NHS staff to make reasonable adjustments for people with a learning disability to save lives.

Therefore, we've carried out research not only with people with a learning disability, but also healthcare professionals, hospital trusts and universities teaching medical and nursing students. You can read the reports and information at <https://www.mencap.org.uk/get-involved/campaign-mencap/current-campaigns/treat-me-well>.

Are you an Adult with Learning Disabilities? Need Advice?

Leunora is our advice worker. She can see Brent people with a learning disability at our drop-in on Thursdays. Contact her on 020 84515278 or email her on advice@brentmencap.org.uk on Wed, Thurs or Fri. Sorry, we can't give advice to children or young people



Care Navigators and Health Watch Brent News

Brent Care Navigation Service is nearly 2 years old now. Care navigators have supported over 700 Brent patients with information and advice so they can manage long term health conditions. They direct them to the right service and help them self-care and self-manage better. We now have 6 new care navigators working to support people in Brent. Recently one was asked to see "Sharon", who is housebound and was being threatened with eviction. Our care navigator found out that her social housing flat had changed landlords and her housing benefit was going to the old owner. She contacted Brent Council to make sure it was sent to the new landlord and Sharon was not evicted. She is feeling much better now. Please share your experiences of dentists, GPs, hospitals, pharmacists & opticians in Brent with Healthwatch Brent. They have a form on their website or call them on 020 8912 5831. They are independent and use your views to change and improve services. Read some of their reports at <http://www.healthwatchbrent.co.uk/reports>. They've recently done reports on young carers, oral health in under 5s and diabetes awareness, all based on local views.

