

Brent Mencap Newsletter

379-381 High Rd
Willesden
London NW10 2JR

Phone Number
020 8451 5278

Date October 2019



You are invited to BRENT MENCAP'S ANNUAL GENERAL MEETING

Friday 22nd November at 6.30 pm

Everyone is welcome!

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

6.30pm - Light Refreshments and registration	
7.10pm - Annual General Meeting	
8.00pm Light Supper and drinks	
8.45pm - Finish	

**Xmas Party Wednesday 18 December
2.00-4.30 pm**

**Gentle Yoga Classes
Thursdays 3.15-4.15**

Xmas Party "Lets Get Together"-

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

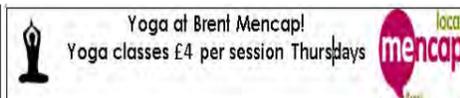
Wednesday 18 December 2pm- 4.30pm

Find out what goes on here. Meet new people.
Music, Crafts, Games, Raffle,

Tickets £4 in advance, £5 on door.

Includes drinks and healthy snacks.

Please pay and reserve your place by Monday 16th Dec.
Only 50 places available.
email administrator@brentmencap.org.uk or ring 020 8451 5278



	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

Director's News and Views

Hi folks. Hope you are having a lovely 2019. Running a charity in a Victorian building in these times is never easy or boring! Hard to believe that it's autumn and we've planned our Xmas party already. Celebrate with us on Wednesday 18 December.

People with a learning disability and our neighbours love our new Chat Café on Wednesdays – details on page 2. We have new Social Prescribing Link Workers in Brent GP practices. (longest job title ever!) Find out what they do on page 3. Lots of local people have rented out rooms for events and parties. Our Garden room was painted by Macaleer and Rushe, a Quintain contractor and we can't wait for new flooring in there.

To support more people we've been looking for more funding (Positive news about one funder in particular next time!) 152 people told us about their social contact. Using those views we wrote a report for HealthwatchBrent. They will use it to influence local developments. We had a delivery of unpainted garden gnomes from Wates, another Quintain contractor. We painted some of them in September. We'll be selling some at our AGM on Friday 22nd November here from 6.30pm. Meet our trustees and members then and hear more about all we



Rooms to Hire for Events

Are you planning a celebration or looking for a venue for a meeting soon? We have the most reasonable room rates in the area with the bonus of a lovely garden if you book the garden room. Recently we have had baby showers, training courses and birthday parties. We're becoming well known and rooms are booking up! We can also rent at short notice for funeral wakes and "nine nights".

The rooms may not be glamorous but with some imagination and time people transform them into elegant dining areas or cool party spaces. You can see one result here. Come and have a look before you book. Contact us to check availability and terms. Email finance@brentmencap.org.uk or ring us on 0208 451 5278 Tuesday-Thursday.



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!

Chat Café and DRaP news



New Chat Café and DRaP Dates at Brent Mencap
Till December 2019

	Come and meet new people in Willesden at our Wednesday Chat Café! A safe space to chat, play games or find out what's going on locally. Drinks 50p. We welcome People with a Learning Disability, family carers and our Willesden neighbours and residents.
	Our Disability Rights and Politics (DRaP) Group is a self advocacy group for people with a learning disability or other disabilities: <ul style="list-style-type: none"> • to meet up • have their say • Find out what going on locally and nationally every 3 weeks.

23/10/2019	NO Chat Café	NO DRaP
30/10/2019	Chat Café 12pm – 2pm	DRaP for people with a learning disability 2.30-4.30pm
06/11/2019	Chat Café 12pm – 2pm	NO DRaP
13/11/2019	Chat Café 12pm – 2pm	NO DRaP
20/11/2019	Chat Café 12pm – 2pm	DRaP for people with a learning disability 2.30-4.30pm
27/11/2019	Chat Café 12pm – 2pm	NO DRaP
04/12/2019	Chat Café 12pm – 2pm	NO DRaP
11/12/2019	Chat Café 12pm – 2pm	DRaP for people with a learning disability 2.30-4.30pm
18/12/2019	1-4pm	Brent Mencap Xmas Party

- Everyone has to complete a registration form so we can keep you safe and our records up to date. You have to agree to our rules by your 4th visit
- We can't provide 1:1 support but you can come with your support worker
- The groups aren't staffed before or after the group so don't arrive early!
- Contact us on: **Email:** administrator@brentmencap.org.uk
Email: engagement@brentmencap.org.uk **Phone:** 020 8451 5278 (Tues-Thurs)



"I really enjoy coming to Chat Café. It breaks up my week and I see people, have a chat and laugh. I don't get out much because of my health. Coming here has really helped and cheers me up!"



What People Say about Gentle Yoga here.

People have been coming to our friendly Thursday gentle yoga group for a year now. We asked them what they liked and how they felt after. They said

- I learn how use yoga and be healthy
- Relaxing, it is a good exercise to come along to.
- Rita doesn't tire me out, it is gentle exercise
- I can use my leg muscles a lot better,
- My body works a lot better
- It has helped with my arthritis
- I have learnt good breathing exercises

If you are free between 3.15pm and 4.15pm on Thursdays do come along. It costs £4 a class or £3 if you pay for 5 at a time. Our teacher, Rita, has lots of experience and you can do it on a chair or on the floor. Ring for more information or to check the dates on 020 8451 5278.



Care Navigation and Social Prescribing

We told you last time that we were expecting our Care Navigation team to increase. Since August we have had Social Prescribing Link Workers. They started in the "Harness" GP area (covering Harlesden and Neasden) Now we are working in Kingsbury and Willesden too.

Social prescribing – sometimes called community referrals – is a way GP practice staff can help patients with social, emotional or practical needs access community services. Social Prescribing Link Workers meet the patients, find out their non-medical issues and advise them on everything from arts groups and volunteering to activities that involve physical exercise, like gardening and dance clubs. It can involve giving advice about things like debt, benefits and housing. Medical staff can then concentrate on medical things.

We helped a young woman with no family being exploited by "friends" to get rehoused, return to college and get a grant for a years travel card, a microwave and a bed for her new flat. Another person with a Learning Disability, who uses a wheelchair and has dual sensory impairment was seen by a Care Navigator for housing and other social needs. They had been let down and lost confidence in professionals. We regained their trust; and assisted them to move to specialist housing. We helped them with debt, benefits and social activities. Both are so much happier and settled now. If you go to your GP with non-medical issues you might get this help offered too.

HealthwatchBrent : Health of People with a Learning Disability

We work with HealthwatchBrent; sometimes we do research for them. Last year we checked how Brent GP practices were using accessible information with patients who needed it. This year we looked at levels of social contact of some Brent people. We write reports. They use them to improve health and social care services. Ask for them or look on their website. www.healthwatchbrent.co.uk

Recently they talked to some Brent Mencap members about Cancer Awareness and Screening. They found people didn't know much about cancer and cancer screening. People said health information is still too complicated to read, and letters are sent to their parents and carers not them.

They will focus on cancer screening, Health passports for people with a learning disability and autism and accessible information. "We also know people with Learning Disabilities live shorter lives than others, and they can suffer avoidable deaths." If you know of someone with a learning disability who died recently you can tell a special group so their files are looked at to check they got the right NHS care. Contact joy.maquire@nhs.net

If you have any information, experience or interest in any of these areas please contact ian.niven@healthwatchbrent.co.uk or call 020 8912 5831 to have your say or get involved.



Look at this video-clip to find out more : https://wiki.healthylondon.org/Social_Prescribing_and_Self_Care_Wiki

TAKE CARE



OF YOURSELF

