

We nailed it!

Happy Healthy Fun Day: the biggest and best yet! Page 4



Hand maiden: Wendy Parker having her fingernails painted by Nikita Patel, just one of the many beauty treatments available on the day

INSIDE THIS ISSUE

2 From the Editor

2 Protecting people

3 The Big Picture

3 Focus on . . . Sherrick House

4-6 News & Events – Health4All

Happy Healthy Fun Day

Departures

Hate Crime

7 Being . . . Helen Duncan-Turnbull

8 Photo Finish

8 Diary Dates

8 How to find us



From the Editor

Barnet Mencap was delighted to collect an award from the Metropolitan Police this year.

The award, presented at New Scotland Yard, was in the Safer Travel category of the London Problem Orientated Partnership Awards and was given to acknowledge the groundbreaking partnership work between Barnet Mencap and the local Safer Transport Team (Metropolitan Police).

The work, which is ongoing (see page 6) has looked at creative and imaginative ways to explore community safety and recognition of hate crime among people with learning disabilities.

These awards usually look at more traditional areas such as pickpocketing so it was great to see work within the learning disability sector being recognised in this way. Thanks must go to the police and community support officers we've been working with who have shown incredible commitment to this work.

The Safer Transport team had a stand at the 6th annual Happy Healthy Fun Day. This was a great success and bigger and better than ever (see page 4).

Earlier this year we told you we would be rebranding at Barnet Mencap with a change of logo and design. This has now been put on hold and if it does happen will be later next year.

Shelley Gibbons

Protecting people

The Mental Capacity Act is a law which protects people who are vulnerable and supports them to take as much control over their lives as possible.

The law says that every adult has the right to make their own decisions wherever possible. It says that individuals should be supported to make their own decisions even if their decisions are unwise. Someone "lacks capacity" to make a decision if:

- They don't understand information about the decision
- They can't hold information in their mind (retain it)
- They can't use that information as part of the decision
- They can't communicate the decision by any method

This act provides a legal way for people to make decisions for adults when they lack the capacity. It says decisions must be made in the person's best interests. A **best interest decision** could be, for example, about where someone lives, and the care and medical treatment they receive. Decisions can be made by various people including health or social care professionals or family carers.

The person themselves should be involved and family carers and others who know the person well *must* be consulted. Family members retain their rights to be consulted when their relative is over the age of 18.

Most decisions can be made using a best interest decision process. Sometimes it may be necessary to become a Deputy – where a person is appointed and given legal authority to make certain decisions on behalf of the person. This is done through the Court of Protection.

You can be a **property and affairs** deputy – for example, to sign tenancy agreements or mortgage, or a **welfare deputy** – for example, ongoing healthcare decisions (this is only appointed rarely). If you just deal with someone's benefits then you can apply to be an appointee through the Department of Work and Pensions and do not need to become a Deputy.

The act has been in force since 2007 and some professionals are still not getting it right. You may need to remind them of their responsibilities under the act. By understanding some of the important principles of the act, you will be better able to speak up for your relative.

Candice Prentice

from National Mencap's advice and information team

<http://www.mencap.org.uk/all-about-learning-disability/health/mental-capacity-act>

**THE BIG
PICTURE**



Ticket to ride: Gillian Hynes, Michal Szewczak, Anghared Newman and Alan Lonsdale on a trip to the coast

Focus on... Sherrick House

Sherrick House has been traditionally known as a respite service that provides people with learning disabilities and their carers the chance to take a break from each other.

However through consultations we have identified the wish for more person-centred day services. We have responded to this feedback by developing some new services at Sherrick.

Sherrick Summer Scheme 2013

This year Sherrick opened its doors and put on a summer activities scheme for young adults with learning disabilities. This scheme has also paved the way for some of our clients in transition from school to adult services. Our main objective was to ensure that our clients had fun. We provided daily activities and outings, some of which included trips to Thorpe Park, the zoo, South Bank, museums and much more. The scheme was a roaring success and we have already had requests to repeat the scheme next summer.

Sherrick Day Opportunities

In September 2013 we launched Sherrick Day Opportunities. Our aim is to create a greater range of day opportunities in the local community that include leisure activities, social opportunities, access to learning, and life skills development

based on individual needs. This has been achieved by working in partnership, increasing meaningful community engagement and facilitating social inclusion.

Sherrick day opportunities are important for several reasons: they provide people with the opportunity to take part in various interests and activities, make friends, develop relationships, learn new skills and experience new things.

Our Day Opportunity programme is very different to traditional day centres as we support our clients to design a personalised plan from our menu of activities based on their own interests. This allows clients to purchase the sessions of their choice. This could be as little as one session or as many as five a week.

Within each session there is a staffing ratio of two staff members for every three clients. This provides flexibility for the group and quality of support. Some of the sessions on a menu of activities include Shop, Cook and Eat group, Social Research group, Swimming, Keep Fit and Micro Gardening.

If you are interested in finding out more about Sherrick House or using any of the services that we offer, contact Billie-Jean Lockhart at Sherrick House on **020 8203 4860** or email projectsupport@barnetmencap.org.uk

News & Events



Amrut, Hima and Corey enjoying a keep-fit session

HEALTH4ALL

The key to keeping fit

Health4All is a new health promotion project in Barnet for adults with learning disabilities. It is well documented that people with learning disabilities have poorer physical and mental health than the rest of the population. Many of these health problems stem from lack of appropriate information.

In addition, many people with learning disabilities are reluctant to attend formal health settings for a variety of different reasons (e.g. associated childhood memories, lack of understanding by non-specialist health staff).

Studies have shown that people with mild to moderate disabilities who are not part of the system are even more likely to fall victim to common social detriments and be exposed to poorer physical and mental health.

They also face barriers (such as literacy and communication difficulties) to accessing health information and in some cases the attitudes amongst some mainstream health care staff can also make people less likely to seek and receive the information they need.

The Health4All project was set up to tackle some of these issues by running health check and health awareness sessions in a community based setting and has been funded for one year by the Big Lottery (Awards for All). It is a

partnership between the Learning Disability Nurses and Barnet Mencap, with input from Barnet People's Choice and Dimensions, which has been a very positive experience for all involved.

The sessions are held on the first Thursday of every month at Trinity Centre in Nether Street. Attendees are able to have a health check from a Learning Disability Nurse, followed by an interactive session on a health related topic.

The nurses can offer health advice to people with a learning disability by offering a mini health check highlighting high/low blood pressure and monitoring a person's weight, and indicate the results to their GP (providing the person consents to this). The sessions are fun and interactive and all are welcome to attend from across the borough of Barnet.

There have been five sessions so far and over 50 individuals have attended. The subjects covered have included Keeping Fit, Healthy Eating and Look Good, Feel Good.

Other topics lined up for the future include Men's Health and Women's Health, Getting Older, Dental Health, Eye Care and Bereavement. The topics were chosen as the result of consultation with over 100 people with learning disabilities.

For more information contact Sarah Akokhia at sarah.akokhia@barnetmencap.org.uk or on 020 8349 3842.

HAPPY HEALTHY FUN DAY

Record breakers

A record 400 people attended this year's Happy Healthy Fun Day. The event was funded by the sponsorship raised by the Walk for Wendy which was held in April in memory of Wendy Hodgson.

The planning group was made up of a small multi agency group led by Barnet Mencap with representatives from Dimensions, Hft and Barnet Council.

People with learning disabilities face many health inequalities. The aim of the day is to

News & Events



As always, the Drink It! Juice Bar was a great success

promote healthy lifestyles by providing information and advice in a fun and interactive way.

A wide variety of health and fitness opportunities were on offer, ranging from Health and Dental Checks (over 70 were carried out), advice on eye care and sport, to community safety. Plus 200 complementary and beauty treatments were given including massage, reiki, foot care, manicures and hairdressing. Favourites included glitter tattoos and henna hand painting. It was the first time we had included makeovers and they were very popular. One support worker commented that the person they supported had tried make up and she liked it so much they were going to try it at home.

Also on offer was a sandwich lunch and the very popular Drink it! Juice Bar.

In addition people were able to enjoy live music and fitness sessions choosing from yoga, Zumba, martial arts and dance.

Feedback about the day was very positive and we had some really enthusiastic comments.

“Great atmosphere . . . please do it again next year.”

“My goodness the day was fantastic . . . it gets better every year.”

“I enjoyed it! Had a great time. Everyone was happy.”

We hope to hold another Happy Healthy Fun Day next year and we are currently looking for funding.

DEPARTURES

Changing times

In the current climate we are used to a lot of change. Barnet Mencap has had to adapt to the loss of funding and staff in recent years. But some changes are harder to cope with than others. The departure of Jackie Silverman, the Family Support Manager, and Valerie Craig, the Volunteer Co-ordinator, will leave an enormous gap for Barnet Mencap to fill.

Valerie started working for Barnet Mencap after a long career in the film industry. She was initially a volunteer herself, then co-ordinated the volunteer project.

She recruited many people who are still involved with Barnet Mencap, as volunteers, with the staff teams or on the Board, and we are grateful for everything she did over the years. Valerie has been adamant she is not retiring. We wish her well in the next stage of her working life and look forward to seeing her, as a member, at the next AGM.

Jackie is not retiring either. It is the cuts to funding that mean Barnet Mencap is unable to retain Jackie.

Jackie has been with Barnet Mencap even longer than Valerie – for 24 years in total. In that time, she has supported countless families. Her first responsibilities were for adult services, but she is best known for her work with disabled children and their parents. She has managed the acclaimed Open Door and made a huge difference to families through her direct casework. She has also helped to develop

News & Events



Jackie Silverman: played a key role with a wise humour

► support for disabled children by working with staff in the statutory and voluntary sectors, in forums across the borough. Jackie has played a key role in getting Barnet Mencap its great reputation, with a wise humour that has benefitted so many people over the years.

Things will continue. It is the mark of a well run organisation that it can adapt when even good staff leave. This will be put to the test with our new staffing structures and arrangements.

But we will miss the people. Everyone at Barnet Mencap appreciates all that Jackie and Valerie have done. We wish them all the best for the future.

HATE CRIME

Recognition mission

Following the very successful Hate Crime conference that took place in March 2012, Barnet Mencap have received a small grant that will enable them to develop their acclaimed Hate Crime work. The grant has been awarded from the Edward Harvist Charity via Barnet Council and will enable Barnet Mencap, working closely with the police and people with learning disabilities, to deliver workshops in community settings enabling people with learning disabilities to recognise and report Hate Crime.

Hate Crime against people with learning disabilities is a significant problem. People with learning disabilities are frequently subjected to verbal or physical bullying. However, it continues to be ignored because people with learning disabilities accept it as part and parcel of their experience and often the victims do not believe that anyone, including the police, will take them seriously. Barnet's own figures have picked up since the conference, but research and anecdotal evidence show that this is a much bigger problem than statistics suggest.

The workshops, which will be run on an outreach basis, aim to reach over 100 people.

The partnership that has been forged between Barnet Mencap and the Metropolitan Police (Barnet Safer Transport Team) to promote the Hate Crime and Community Safety work was recognised recently at the London Problem Orientated Partnership Awards, which took place at New Scotland Yard, when the project received an award for this groundbreaking work.

For more information about the Hate Crime workshops contact Shelley Gibbons on 020 8349 3842 or shelley.gibbons@barnetmencap.org.uk



Strong messages from the Hate Crime Conference

Being... *Helen Duncan-Turnbull*



Helen: a clear vision for the future

I qualified as a Learning Disability Nurse in 1989. Working with people with a learning disability is a career that found me. When I left school, after failing my A-levels very badly, I worked in a microbiology lab for a year for McDonald's. Needless to say, McDonald's is not my favourite fast food now. I was desperate to get out of the world of bacteria and so started looking for something else. To cut a long story short (which included two weeks working in a greengrocer) I was offered a nursing assistant post and the rest is history; I was hooked.

Before Barnet I spent 20-plus years working in various roles in Hertfordshire starting as a community nurse in Hertsmere and then moving into health management before managing joint health and social care learning disability teams in social services about 10 years ago. During this time I also managed to acquire a Diploma in Management studies with a distinction (no-one was more shocked than me) and an MSc in Public Management (just a merit this time).

So, some things people might not know about me. When I was young (yes I was once) I lived in Cyprus (my dad was in the Air Force) and we got evacuated back to England when the war started in 1974. The two things I remember most about that are having to leave my riding hat behind, a disaaaaster at nine, and on returning to England

staying in the Mayfair hotel for the night (all hotels had to declare their empty rooms) and the doorman bowing and opening the door for my mum, sister and me.

I used to ride a motorbike and spent many of my 'yooof' years on the back of big motorbikes. I was the one with a bright red leather jacket and bright red hair! I've done three solo parachute jumps and fallen off a horse more times than I care to remember. Outside of work I enjoy clay pigeon shooting and fishing, plus shopping, eating out, holidays in the sunshine and theatre, especially musicals; I've seen *Les Miserables* seven times! I love, love, love karaoke and have been known to belt out the odd power ballad from time to time.

It's been two years since I took up post in Barnet and the job has grown 'slightly' since then. I now have the grand title of Head of Integrated Care; Learning Disabilities and Mental Health. One of the biggest challenges has been recruiting a consistent management team. I won't bore you with the sagas of why it took so long, but we now have two strong managers who are ready to lead and develop the service further. With the support and feedback from the Learning Disability Partnership Board we have a clear vision for the future which includes supporting people with the most complex needs and supporting them to be as independent as possible, increasing individual choice and control, supporting people to access mainstream services and supporting mainstream services to enable this to happen, only being in people's lives at the point they need us and ensuring we offer good quality health and social care support in as integrated a way as possible.

One thing I am absolutely sure of is that I am passionate about ensuring we support people with a learning disability to be as independent as possible whilst making sure that the support the service offers is focussed and of a good quality. There will always be challenges but one thing I've learnt is that you never stop learning and it is people with a learning disability and their carers who are the best teachers.

Photo Finish

Diary Dates



Thursday 7th November

Barnet Mencap Annual General Meeting 2013

will be taking place at:

Trinity Centre, 15 Nether Street, North Finchley N12 7NN

All members will be sent a formal invitation and the Annual Report in due course.

The following workshops will both be held at *Trinity Centre, 15 Nether Street, North Finchley N12 7NN*. 10am – 12 noon

Tuesday 22nd October

Children and Families Bill –

What it means for you as parents of children with special educational needs.

Workshop leader: Claudia Costa (Parent Partnership Co-ordinator)

Wednesday 20th November

Preparing your child with special needs for social events

Workshop leader: Angela Silis (Specialist Autism Spectrum Conditions Intensive Family Focus Practitioner, Barnet Children's Services)

To book a place, please contact projectssupport@barnetmencap.org.uk or 020 8349 3842

Drop in sessions

All Drop in sessions are held at Barnet Mencap, 35 Hendon Lane, Finchley, London N3 1RT.

Working for You

Struggling to cope and need support with housing, money, benefits or other issues? Come along to our drop in service for adults.

Every **Monday**

2.00pm – 5.00pm and

Friday 10am – 2pm

Don't want to visit?

Feel free to give us a call on **020 8349 3842**

Family Support Drop in

We offer advice and information on disability-related issues, support with benefits and letters and signposting for parents of children and young people aged 5-25 with learning disabilities.

Every **Tuesday**

10:00am – 1:00pm.

Turn up and wait, or to guarantee an appointment call **020 8349 3842** or email

projectssupport@barnetmencap.org.uk

projectssupport@barnetmencap.org.uk

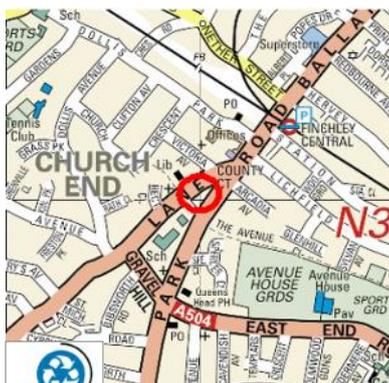


The bees' knees: Zayna and Haris enjoy a Sensory Fun Session with Blondie

General Information



You can also view this newsletter on your computer! It's on our website in the 'Newsletters' section, or please email james.wheatley@barnetmencap.org.uk to be added to the emailing list, so you'll save paper and never miss an issue!



How to find us

35 Hendon Lane, Finchley, London N3 1RT

Tel: 020 8349 3842 Fax: 020 8349 2192

Email: projectssupport@barnetmencap.org.uk

Website: www.barnetmencap.org.uk



www.facebook.com/barnetmencap



[@barnetmencap](https://twitter.com/barnetmencap)

The next newsletter, with all the latest news and features, will appear in January 2014



Barnet Mencap Registered Charity No.1089388 Company Registration No.4274621