



## RealMe Make Exciting Plans to Expand Service

**R**ealMe will be expanding to offer greater choice in day activities to more people in different parts of the borough soon.

The mix of life skills, activities and opportunities for personal development the service offers has proved to be so popular the waiting list to join is getting longer, as Enterprise Lodge is at capacity. This has meant we need new locations to run services from.

The first new site will be at the Dominion Centre in Southall, which will be running a full five day a week, service offering a similar range of options and activities as the main hub at the Lodge, including using the kitchen space, arts facilities and IT suite for sessions. Although the activities in Southall will be inclusive and open to all, having a base here also provides RealMe with a service that can reach out to the diverse ethnic groups in the area.

With a better knowledge and understanding around the cultural and language needs of the people in the area, we hope that the service will reach more

people who need support, and take down the barriers that some people find difficult to overcome when finding a suitable day opportunity. By the time you read this, the service should already be well underway!

The second new site will be in West Ealing - a few steps off of Uxbridge Road - in a brand new shop-front development.

The site in Leeland Road - home to the weekly Ealing farmers' market - is currently being constructed, replacing two older dilapidated units.

The West Ealing location will be divided into two areas, with one half opened as a shop and the other operating as a training centre for RealMe customers. The sessions will offer training to develop job skills and independence.

Plans are still being finalised for this site, but it is hoped that once the building work is completed things will be up and running before the end of the year.

Head of Services Kathryn White said: "This is a really exciting time for Ealing Mencap. Although we already offer a broad range of services



The new RealMe sites at the Dominion Centre (Top) and Leeland Road . This pic is before the builders moved in!

in the borough, by opening these two new hubs we will be able to offer an even greater variety of choice to meet the different needs of people with learning disabilities in Ealing.

We already know that demand for our Southall Hub is high with many people looking

forward to a service based locally to them.

There is also a huge need for services that can support people to achieve their employment and independent living ambitions and Leeland Road will be able to focus on exactly that."

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# In the News: Eco Street Festival's £500 Boost for Garden Project

taken from the

**EALING**  
**Gazette**

11th September 2015

**M**ore than £500 was raised for a community garden project in Ealing thanks to a street party in Perivale.

The Perivale Eco Street Festival was held in Stockdove Way during the August Bank Holiday, with special guests including Ealing North MP Steve Pound and councillors Tariq Mahmood and Munir Ahmed.

The event was coordinated by Certitude, the organisation which provides housing and support for people with learning disabilities in Ealing, along with the scouts and Ealing Mencap.

Residents and visitors enjoyed barbecue grills and campfire bread prepared by scouts, while Ealing Mencap members sold cards designed by artists with disabilities and seasonal vegetables grown as part of a

gardening project called The Dig.

There was also live music from local band I Love Thunder whose members include people with learning disabilities.

Proceeds from the day will go towards Certitude's community garden project.

Kathleen Isaac, on behalf of Certitude, said: "We were delighted by the response of the local community to this event.

"We encourage the people we support to make connections in the local community and this was a great way to build new relationships."

Speaking about the community garden that Certitude is fundraising for, she added: "It will be an amazing community space, where local people can meet up and enjoy time outdoors together, relaxing and keeping fit, healthy and happy."

Find out more at [www.crowdfunder.co.uk/Perivale-community-garden-project](http://www.crowdfunder.co.uk/Perivale-community-garden-project).



Top: Our Eco Fest stalls ready for business  
Middle: I Love Thunder take to the stage  
Bottom: Some customers take a look

## ESAS to Offer Advice & Information from October

### Disability Advice Bureau makes way for new specialist advice service

**A**s mentioned in our Summer newsletter, Ealing Mencap was successful in applying for Health & Social Care grant funding 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 voluntary groups, to deliver a pan-disability service for the borough.

We can reveal that the new service will be known as Ealing Specialist Advice Service.

ESAS will be delivered in partnership with deafPLUS, Age UK, Mind and ECIL, to offer a free, confidential advice service to people with disabilities and other vulnerable groups in Ealing.

The main ESAS hub will be based at the Age UK office in West Ealing (opposite the Job Centre on Uxbridge Road) and people will be able to visit during opening hours towards the end of the month once some renovations have been made to the space there.

Advice appointments can be made via email, telephone or text message from now.

ESAS replaces the Disability Advice Bureau which has now closed, so all advice inquiries should be directed to ESAS. The Carers' Centre on South Ealing Road has also closed as part of the changes and has a new home at Sycamore Lodge, Acton, W3 8PH.



ESAS will be available for confidential advice on form filling, housing, benefits, employment, disability rights, and much more. To be eligible for the service you will need to either have a disability, issues with mental health or substance abuse, or be over the age of 55.

For more information check online at [www.ealingsas.org.uk](http://www.ealingsas.org.uk) or email [info@ealingsas.org.uk](mailto:info@ealingsas.org.uk).

# Travel Training - Introductions and Updates

## All change in the team!

**Hi, my name** is Hannah and I am the new manager of the Travel Training team here at Ealing Mencap.

I took over from Matt Gamble, who had managed the team for six years, in July and I am working hard to carry on the great work that Matt started.

I know what a great opportunity Travel Training offers to young people with learning disabilities and I have seen first-hand the

experience and dedication of the staff in the Travel Training team.

I hope to continue taking the project from strength to strength over the coming months and years.

I am not the only new face in the Travel Training Team either, as we have welcomed new people into our team over the past few months.

So please say hello to some of the other new faces..."



Hannah



Lizzie

### Lizzie Baxter, Travel Training Development Worker in Hounslow

"I have really enjoyed my time with the Travel Training Team and Ealing Mencap so far and am looking forward to helping more young people become independent in Hounslow."



Aaron

### Aaron Evans, Travel Training Development Worker in Ealing

"Hi, my name is Aaron, I've been a travel trainer since June. It's been really great working with everyone at Ealing Mencap. Travel training has been such a great opportunity to work with some amazing young people training them in skills that are going to help them travel around the local area."

## Travel Training



Kelly

### Kelly Spicer, Travel Training Development Worker in Hillingdon

"Since starting at Ealing Mencap I have never felt more welcomed into a job role. The project is rewarding in many ways. It's so fulfilling to be part of a process which helps people to become independent, to teach them the skills that can benefit them for their own future. I feel lucky to have been given the opportunity to be part of such a great team!"



Ellie

### Ellie McGoldrick, Positive About Independence Project Lead in Ealing

"My name is Ellie and I started with the Positive About Independence Project in August. I have my own little section page five of this newsletter to tell you a little more about myself and the project."

# I Love Thunder Provide “Moments of Delight” for Shoppers

Band with rockability take part in EM’s Charity of the Month nomination at EBSC



I Love Thunder at Ealing Broadway Shopping Centre

**I** Love Thunder warmed up for their appearance at Perivale Eco Festival (see page two) with an acoustic busking session at Ealing Broadway Shopping Centre.

Ealing Mencap had been named as EBSC’s Charity of the Month for August, which saw events and surprises for shoppers throughout month alongside fundraising. This included living hedges, giant robots, musical acts and racing grannies. Some lucky shoppers also had their purchases paid for them



by the centre at random.

Overall the Ealing Broadway Shopping Centre raised more than £400 for us. With almost half of the

donations from the public coming during I Love Thunder’s acoustic set, we can see who the shoppers appreciated the most!

Huge thanks once again go out to everyone who donated to us, and for the continued support of the centre management team at Ealing Broadway Shopping Centre. We’d like to thank Jade Elliott and Tillie Handscome-Sargeant in particular who made it all possible for us to be represented at the heart of the community once again.

## Bernice McNaughton MBE, Mike Frost

**W**e are immensely sad to be saying goodbye to two people who passed away recently, both of whom gave an enormous amount of their time and energy to Ealing Mencap as volunteers.

Bernice McNaughton MBE served as a trustee of Ealing Mencap for decades, showing huge commitment to our cause. On top of trustee meetings, she attended annual general meetings, launches and celebrations regularly.

She was a very active member of the local community and was awarded an MBE in 2007 for her dedication and service. Bernice sat as a magistrate in court, was the first female chair of Ealing’s Racial Equality Council, and had strong connections with Ealing Hospital

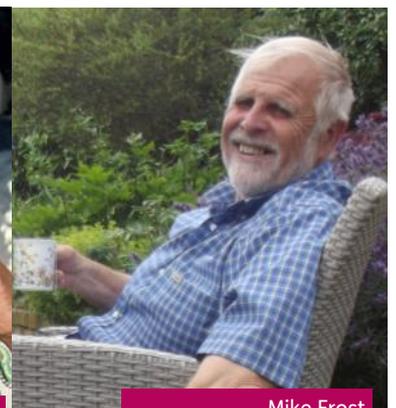
and the local Primary Care Trust.

Mike Frost first came to Ealing Mencap over ten years ago, offering his jovial personality and considerable experience in the field of databases and IT. Mike volunteered huge amounts of time as well as expertise to develop the Ealing Mencap User Database, known as EMU in the office here.

This was a huge undertaking, but EMU gave us for the first time an electronic, centralised database. This was an invaluable tool in information sharing and recording contacts with our customers, making us a much more effective organisation.



Bernice McNaughton MBE



Mike Frost

Mike would be a regular visitor to the Hanwell office to upgrade EMU over the years and add new features as we grew, offering time saving solutions to funding reports using the many functions.

We extend our sympathies to both Bernice and Mike’s families, and want to say one final thank you for all their work commitment to Ealing Mencap. Both had a massive impact in different ways on our organisation, and we were fortunate to have benefitted from their skills, experience and kindness.

## New Travel Training “Positive About Independence” Project Launches

Ellie McGoldrick,

Positive About Independence Project Lead



**T**his project is all about getting people talking about independence for young people with learning disabilities in a positive way from an early age. I will be working with students aged 7 to 11 years old, their parents, carers, teachers and people in the community to get everyone thinking positively about independence.

One of my main focuses will be promoting travel training, as this is often the first step to becoming more independent. We want to show how much a person's life can improve and how many opportunities become available

once someone has gone through our Travel Training Programme.

I'm going to be delivering lots of exciting work over the coming months including parent workshops, 1:1 work with parents, creating strong links with transport providers and developing a Positive About Independence Pledge, to encourage the wider community to be more positive about independence.

Please reach out to me if you want some support, or if you have any other questions about the project. I look forward to working with some of you in the near future!"

## Travel Buddy Service Set to Grow

Tony Campbell

Travel Buddy Project Worker



**I**'m pleased to report that Travel Buddy was successful in receiving health and social care grant funding from Ealing Council for the next three years.

This is great news for everyone who currently uses the service and for our hard working team of travel buddies.

We will be working over the

coming months and years to grow the travel buddy service so even more people can benefit - so make sure you watch this space for news!

I'm also pleased to welcome back a familiar face to the travel buddy team.

Mason Duncan is back with us and it's great to have him on board.

Welcome back Mason!"

# 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.



## RealMe Celebrate National Paralympic Day

Day Out to Olympic Park to celebrate disability sport

**S**even customers from the RealMe service visited the Queen Elizabeth Olympic park - the home of the Olympic and Paralympic Games in 2012 - at the end of July.

It was to celebrate the Paralympic movement and come together to relive the events of London 2012 on National Paralympic Day, which was the third event since the close of the games that year.

There were plenty of Paralympian sports stars taking part in a range of

events, and the chance for people to try out some of the disability sports for themselves.

RealMe Support Worker Bobby Sidhu supported the customers on the day. She said: "No one from the group had been to see the games before and it was a very good experience for the customers that came along.

They really enjoyed themselves a lot and we all had a lovely day."

Expect to see many more Paralympic events in the run up to the Rio 2016 Olympics next Summer!



RealMe customers visited the Olympic Stadium to cheer on Paralympic stars

## Changes to Support for South Asian Families

Funding forces changes in Ealing

**E**aling Mencap's 'Choosing Health' funding arrangements have changed.

We had been told that Fatima Akhtar our long-serving worker in Southall would be made redundant at the end of October this year.

The funders later changed their minds, and this work was reprieved at the last moment although only until March 31st 2016.

However there are changes to the way this funding will be spent.

Fatima will continue to work to support South Asian families with any health and wellbeing issues in

Southall for three days each week.

Alka Tripathi will be working with South Asian families living in the rest of Ealing for two days each week.

As we go to press we are still working out which days during the week each of them will be working, but in the meantime if you need to know more or make a referral please contact:

**Fatima** – 07949 506 501  
(if you live in the Southall area

- or -

**Alka** – 07775 576 489  
(for Ealing residents outside of Southall)

Christmas is coming!  
Celebrating the birth of Jesus



A special Christmas Service  
for people with learning difficulties

**13<sup>th</sup> December at 3pm**  
**at St Mary's Church, South Ealing**  
followed by refreshments

St Mary's Church is on St Mary's Road, 5 minutes walk from South Ealing tube station. 65 Bus from Ealing Broadway station stops right outside.

for more information please contact the Church office on 020 8579 7134