

Promoting family health

We are delighted to be able to share the news of our new Family Health Support Project which is part of the Sharing Caring Project. This work has been funded by the NHS Community CCG Health Fund

This is a one year pilot scheme working with people with learning disabilities and/or autism AND their family carer(s). The aim is to support people to access a range of health services that meet their needs so they are able to maintain and improve their health and wellbeing; avoiding unnecessary hospital admissions where possible.

We have recruited two Family Health

Support Workers; Janna is working for 30 hours a week and Saira has 15 hours a week to focus on supporting families from the Pakistani community. Janna and Saira can provide practical support such as making and getting to health appointments, screenings, understanding information and letters. They can also liaise with health professionals on your behalf and help you to access services. Part of their role is also to support people to complete Hospital Passports and Health Action Plans and keep them up to date. The support is targeted towards meeting the health needs of the individual and their family carer(s).

The project workers will be prioritising support to families where people are caring on their own or in poor health or over 75. They will also prioritise people living with family carers who may have complex needs and/or behaviour that can be very challenging and are able to consider other family situations where people need help but don't easily fit into these categories.

If you would like to talk to Janna and Saira about the support they may be able to offer to families then please don't hesitate to get in touch. You can phone Sharing Caring on 0114 2758879 or email scpoffice@sheffieldmencap.org.uk



Check out our Sheffield Mencap and Gateway You Tube channel!

us

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Message from the Chair

Hello everyone,

Welcome to our Autumn newsletter, which will hopefully keep you abreast of our new activities, new projects and new initiatives. I am always amazed just how much our staff and volunteers do within very tight budget constraints. The newsletter tells you about a new, year long health project we have been commissioned to deliver. This is very exciting venture for us, so do take some time to read all about it. You will also hear of our new initiatives for fundraising. We want to be able to offer affordable educational and social opportunities for people with learning disabilities who receive little or no funding. However, to do this we have to fundraise both from charitable trusts and through smaller scale community events, so we have recently appointed Sian to help us with this work. We have also recruited a new trustee, Natalie Cosgrove, who will be chairing a new fund raising sub-committee. Natalie is keen to hear from anyone who has ideas for fundraising, or wants to get involved, that includes, volunteers, members, carers and staff. I know from past experience that all of you have great ideas, so we would love to hear from you, and make sure your voice gets heard.

Best Wishes,

Chris Booth

Fundraising News

We have some fantastic and fun fundraising events happening at Sheffield Mencap and Gateway! For more information on any of the events below, and details of how you can get involved, just email our new Community Fundraiser Sian at sianellis@sheffieldmencap.org.uk

Alternatively, if you've got a great idea for a fundraiser of your own then Sian would love to hear from you and can offer advice and support to help you to make your event a success.

Here's some information on our upcoming fundraising events, but keep your eyes peeled in our future newsletters and on our Twitter and Facebook pages for a whole host of brand new events, as well as some old favourites coming up over the next year. By taking part in our fundraising events you will help us to provide the services we run here at Sheffield Mencap each day at an affordable rate so we can continue to enrich the lives of our many valued members.

Changes to rates

Please note that from September 1st our prices have increased. Activity and Learning Hub is now £48 per day and Gateway is £3 per session. Please bear this in mind at any future reviews. Any questions at all, just speak to Sue or Rachel.

Get involved in our Big Dress Down Day



We're looking for workplaces, schools and community groups across Sheffield to join us in hosting a dress down day on Friday 23rd October. Wear casual clothes everyday? Well then why not host a fancy dress day instead? Raising money to support

our activities here at Mencap and Gateway couldn't be easier - simply tell your friends and colleagues about the event and then just ask each person who dresses up or dresses down to donate a suggested £2 to join in on the day.

Show your support for Sheffield Mencap and Gateway by getting your friends and colleagues involved in this great fundraiser, and remember to keep an eye on the Sheffield Mencap Facebook and Twitter pages to see all the fun we'll be having here at Norfolk Lodge in our outfits on the day. For more details on how you can take part and extra tips and ideas for hosting your Big Dress Down Day at work, school or in the community just email sianellis@sheffieldmencap.org.uk.

Sheffield TenTenTen 10k Run

The Sheffield TenTenTen 10k run returns to Endcliffe Park on Sunday October 18th and we'd love you to consider running it in support of us here at Sheffield Mencap and Gateway. We can provide you with a tshirt, sponsor forms, collecting tins and a big cheer on the day!

For more details on how to enter visit www.sheffield10k.com

Christmas Fair

The fantastic Mencap & Gateway Christmas Fair returns this year on Saturday November 28th. All your favourite stalls will be back at Norfolk Lodge so be sure to save the date in your diary. The Christmas Fair will be running from 12pm-3pm.

Project News

Blackpool

Tuesday Gateway members recently enjoyed a fantastic weekend away in Blackpool. Everyone came back absolutely buzzing from a fun time away together. Thank you to all the staff and volunteers that helped organise the weekend.



Activity and Learning Hub Graduation Event

It was a very busy, exciting and successful end to the academic year which came to a close with a graduation event on Tuesday 21 July. The event was attended by members, parents, staff and volunteers. To celebrate their achievements, members were presented with their certificates and a scroll. Work produced by members was showcased and during the event there were videos and short films shown which members had produced during the year. There was also musical entertainment where members danced, sang and played musical instruments. Over 1,200 certificates were awarded to members during the academic year which is a 35.5% increase on the previous year. Staff delivered a total of 109 different AQA units some of which were new units written by the tutors themselves.



Out and About BBQ

The Out and About BBQ was really well attended by our group members and their families. We started with a football match in Norfolk Park between the Norfolk Lodge Lions and Staff and volunteers from Sheffield Mencap. The game ended in a 3-3 draw. Everyone enjoyed the fantastically cooked BBQ food. The day was finished off with bingo and a raffle with some amazing prizes including those donated by Sheffield Wednesday Football Club, UK Paintball and Thornbridge brewery.



Walking group.

The August walking group took in the sights and scenery of the Botanical gardens and Lynwood gardens. The group really enjoyed looking at the bear pit and the pavilions. The day was finished off with a nice hot drink in the café.

In the Spotlight

Meet two of our new trustees: Natalie Cosgrove and Daniel Wand, who bring their knowledge and experience to help govern Sheffield Mencap and Gateway.

Q1) What do you currently do in your 'day job'?

Natalie: I'm a solicitor for hlw Keeble Hawson based in Sheffield. I am also the Vice President of the Sheffield and District Law Society. I also moonlight as a fitness coach with Sheffield University.

Daniel: I'm studying for a Ph.D in international law at the University of Leeds and training to be a barrister.

Q2) What made you want to be involved with Sheffield Mencap and Gateway?

Natalie: I wanted to find a grass roots charity making a difference within the City to support during my year as President of the Law Society. Within 5 minutes of walking through the doors I realised I wanted to be involved so much more. There's an energy in the building that is positive and overwhelms newcomers as soon as you walk in.

Daniel: I wanted to be involved because of the fantastic work that the organisation does and the passion shown by the staff!

Q3) What does being a trustee mean to you?

Natalie: It means helping to keep continuity for the Charity, assisting with the governance and doing all we can as trustees so that the members have the great service they've come to enjoy.

Daniel: I feel like I've been very lucky to have been given the responsibility of looking after Sheffield Mencap and Gateway and continuing to push the organisation forward.



Q4) Tell us something interesting about yourself?

Natalie: I love to run but this has been hampered by a car accident in 2013. Despite my injuries I ran 30 miles in 24 hours to realise my dream of 30 miles before 30 years old. Where there's a will there's a way!

Daniel: I'm a qualified scuba diver.

Q5) What was your first impression about SMG?

Natalie: I was also amazed with the sheer volume of projects and activities all working harmoniously at SMG. Also, I saw the volunteers, staff, carers, members and parents all keeping the wheels turning together. It felt and feels like everyone moves together and that's impressive to a newcomer, in reality, that's just how it works.

Daniel: The first thing that struck me about SMG was how passionate and committed the staff are, and how much they care about their work, the organisation and the members' experience.

Q6) What is your long term vision for the future of SMG? What would be your dream?

Natalie: SMG has achieved so much already. I would hope to maintain that and build upon it whilst maintaining continuity. My long term dream would be to see SMG help its members achieve their long-term goals and dreams.

Daniel: I want the organisation to continue to go from strength to strength and to be recognised in Sheffield and nationally for the fantastic work that we do.

Focusing on others: *Under the Stars*

Under the Stars is a small local social enterprise. It was set up in 2007 with lots of help from people with learning disabilities, staff and the trustees at Sheffield Mencap. We run nightclubs and music workshops for people with learning disabilities. Our nightclubs will be moving to a new venue the Leadmill, and runs from 7-10.30. Tickets are £5 and available on the door on the night. Our next events are on the 17th of September and the 3rd of December.



Our weekly music workshops are small groups where people with learning disabilities learn to play rock band instruments, people write their own original material and work on their performance skills. We run music workshops four days a week and have a female only group on a Thursday. All of our 6 bands played on the peace gardens stage this year at tramlines, and they all have regular opportunities to perform. We also train people to Dj and all our Djs at Under the Stars nightclubs have a learning disability. We are currently piloting and starting an online radio show that is led by people with learning disabilities.

For more information please get in touch with

Ruth@underthestars.org.uk,
0114 2331869 or visit our website
www.underthestars.org.uk

Stanley Gould

It is with great sadness that we announce the passing of one of our members, Stanley Gould. Stan was a much loved part of Sheffield Mencap and Gateway and could always be found around the building checking everything was okay, making sure staff were all present and accounted for and keeping an eye on the cars in the car park. His humour and sense of timing was wonderful and he will be greatly missed. He was extremely creative and his art work was fantastic, highlighted at Christmas when his work was chosen by Westfield Health to be the design for their organisation's Christmas Card. Our thoughts are with his father and sister at this difficult time.



Support for Families



The Sharing Caring Project (SCP) at Sheffield Mencap & Gateway provides a range of support to families of people with a learning disability and/or autism. All of our monthly

carers groups are happening as usual and details of all of them are on the back page along with dates for one-off information sessions. We always welcome new members but please ring us first so we can get in touch with you if the group is changed for any reason.

Sharing Caring is also part of the Carers in Sheffield partnership and the core service is based at the Sheffield Carers Centre and includes the Carers Support & Information Line on 2728362 which is open from 9am to 6pm for any carers of adults in Sheffield. Dalia and Kirsty from SCP are usually there on a Monday or Tuesday but anyone you talk to should be able to help you.

Top Tips to Prepare for Adult Social Care Assessments

Thursday 24th September 6.30 – 8.00 OR Friday 25th September 10.30 to 12.30

During assessments, sometimes it can be hard for family carers to remember all they do to support relatives simply because they've been doing it all their lives already and it is just their 'normal'. This will be a practical session that focuses on helping family carers to understand how the adult social care process works and share top tips to help people feel more prepared and ready for assessments, hopefully to help processes move more smoothly. To book directly on to the DAYTIME session use www.toptipsascdaytime.eventbrite.com or book the EVENING session using www.eveningtoptipsasc.eventbrite.com or call us on 2758879

Housing Options and Planning for the Future

Thursday 15th October 10.30am to 2.00pm

Sharing Caring Project and the Wrap-Around Team from Love Street are planning to hold an information session for families about housing options for people with learning disabilities in Sheffield, how to access them and planning for the future generally. There will be more information available nearer the time, but please put this date into your diary

To book directly on to the course use www.housingandfuture.eventbrite.com

Contact Sharing Caring Project on 2758879 or email scpoffice@sheffieldmencap.org.uk for details of any of the groups, information sessions or just to talk through issues and concerns.

Understanding charging, financial assessments and Disability Related Expenses (DREs)

Wednesday 7th October, 10.30am to 12.30pm

Adam Argile is the Financial Assessment and Advice Manager from the Social Care Accounts Service at Sheffield City Council. He will be coming to talk to carers about charging for non-residential care services and Disability Related Expenses. Adam's presentation will cover policies, what can and can't be counted as a DRE, the process or assessment and appeals. There will be a question and answer session and the opportunity at the end to discuss individual cases. To book directly on to the course use www.charging.eventbrite.com or call 2758879

Supporting your relative with their finances now and for the future

Friday 20th November, 10.30 to 12.30.

This event is being held jointly with DOSH to launch new factsheets for family carers aimed at helping people feel more confident about supporting people to manage their finances now and in the future. It will include top tips for managing family money, banking, different types of financial support and what you or others should be looking for in a future provider and issues such as safeguarding versus choice for how people help your relative spend money in the future.

To book directly on to the course please call us on 2758879 or email scpoffice@sheffieldmencap.org.uk

The Role and Purpose of the Care Quality Commission (CQC)

Wednesday 30th September 10.30 to 12.30

The CQC makes sure health and social care services provide people with safe, effective, compassionate, high quality care and they encourage care services to improve. Louise Broddle is the Inspection Manager for the CQC for Sheffield (Adult Social Care). This covers care homes and domiciliary support providers in the city, which includes supported living. Louise will be coming to talk to family carers more about their new approach to regulating, inspecting, and rating services. To book directly on to the course use this link: <http://cqcsession.eventbrite.com> or call 2758879

Carers Clinics

Individual appointments available between 10.30 – 12.30pm on 18 Sept, 30 Oct, 4 Dec

Every six weeks family carers have the opportunity to have an individual discussion with senior managers from Sheffield Health & Social Care Trust or Sheffield City Council about issues relating to the care and support of their relative at the Carers Clinic at Norfolk Lodge. If you can't make it in person then we can arrange a phone conversation for you or find some other way to help.

Call 2758879 or email daliagramgrill@sheffieldmencap.org.uk to book an appointment and make sure the most appropriate manager attends

hi

Sian Ellis who joins us as Community Fundraiser | Janina Beaumont and Saira Jabin are our new Family Health Support Workers' | Chelsea Lawson has expanded her administration role and is now working across the organisation.

bye

Michael Clayton and Marc Slater who leaves us after being a brilliant support on the reception.

A message from Jonathan our Volunteer Co-ordinator:

From the end of September, my job hours as Volunteer Co-ordinator will be changing to 3 days a week.

As you've hopefully noticed during the past year, we've been very lucky with the amount of volunteers we've had, with lots of new faces, particularly at Gateway. We've also been very lucky to still be well served by volunteers throughout the summer, when numbers have traditionally been much quieter due to summer holidays, exams and the end of University terms.

We've still got lots of wonderful long serving volunteers (3 of which were recognized for 20 plus years' service at Mencap's Volunteer of the Year awards ceremony), plus volunteers who find us through Voluntary Action Sheffield, both Sheffield and Sheffield Hallam Universities, our own website, the Do-It national volunteering website, and lots of volunteers who come through hearing about us from friends, family members etc.

On top of this, we have lots of placement students from College and University, studying Health and Social Care, Disability Studies, Counselling and Disability Nursing. I've spread these placements throughout the year to make sure that we have a regular number of volunteers (and that everyone gets a fair chance), and in the past year I've set up new placements with the Universities for students studying Art Therapy, Occupational Therapy, Psychology and Social Work and placements have changed a little. Many of the courses now need (very!) regular supervisions and the new hours will allow me to do this properly.

The new hours will also allow me to try and

Dates for your diary

Activity and Learning Hub services

Mencap will be closing its Activity and Learning Hub services for one week from Monday 26th October to Friday 30th October. Services will reopen as normal on Monday 2nd November.

Christmas

ALG and Gateway will close for Christmas on Friday 18th December 2015. Services will be closed from Monday 21st December to Friday 1st January 2016. Services will reopen as normal from Monday 4th January 2016. The office will close from 24th December 2015 and reopen on 4th January 2016.

West Carers Support Group:

Wadsley Jack Pub, Wisewood 12-2pm: 19 Oct, 16 Nov, 14 Dec.

North Carers Support Group:

12.00 to 2.00pm at the Travellers Inn, Ecclesfield: 20 Oct, 17 Nov, 15 Dec.

Pakistani Carers Support Group (women only):

Every other Wednesday from 12.00 to 2.00pm at the Firth Park Centre for Life at the Firth Park roundabout. Ring 2758879 for dates.

Central Carers 'Butty' group:

12.00 to 2.00pm at the Sheffield Carers Centre on 27 Oct, 24 Nov, 8 Dec.

implement a lot of the suggestions from last January's Strategy Meeting too- I'll be able to get volunteers for new areas such as people to help in the office and with admin, to help with fundraising and marketing, as well as to help support families with the Sharing Caring Project. These will mean trying to get people from different places to our usual volunteers, designing new roles etc.

I'll also be able to attend more events and meetings, to try and make more links- and I'll be here to answer the phone more often! If you want to find out more about volunteering here at Sheffield Mencap and Gateway then just call me or email volunteering@sheffieldmencap.org.uk

South East Carers Support Group:

12.00 to 2.00pm at the Fairways Pub in Birley: 24 Sept, 29 Oct, 26 Nov.

Young Families (16-25) Support Group:

Daytime at the Carers Centre 10.30 to 12.30 - 8th Oct and 10 Dec. Evening 6.30 - 8pm at Norfolk Lodge: 12 Nov.

Carers Clinics:

10.30 to 12.30 Norfolk Lodge, 30 Oct, 4 Dec.

Top tips to prepare for Adult Social Care assessments:

Norfolk Lodge, Thursday 24th September from 6.30 - 8pm or Friday 25th September 10.30 to 12.30.

Role and Purpose of the CQC:

Norfolk Lodge - 30th September 10.30 to 12.30.

Housing Options & Planning for the Future:

Norfolk Lodge - 15 October 10.30 to 2.00pm.

Understanding charging, financial assessments and Disability Related Expenses (DREs):

Norfolk Lodge 7th October, 10.30am to 12.30pm.

Supporting your relative with their finances now and for the future:

20th November, Quaker Meeting House, 10.30am-12.30pm

Sheffield Mencap and Gateway AGM:

26th November from 5.30pm

Christmas Fair:

28th November from 1pm-3pm

Volunteers needed!

If you would like to get involved, then please contact the Volunteer Co-ordinator at: volunteeringssheffieldmencap.org.uk

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If you would like to receive this newsletter by email, get in touch and let us know!

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