

## Drummer Dan and Dad's 10k Dash Delivers Dozens of Donations

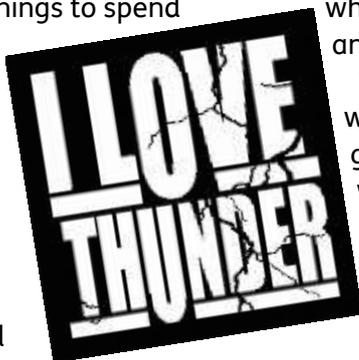
**M**assive congrats to Dan

Highfield and his father Jeff for completing the Osterley Park 10K race and raising over £1400 in the process.

Dan – who is the drummer in accessible rock band I Love Thunder – and Jeff took on the challenge to raise

funds for the band, with studio time, new instruments and travel expenses all on the list of things to spend the money on.

The pair smashed their fundraising target of £500, and we're sure that the story of what the money enabled the band to do will be coming up in a future newsletter.



Jeff (L) and Dan Highfield (R) during the Osterley Park 10k

Dan and Jeff updated their JustGiving page to say: "Thanks to everyone who has contributed their money and support to our fundraiser.

"Knowing that so many people were supporting us kept us going to the finishing line. This will make a huge difference to the band."

And it's still not too late to give a little if you want to reward Dan and Jeff's efforts and haven't yet, go online and visit [www.justgiving.com/lovethunderfundraiser](http://www.justgiving.com/lovethunderfundraiser)

to donate securely... And don't forget Gift Aid if you're eligible - it gives an extra 25p for every pound that you donate at no extra cost to you.

Unfortunately two big festivals that I Love Thunder were scheduled to play this Summer at were cancelled, but the band have still been busy.

Have a read of Nick Radclyffe's write-up of the time they spent at Pield Heath school running a music workshop last month in this newsletter on page five.

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# Health & Social Care Grant Funding Results

## News for our services mostly positive

**O**ver the past few months I've spoken about some of the challenges we knew we'd be facing in the near future. Some of the grant funding streams that we'd used to support people were uncertain, and that there was going to be an overall reduction in funding.

Last month we submitted our bids for Health and Social Care grants to Ealing Council, not just to continue funding existing services but to innovate and create brand new opportunities for people with learning disabilities.

The decision of the council was received at the beginning of July, and there is both good and bad news to tell of.

I'm delighted to say that we were successful in our application for advice, information, and customer representation services. This will see Ealing Mencap take on the role of lead partner in a consortium project with a number of other local charities and groups, to deliver a pan-disability service for the borough. This is a huge accomplishment, taking many months of careful planning, preparation and negotiation to achieve.

Our previous experience of partnership - in both the DAB service and the Department of Health 'Expect the Best' project working alongside other Mencap groups in the North West London Consortium - certainly helped to pave the way here, providing a sound working knowledge of just what it takes to work hand-in-hand with other organisations.

There's an incredible amount of behind-the-scenes work that needs to happen to make sure everyone is on the same track, which isn't obvious to people at first glance, but we know from experience how hard

this task this can be to accomplish.

We were also successful in securing funding for the excellent Travel Buddy service, which will continue to provide support on public transport for those that need it, as well as much needed employment opportunities for people with learning disabilities who are generally marginalised in this area.

We were also successful in retaining the funding for our children's after school club and the excellent EalingHELP website, which is a really well-developed and much-used resource.



The H&SC grants are funded via Ealing Council

Unfortunately, despite excellent and innovative proposals, we didn't receive any H&SC funding for adult respite, nor anything for a new community service to be run out of RealMe. We were also unsuccessful with a bid to deliver registered children's respite services.

I've spoken with the people whom these results directly affect, and have spoken to staff teams about how we plan to move forward in spite of the funding blows. There will be some knock-on effects too, with adjustment required in the services that may not have been immediately affected by the results. All in all however, given the background of austerity nationally and the cuts in grant funding locally, I believe we have done well.

In some ways, the loss of some grant funding will spur us on; we've successfully developed our personal

by **Lesley Dodd**  
Chief Executive



budget services to the point where they stand solidly. Customer numbers for these services are increasing, and that's testament to the quality of what we offer to people. Grant funding enabled us to do this initially, providing a level of support to let us develop and grow in this area of the organisation. Perhaps now's the time for us to take off the stabilisers and steady ourselves for the next part of the journey.

The bottom line and the most important thing to remember is that Ealing Mencap has secured, subject to appeal, Health & Social Care funding until March 2019. And as such, we will endeavour to offer the same support to people with learning disabilities, their families, and their carers as we have always done.

I'd also like to take this opportunity to thank Matt Coulam, Kathryn White, Matt Gamble, Nick Radclyffe, Jen Moseley and our external bid writer Sara Shipman, for all their hard work in writing the bids, as well as the legwork and late nights that were involved in pulling things together.

This is not the first time we've had to re-evaluate our stance in the light of funding changes. That's the nature of charitable organisations.

Three years ago we were faced with similar challenges as a result of cuts in H&SC funding, and for all of the difficulties in making things work, we came out of that with what I believe to be a much stronger Ealing Mencap.

With our increasing personal budget income, and our committed, professional workforce, I'm confident we will do the same again. There's many successes ahead of us. I can't wait to tell you about them."

## Project Search Interns Graduate with Flying Colours

Over 80% of interns moving to paid employment after scheme

**C**ongratulations to the very first graduates of Project Search, who celebrated the completion of their internships at the end of June.

The Hilton London Heathrow Airport Terminal 5 was the venue for the ceremony, with General Manager Meredith Bevan making the opening speech commending the hard work and enthusiasm the interns had shown during their time there.

Presentations were then made by Kevan Wayne Morris, Head of Inclusive Learning at Ealing Hammersmith and West London College

(EHWLC) who are key partners in delivering Project Search.

A dozen young people with disabilities have worked across a number of different departments at the hotel, learning new skills or improving existing ones, and



Project SEARCH

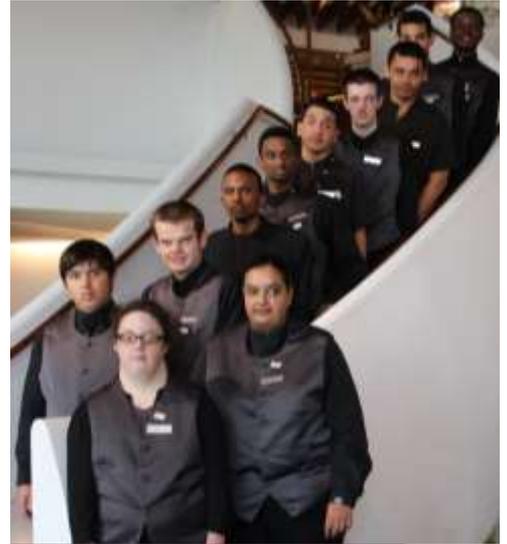
gaining real work experience along the way.

And the benefit of the experience has already shown – more than half of the interns have already found paid employment, with two taking positions at the hotel, a further two offered jobs at the Kensington Hilton, and a further three interns taking up different roles at ISS, an airport facilities and support organisation that operates at Heathrow airport.

Three more interns are expected to start in-school catering in September, with the remaining interns being supported with job applications right now.

Transition Lead Gabriel Jones said: “It has been a massive privilege to watch this group of young people grow in skills and confidence over the last year, and so exciting to see their view of themselves change.

“All of them know that they can contribute in the world of work, and this opens the door to new horizons in every other area of their lives as well.”



Top: The Project Search Interns on placement  
Bottom: (L-R) Janneke Willems, training manager, interns Sam Borratt and Ryan Gerrard, and Caroline Lowe, Director of HR

## 3Cs Counselling set to Close in September

Changes in funding requirements would make the service “unrecognisable”

**A**fter huge consideration and with considerable regret we are to close the 3Cs Counselling Service when our current funding comes to an end at the end of September.

It has become increasingly clear that the changes in assessment and provision in social care in Ealing and the new grant application requirements to

disclose client information would so alter our service as to make it unrecognisable.



If we can no longer guarantee client anonymity and confidentiality, or provide an individualised, client-centered service that works closely with other statutory and voluntary organisations, then we lose our ethos and sadly feel we must close.

We are trying to ensure that counselling for carers will continue to be available to Ealing residents through the Ealing Carers Centre, although there will no longer be a specialised service for parents or carers of children

by **Lesley Beck**  
3Cs Counsellor



with special needs in Ealing.

Though I am taking semi-retirement, I will continue to run my small private counselling practice, and offer consultation and workshops within the statutory and voluntary sector.

I would like to thank all who have worked with 3Cs Counselling service, for both the genuine privilege of working with you, and the confidence and trust you have placed in our counselling service over the last 18 years.”

# Travel Training in Hillingdon Celebrates First Anniversary

Service looking ahead to the next 12 months with enthusiasm

**T**he Travel Training team in Hillingdon celebrated their first year of working in the borough in April.

The Travel Trainers were joined by some of the Hillingdon trainees as well as members of the Metropolitan Police Safer Transport Team and staff from Metrolino Bus Company and TFL for the celebration.

The day started off with one of the Travel Trainers' "Bus Day" events, with role plays and activities helping to show safe travel techniques while on board, with a working double-decker providing the stage en route to the Civic Centre in Uxbridge.

The celebration in the centre saw awards given out and speeches from some of the trainees, who spoke about what they'd learned and how Travel Training had helped them.

Melanie Parnell, Hillingdon Travel Training Coordinator, said: "It was a really great day, really positive and just

showed how much of an impact Travel Training has made to the young people we've worked with. The students who came along were really happy and buzzing with excitement.

"We also had teachers from local schools come along too which really shows how much we've been supported in Hillingdon since we started here. We can't wait to celebrate our second year."

Having run successfully in Ealing for 10 years, the service branched out into Hounslow and Hillingdon recently, spreading their skills and experience



A huge turnout for the first anniversary celebrations!

further afield to reach out to new people in need of support getting to and from school.

Congratulations on completing the first year of delivering travel training and empowering young people in Hillingdon. We're sure it's the first of many years to come.

# agm

Ealing  
**mencap**

## Tuesday 27th October starts at 6:30pm

**At Enterprise Lodge, Stockdove Way, Perivale, UB6 8TJ**

Ealing Mencap's Annual General Meeting is coming up soon, and we would like to invite you to come along. There will be some presentations from projects, the chance to see how the last year has gone and how we're looking forward towards the next 12 months.



# I Love Thunder Workshop Hits the Right Notes

Band with added 'rockability' take musical workshop to Pield Heath School

**I**n June, I Love Thunder ran a huge workshop with students at Pield Heath, where keyboardist Luke is in the sixth form.

The workshop comprised of three separate stages. We started off playing a few numbers and then each band member talked about their role in the band and their specific instrument or vocal attributes as appropriate.

During the next session we split up into different groups depending on pupil's preferences. In addition to I Love Thunder we ended up with two ukuleles, two congas, one drum kit with two players, one electric Guitar, one Bat Bass, one Spanish

guitar, one steel string guitar, one Hammond organ, one harmonica and finally four vocalists and voices.

Then we all took The Himsagar Express together! This is a piece that we first performed with Sirish Kumar and Philip Wells at our Waterman's Super Session in 2013. Using the framework of one of the longest train journeys in India which runs from the southernmost tip of India, in Kanniyakumari, right up to Jammu Tawi in the Himlayas. Based around a single chord, the piece allows for plenty of improvisation. It also allows for plenty of built-in chaos!

Finally after lunch and several rocky starts the rest of the school came in to our rehearsal space and we got that train a-rolling! We saw tigers and elephants, the Taj Mahal, the Himalayas and plenty more, we sang, we shouted, we roared, we went really slow and crazy fast.

In fact, nobody was sure how we were ever going to stop that train - thankfully we managed after about 20 minutes - a bit less than the 70 hours that the actual journey takes...

I Love Thunder have run several workshops over the past few years but this was by far the most ambitious. Huge thanks are due to Sadie Hallchurch, the music teacher at Pield Heath for having the courage to let us

loose on her students. She had the following to say, once she had recovered: "A huge thank-you to 'I Love Thunder' and yourself for an excellent workshop and providing a very interesting and new way for the students to explore performing and creating sound and using some instruments which they haven't yet had an opportunity to play, let alone perform with!

"I'm really pleased everyone managed to participate for the final performance, despite there being a few hesitations from some at first."

These workshops represent a really great model for community

by **Nick Radclyffe**  
I Love Thunder



Top: The group aboard the The Himsagar Express  
Below: Nick gives some fret advice  
Left: All about the bass...

engagement. All members of the band are engaged and take on roles mentoring and engaging with the students.

They also provide a valuable source of income for the band. So far this year through appearances and workshops I Love Thunder have earned £800. This goes a long way towards keeping us doing what we love best - rocking out!"

## Membership Renewal Reminder

**J**ust a quick reminder that it's time to renew memberships for 2015-16.

You can find an application form and instructions on how to renew - or join us for the first time if you've not done so before - at the end of this newsletter.

Membership costs just £5.00 for the year, and there is the option to make a donation to Ealing Mencap as well if you would like.

Memberships provide much needed funds so we really appreciate everyone who takes the time to sign up.

**EALING HELP** 

Supporting families of children with disabilities in Ealing

"Since discovering EalingHELP, life has stopped being so scary and unavailable..."

[www.ealinghelp.org.uk](http://www.ealinghelp.org.uk)

To get regular updates about upcoming events and news why not follow #EalingHELP on Twitter?

## RealMe Upcycling Makes Public Debut

Handmade homewares sold at Hanwell Carnival



(L-R) Lorelle, Tom, Katrina, Kate & Crystal on the stall

A selection of the upcycled homeware for sale

**H**andmade, upcycled craft from RealMe made its public debut on a stall at Hanwell Carnival last month.

The Trade & Enterprise sessions at RealMe have seen the creation of dozens of items of uniquely decorated homeware items, such as bowls, clocks, plant pots and storage.

Each item has been hand crafted from scratch or upcycled out of old materials such as wine boxes by the RealMe customers.

Senior Support Worker Kate Kilty - who leads the Trade & Enterprise Group - said: "It was good for the guys who came down to help on the stall because they could see people were really interested in the things that they'd been making.

"We had lots of people saying 'Wow, they look great, they're brilliant' and lots of other compliments during the day. People were really interested on how we'd managed to make everything out of practically nothing.

"The guys were really proud to sell a few things to the public. We made about £50 through sales and some donations, with the plants pots being our biggest seller, and we sold a large clock as well."

"We've sold things before but mostly to people that we know or Ealing Mencap staff with made-to-order items but this was the first time that the general public have seen what's been made and they were obviously impressed by what they saw. We'll definitely be making more for next time!"

## Volunteers Brighten Up Lodge Inside & Out

Garden and reception get some attention

**A** team from British Land and Ealing Broadway Shopping Centre once again showed their support for Ealing Mencap by volunteering with us in June.

The volunteers teamed up with customers from the RealMe service to give the garden and the reception area at Enterprise Lodge a makeover.

The gardeners braved soaring temperatures outside to clear weeds and plant new shrubs and bushes that will add more colour and life into some areas where unwanted plants from the banks of the River Brent had begun to take hold.

Inside, some aspiring artists started work on a mural to brighten the area outside of Crystal's Hall. The mural design brought together the ideas and elements from the RealMe arts group, who drew inspiration from why they came to Ealing Mencap and RealMe.

British Land Volunteer Lisa Bentman said: "Thank you so much for making us feel so welcome. We had such a lovely day spent at your wonderful centre. Be sure to post us a picture of the finished mural!"

British Land and Ealing Broadway Shopping Centre have supported Ealing Mencap for over two years now, offering skills, and funding. Thanks to them for their continued support, and also to Three Hands for bringing us together and funding the day.



The volunteers and RealMe customers team up



The volunteers and RealMe customers team up

**real me**  
**Open Day**  
 Thursday 20th August  
 11am - 3pm

Join us for a Services Showcase at Enterprise Lodge, Stockdove Way, UB6 8TJ. There'll be presentations and activities from the RealMe timetable, drama group & choir performance, tombola, fundraising games and market stall!

For more details please call Haydn Morris-Leveque on 020 8566 9575

**charity dinner & dance**

at Monsoon, 100 The Green, Southall, UB2 4BG

in aid of **mencap** Ealing

featuring Dance Competition with Lots of Prizes  
 Free DJ  
 Three Course Meal  
 Unlimited Soft Drinks

**Saturday 3rd October**  
**7.00pm - Midnight**

For further details & tickets call Bobby Sidhu or Haydn Morris-Leveque - 020 8566 9575

Tickets £25 • Free Parking  
**Everyone Welcome!**

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## Memberships now due - see below on how to renew your subscription for the year.

**Your £5 subscription to Ealing Mencap is payable now, as funds are always needed.**

Through regular newsletter bulletins your membership gives you an insight into the many activities that we organise and also shows ways in which you can get involved.

It is through your generosity that we are able to continue to help carers and people with a learning disability.

We can email your newsletter (and save us postage) or post it if you would prefer.

Please let us know on the application form.

Cheques should be made payable to Ealing Mencap, and sent to...

**Ealing Mencap Membership  
Enterprise Lodge  
Stockdove Way  
Greenford  
Middlesex  
UB6 8TJ**

or email [kate.venus@ealingmencap.org.uk](mailto:kate.venus@ealingmencap.org.uk)

### APPLICATION FORM: MEMBERSHIP UNTIL 31ST MARCH 2016

**Name(s)** .....

**Address** .....

**Tel** .....

**How would you like your newsletter sent to you (tick box)?**

Post  Email  (please write in email address below)

**Email** .....

**Declaration** (delete as appropriate)

I / We wish to continue/become Member/s of Ealing Mencap

Single / Joint

Ealing Mencap Society subscription £5 per person    £ .....

Donation    £ .....

Total enclosed    £ .....

**Please sign if possible:**

If you are a tax payer your membership and any donation you make are classed as Gift Aid this also includes any donations made online.

*giftaid it*  
Making donations go further

This works both ways providing you with the amount for membership, your donation is then directly deducted from taxable income, which lets us claim back 25p for each pound you give us from the government.

Signed: ..... Date: .....