

Spring Newsletter 2017



Don't Miss Out — Annual Health Checks

If you have a learning disability and have joined the learning disability register, you might also be able to have a free Annual Health Check.

What is an Annual Health Check?

An Annual Health Check is done by your doctor once a year. Your doctor will take a closer look at how you are doing – making sure you're healthy.

- It is available for most people aged 14 and older with a learning disability at GP surgeries that offer the service
- You don't need to be ill to get a health check, but you can ask your doctor about anything that is hurting or worrying you

It is a good way to get to know your doctor better, and for them to find out more about you.

Check if you can get a health check by asking your doctor.

What happens in an Annual Health Check?

See stories of people with a learning disability talking about what happens at an annual health check, why it's important, and what support you can ask for.

www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-annual-health-checks

New Forest Mencap Team

Trustees

Liz Rolfs Chairperson
Valerie Bowyer
Teresa Faris
Rodney Rook
Angela El-Cargly
Pauline Marchbanks

Accounts

Lisa Yeates

Charity Fundraiser

Mary Tattersall

Office Administrator

Ann Page

Club Leaders

Pauline French (Brockenhurst)

Christine Eyles

(N F Gateway)

Volunteer Coordinator

Kathy Horrocks

Inside this issue

Become A Friend.....2

Gateway Clubs3

News Items4

2017 Important Dates

16 & 25 May

Planning For The Future seminars

18 May

Brockenhurst Gateway grand performance

19-25 June

National Learning Disability Awareness Week

Spring Dinner & Dance



For 21 years a Christmas and Spring dance has been arranged initially by Friends of Fernmount. Kolin Clatworthy took over in 2011 and has run the dances for New Forest Mencap. In March, 128 danced to local band "Dog Ruff" who gave their time free of charge. The dance was held at Hobourne Naish, who supplied a lovely two course meal at a very reasonable rate per head. A splendid evening was had by all.

Kolin is already preparing for the Christmas dinner dance to be held on Wednesday 6 December, he will be dropping leaflets a few weeks before, so put the date in your diaries. In the meantime Kolin wishes you all a good Summer.

Friends of New Forest Mencap

New Forest Mencap is a completely independent charity and we rely entirely on support from service users and donations from the public.

New Forest Mencap currently supports three leisure clubs (Gateway Clubs) and the Gateway Award Scheme. We also want to extend day time activities to provide somewhere for adults with learning disabilities to go during the day.

In addition, we want to continue to support parents with advice and information, and develop dialogue with service providers such as Hampshire County Council to ensure that services for learning disabled people are not relegated to the end of the queue.

To continue to provide these services we need your help. Please consider becoming a Friend of New Forest Mencap by sending us a regular donation, either monthly or an annual gift. We would welcome whatever sum is comfortable for you to give, regular giving would help us greatly with planning.

You can donate directly into our bank account or if you are employed you could ask your payroll department to donate through the Payroll Giving Scheme. Suggested payroll giving scheme (these details are not exclusive but are provided because we also bank with this organisation. Your employer may prefer to use another scheme) <https://www.cafonline.org/giving-as-a-company/engaging-employees/caf-give-as-you-earn>

This allows your donation to be made tax free and could encourage other employees to join you. When you become a Friend we will put you on a secure database and send you three Newsletters a year to keep you in touch with what NF Mencap is doing and dependant on your wishes we can include you on our periodic News Briefings and let you know of any activities that might be of interest.

For further information regarding direct BACS payments or to request a standing order form please contact our Charity fundraiser, Mary Tattersall for details mary@newforestmencap.org

National Learning Disability Awareness Week - June 19 - 25

New Forest Mencap has lots of fundraising events planned for the week. Street collections in New Milton, Lymington and Brockenhurst. We need volunteers to give just an hour of their time to help us raise funds and awareness. Please contact Kathy Horrocks, Volunteer Coordinator - we would love to hear from you. office@newforestmencap.org Watch out for more news of events and ways to get involved.



Brockenhurst Gateway

Our rehearsals for our grand performance Musical Mix are going well ready to be performed on Thursday May 18th. Brockenhurst College are filming the event which is very exciting. Everyone is welcome.

We are already preparing for our open evening doing a lot of art and wood work projects. Activities so far this year include an in house auction, bingo with the Rotary, skittles and a successful Valentine dinner dance with the brilliant band Dog Ruff.

We had a lovely day at Longleat on 10 April. The weather



was kind so all the animals were out. We had lots of fun and met so many interesting animals. The monkeys were exactly that - mischievous little monkeys

Also in April an Easter egg hunt at a local Garden Nursery, with a tombola and lucky dip. In May we have an outing to Paultons Park.

We also have sailing, beach walk, forest games and a May ball to look forward to as the weather improves.

New Forest Gateway Club

We are continuing with more practical sessions and have already had Valentine card making and biscuit cooking. We have had 2 successful digital champion sessions with most members involved. These sessions have highlighted how to keep safe on the internet and how to find information about Mencap and Gateway clubs through Facebook.

N F Gateway will also be having the annual outing at Paultons Park and have approx. 20 members signed up.

Future activities include the Rotary club coming to host our bingo session and PedAll to hold a cycling session and hopefully to organise a sponsored cycle Saturday with picnic and games.



We would like to thank the Charity Fundraiser, Mary for obtaining many successful bids which has enabled us to already purchase 2 basketball nets which have been tried and tested by the members (a big hit). We have funding to buy Wii, controllers and games (which we have been trialling through a member's games console – again, another big hit with the members) and have grants to enable us to organise further outings to Beaulieu and the Winchester science museum.

We continue to seek new volunteers both for the club and as committee members. The appointment of Kathy Horrocks, (Volunteer Coordinator) is encouraging and she has already attracted some interested volunteers for the club. To contact

Kathy if you are interested in volunteering with us email her on office@newforestmencap.org or Tel: 01425 621893



News Items



What is SAIL?

SAIL provides support and advice by phone or at one of a number of drop-in sessions at a place local to you.

Telephone advice is available from Monday to Friday between 9am—5pm by calling 0330 822 0282.

Drop-in sessions offer support and advice with any daily issues which might be affecting your independence, health or well-being.

Fridays in Lymington: Job Centre, High Street, Lymington, So41 9AQ.

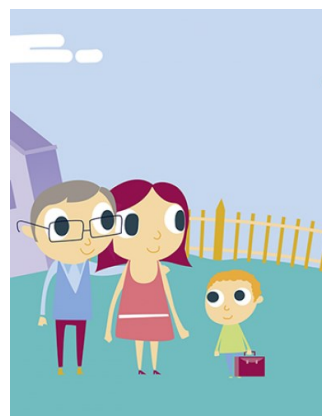
Planning For The Future Seminars

Held around the country, these friendly, informative two-hour seminars provide clear, helpful advice on how best to provide financial security for a relative with a learning disability. The seminars are delivered by solicitors who specialise in this complex area of law. They will help you understand the merits of all your different options, and answer any questions you may have about this important decision.

Whether you already have a Will in place or not, the seminars offer all the information to point you in the right direction and provide peace of mind.

Among other topics, all sessions cover:

- * Common issues associated with one-off gifts
- * Why you should make a Will
- * The different types of Trust
- * Choosing Trustees
- * Your letter of wishes
- * Intestacy rules
- * How to prepare for your solicitor's meeting



Tuesday 16 May, Fratton Community Centre, Portsmouth: Thursday 25 May, Bournemouth Library,

Book your place at a free seminar on line at: <https://www.mencap.org.uk/willsandtrusts/events>

My Feral Heart – Film review by Mary Tattersall



I had the pleasure of watching a screening of the highly acclaimed 'My Feral Heart' British Indy film, on 21 March World Down's Syndrome Day.

It tells a story of a fiercely independent young chap called Luke, with Down's syndrome, who finds himself in a challenging situation after the disabled mother he cares for dies. It told the story of his journey from gaining new friendships and the new life he now faces.

A gritty, inspiring and moving film featuring Steven Brandon and other actors from the Mushroom Theatre Company. Brandon has since won Best Actor in the National Film Awards. It is hoped that the film will be released on DVD and available to stream in the near future.