

**The Greatest Showman
Charity Film Show
11.15am
Saturday April 6th**



Hugh Jackman leads an all-star cast in this original musical filled with infectious show-stopping performances that will bring you to your feet time and time again. Inspired by the story of P.T. Barnum (Jackman), the film follows the visionary who rose from nothing to create a mesmerizing spectacle. Dress up, sing along or dance at our family friendly show and raise money for a local charity.

**Come and Sing along to
The Greatest Showman**

On Saturday 6th April. Doors open 11.15am

At the Kiln (Tricycle) Cinema, Kilburn High Road, NW6 7JR

**Tickets £6 Family Ticket £20 for 2 adults and 2 children
Babies free**

To buy tickets send a cheque or come to
Brent Mencap, 379-381 High Road, Willesden, NW10 2JR
Email: administrator@brentmencap.org.uk or ring 020 8451 5278

To buy online go to <https://www.eventbrite.co.uk/e/the-greatest-showman-charity-film-show-tickets-58091671754>

Easter Party Wednesday 10 April 2-4.30 pm

Easter "Lets Get Together"-

**At Brent Mencap
379-381 High Road Willesden NW10 2JR**

Wednesday 10 April 2pm- 4.30

Find out what goes on here. Meet new people.
Easter Egg Hunt, Crafts, Games, Raffle,

Tickets £4 in advance, £5 on door.

Includes drinks and healthy snacks.

Please pay and reserve your place by Monday 8th April
Only 50 places available.
email administrator@brentmencap.org.uk or ring 020 8451 5278



**Brent Mencap
Newsletter**

Date March 2019

379-381 High Rd
Willesden
London NW10 2JR

Phone Number
020 8451 5278

Director's News and Views

Hi folks. Hope you are having a lovely 2019. We have been busy. Our Hidden History project finished in September with a celebration, building tours, workshops and a booklet launch. See next page for more news and our plans for the future.

Our specialist learning disability advice service has stopped for a few months while we finish our Quality for Health mark. It should be up and running again in May.

Lots of new people have joined our Wednesday Wellesden group. We changed the Gentle yoga group to Thursday afternoons now. It's at 3.15 and costs £3 if you pay in advance for 5 sessions or £4 if you pay when you come.

There's been lots in the news recently about the mistreatment and poor health of people with a learning disability and training for NHS staff. We can't believe that it's still a problem after so long! We are happy to be working with Brent GP practices on Care Navigation work and hope to influence them through that.

We're looking forward to seeing you at our next charity Cinema show on Saturday April 6th and our Easter party on Wednesday 10th April. Details of everything inside!

Yoga at Brent Mencap!
Yoga classes £4 per session Thursdays

	A new, gentle yoga class
	Relax, have fun, feel more flexible
	Suitable for all levels.
	You can sit on a chair
	or on a mat

A Hub of Community Activity



Director
Ann O'Neill

Chairperson
Noel Gibb

Vice Chair
Pete Bickers

It's not just Brent Mencap services in this building. Other great groups/services are also based here.

Brent Irish Advisory Service have drop-in advice sessions on Tuesday and Wednesday mornings for Irish People. Ring 020 8459 6655 for more details

The St Johns Ambulance Brent Cadets meet here on Monday nights. Brent young people who want to learn First Aid can email youthadmin@sja.org.uk or call 0121 3926500.

The Shaw Trust is here from Monday-Friday. Their Work and Health Programme provides employment support for people with health conditions or disabilities and those unemployed for more than two years. Ring them on 0800 3890211 or email support@shaw-trust.org.uk

Bias
Brent Irish Advisory Service

www.sja.org.uk/sja/young-people/get-involved.aspx **St John Ambulance**

The Work and Health Programme
Building brighter futures

Celebrating More Than 100 years of Hidden History!

We finished our Hidden History Project in September with a big party. We found out lots about the building. Linda worked with members and volunteers to discover old documents and photos. She recorded some people talking about the building. We held workshops for local people to find out how to do local history. We had great fun and learnt loads. People with a learning disability really enjoyed handling old things from Brent Museum's archives. One of our volunteers found out so much about Meyrick Road, the road opposite, that last month she did a talk to the Willesden Local History Society about it. Well done Sophia.

If you come here you can see some photographs of the building on the stairs or you might see blue plaques around. They show what happened 100 or more years ago. You can get a paper booklet about the building's history at the office. You can also see it and hear people talking on our website. <https://brentmencap.org.uk/history>

Later in the year we will do some tours of the building as Borough of Culture events. Brent Mencap is 40 years old this year. Before that there was a Willesden Group and a Wembley group though. We want to make sure our old documents are stored on-line. We want to talk to and record the memories of Brent people with a learning disability and their families over the years. We will find old photos from some of the day services and houses. If you have any please let us have them. We will ask the Heritage Lottery Fund for some more money to do that .



Above, Pauline trying on a WW2 hat, far left , history volunteers with the Mayor, below, celebrating 100 years as a community centre.



We Love Volunteers... Fancy Joining Us?

Jackie has been helping us on Tuesdays for a year. She helps sending out the newsletters to members, tidying up our cupboards and shredding old documents and files. She loves getting out of the house, coming here, chatting, doing different things and feeling useful. The only thing she doesn't like is the office can be too warm! Thanks Jackie!

We need people like Jackie to help run groups, do admin, answer the phone or buzzer, update our Facebook pages, do small maintenance or gardening tasks. You could volunteer remotely to do research or help with our leaflets. Contact administrator@brentmencap.org.uk to register



Please volunteer to help us provide services or raise money. We need volunteers on Wednesday pm or at a time to suit you!

Wednesday Wellesden Update and Health News

Wellesden is due to finish in May so we are finding out what else people would like to do. Some new people have started coming to Wellesden recently. They've made new friends with the longer term members. They have all enjoyed finding out about being healthy, giving their views on transport, keeping safe and changes in Brent. Some are going to the International Women's Day event. Our social work students have really enjoyed working with Michelle and the group. We need a volunteer facilitator to assist us as the group is growing. If you are free on Wednesdays from 12-4pm and want to develop your group work skills, contact us.

Some Wellesden members and staff went to a LeDeR meeting in Harrow. This meeting looks at the deaths of local people with a learning disability to see if they got the right treatment before they died. Many people with a LD die earlier than other people. This can be because health staff are not trained to deal with them, or people don't go for screening tests. If you know of someone with a learning disability who died you can tell this group so that their files are looked at. Contact joy.maguire@nhs.net or breccg.adultsg@nhs.net

Are you Free on Wednesday 12th June? Help us collect

We aim to do a street collection all over Brent on Wednesday 12 June. Can you spare 3-4 hours on that day to help us? You'll have to pick a tin in Willesden and then go somewhere in Brent. Contact the office to tell us.

Health and Wellbeing + Problems Registering with GPs?

Jade, one of our Middlesex University Masters Social Work student is evaluating the Care Navigation service. It's been running for 2.5 years now. Through phone interviews patients praised the workers, saying how helpful they have been— sorting out benefits, housing or other issues or explaining their options. GPs and NHS staff have told us the Care Navigators have made a big difference to patients and also saved their valuable time. Our evaluation report should be finished soon. We are pleased the Care Navigation service will support more people next year with some new posts from April.

HealthwatchBrent (HWB) asked us to lead a social isolation survey among people in contact with voluntary sector groups. Sheeba, our other student has been collecting completed questionnaires from partners and service users and collating the data. HWB will use this patient data and experiences to inform and influence services in Brent.

Some Brent people have told HWB they have problems registering with a GP. An article to explain your rights and what do to if you are refused the right to register is at www.healthwatchbrent.co.uk. HWB think this issue has increased recently and want your views .

Share your experiences with Ian Niven on 020 8912 831 or ian.niven@healthwatchbrent.co.uk



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



Registering with your GP: understanding your rights
Notice and Information - 23 January 2019

