Despite not having as much sunshine as we would wish for at the time of writing, our summer activities are well and truly under way. Children and young people attending the Fairplay Junior and Teen schemes are having great fun and the ‘themes for the schemes’ so far have involved summer fun, camping chaos, our amazing planet, circus stars, our five senses and life on the farm. So lots of fun to be had by all, led by an amazing team of staff and volunteers who are all hoping that the sun puts his hat back on! Access2Leisure group activities are also on the horizon during the day service closures so do take a look at our website or give us a ring if you need to use this service or would like information about any of our services.

Your views count! We’re currently conducting evaluations on our day service and summer scheme programmes. We really want to know what you think about the services we provide. Your feedback will help us to make improvements where needed so do take a few moments to complete and return these to us.
## Southampton Aspergers Social Group

**Headline:** A safe meeting place for those on the Spectrum to meet socially

**About our group:** We also organise outdoor activities for adults/children and regular Karaoke sessions - adults only - at a local pub

**When we meet:**
- Adults 7-9pm, alternate Tuesdays
- Children 6.30-8.30pm, alternate Tuesdays
  - term time only

**Where we meet:**
- St Patricks Church Hall,
  - Porchester Road entrance,
  - Woolston

**Town:** Southampton

**Postcode:** SO19 9BD  [Click for map]

**Districts covered:** Eastleigh, Winchester, Southampton

**Contact Person:** Linda Grover (by email)

**Telephone:** Sue Jacobs 02380 432612

**Email:** aspsg.shants@gmail.com

**Website:** [http://www.shantsnas.org.uk](http://www.shantsnas.org.uk)

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**Disability Tennis Festival:** Being held on Tuesday 22 August, 1-3pm, at River Park Leisure Centre, Gordon Road, Winchester, SO23 7DD. All ages and disabilities are welcome at this FREE event! Tea party • Fun • Games. To find out more and to book, [click here](http://www.shantsnas.org.uk) or telephone 01962 848405.

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**Rose Road Flush with Success!** We are delighted that the accessible toilet in the main reception area of The Bradbury Centre, 300 Aldermoor Road, Southampton, SO16 5NA, has been awarded official Changing Places Registration. The Changing Places Consortium campaigns on behalf of over a quarter of a million people who cannot use standard accessible toilets. Changing Places toilets provide the right equipment, enough space and a safe and clean environment. During the building works it has always been an aim to be able to offer the use of this facility to the local community as well as the young people who come to Rose Road. The downstairs toilet will now be able to be used by the general public as a changing place between the hours of 10-4pm, Monday to Friday. Any members of the public wanting to use the toilet are asked to telephone reception in advance on 02380 721234 and need to report to reception when entering into the building. For more information about Changing Places [click here](http://www.shantsnas.org.uk).
**Ups & Down's Southampton & West Hants**

**Headline:** For parents/carers/grandparents of babies/children/young people with DS

**About our group:** Ups and Down's provides education, advice and support groups for parents/young people with Down’s syndrome.

For more details, **click here**.

**When we meet:** c/o The Bradbury Centre, 300 Aldermoor Road,

**Where we meet:** Once a month on alternate Tuesdays and Fridays (except August and December) throughout the year.

**Town:** Southampton

**Postcode:** SO16 5NA **Click for map**

**Districts covered:** Eastleigh, Winchester, Southampton, New Forest, Test Valley

**Contact Person:** Francesca Lambert

**Telephone:** 07506 135107 or 02380 230464

**Email:** ask@upsdownsoton.org

**Website:** [http://www.upsdownsoton.org](http://www.upsdownsoton.org)

**Facebook** [https://www.facebook.com/upsdownsotonwesthantsuk](https://www.facebook.com/upsdownsotonwesthantsuk)

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**Emotional, Social, Behavioural Challenging Difficulties**

**Headline:** Telephone support and regular drop-ins

**About our group:** Due to a re-structure of the Support Group, we are currently able to provide support via telephone on a 1:1 basis. Our face to face support groups will be up and running very soon and will be available to all parents/carers living in Southampton.

**When we meet:** We will be meeting twice a month at

Parents/Carers will be able to meet and socialize as well as being able to decide which topics they would like more information on

**Where we meet:** Venues to be confirmed

**Town:** Southampton

**Districts covered:** Southampton

**Contact Person:** Cloe Vanlerenberghe

**Telephone:** 07500119128

**Email:** cloe_van@hotmail.com
We are delighted to confirm Carers in Southampton have completely redesigned their website to make it easier to find information and identify support available through many health conditions and situations. The upgrade has given us the service the opportunity to update, refresh and include much more relevant information than we had on the old site. However this does take time and we are continually adding information so please keep checking back to the site as it develops.

On the new site, you can now search for support groups and advice drop-ins by postcode and topic. We hope you will find it a useful.

Take a look at www.carersinsouthampton.co.uk and see what is new!
**Short Breaks Review and Redesign**

Southampton City Council is currently undertaking a full review and redesign of the Buzz Network Short Breaks Offer. This has given them the opportunity to engage and co-produce with Southampton Parents/Carers and children and young people on how the offer will look in the future. So far a number of focus group meetings have been held with the Southampton Parent Carer Forum (SPCF) who have collected views for the wider parent carer population through a number of platforms including; short surveys, social media and in direct contact with families.

Schools (both in mainstream and special) and colleges have also been involved so that the views of children and young people are included as part of the process. Additionally there have been links with neighbouring local authorities to look at their Short Break Offers and this has supported the focus groups thinking for how Southampton’s offer could look in the future.

They anticipate moving into the consultation period in the autumn 2017. During this period, Claire Pritchard (SPCF Co-ordinator) and representatives from the Southampton Parent Carer Forum (SPCF) will be working together with Officers from the Short Breaks team at Southampton City Council to deliver a joint presentation on the key changes being proposed as part of the consultation.

The dates, times and venues for these events will be shared as soon as an official date is set for the consultation launch. The new proposals will be implemented in April 2018.

**Kentish Road Update**

Plans to close the council-run respite centre in Kentish Road at the end of October, for adults with learning difficulties, will be considered at a special council meeting on **14th September at 5.30 pm** where Councillors will consider the issue at its Overview and Scrutiny committee meeting at Southampton’s Civic Centre.

This may be an important opportunity for a last minute rethink as the issue will then also be debated at a meeting of Full Council the following week at **2pm on 20th September**. A debate of Full Council has been triggered by a public petition of over 2,000 people concerned about the closure plans.

**Southampton City Community Learning Disability Team**

**Carers Group**

Have you received support from the Southampton City Community Learning Disability Team?
Are you passionate about improving services for adults with learning disabilities?
Are you able to meet up to three times a year?

Then come along to the Carers Group and share your views!

**Next Meeting: Tuesday 26th September 2017 from 11 am to 1 pm**

Thomas Lewis House, 236 Empress Road, Southampton, S014 OJY
(A small car park is available on site, alternatively park on Horseshoe Bridge which is close to Thomas Lewis House)
For more information and to register your interest please call **023 8231 0300**
Hate Crime
How does Hate Crime affect people with learning disabilities?

The majority of people with learning disabilities have experienced a disability hate crime of some sort.

This is when a person, or group of people, bullies or hurts someone because they don't like who they are. This can include a crime or harassment, which is perceived to be motivated by malice, or ill will, towards a social group, by the victim or any other person.

The attacker could be any age or anyone - a stranger, a parent, a carer, a friend or a neighbour.

Mencap wants disability hate crime laws to be as strong as possible, and equal to all other types of hate crime. We believe that hatred towards disabled people is just as damaging to individuals, communities and wider society as hatred towards people of a different race or religion, and this should be reflected in the law.

How to report hate crime and harassment
First of all consider the safety of you and the victim. If either of you are in danger, call the police immediately on 999. For less urgent cases you can visit any police station or call 101 or Crime-stoppers on 0800 555 111. Crimes should always be reported to the police.

You can also report an incident anonymously if you prefer to the council, whether you are the victim or a witness by logging onto https://www.southampton.gov.uk/people-places/community-safety/report-hate-crime.as

Shared Lives
What is shared lives?
A scheme run by Southampton City Council. Individuals and families provide care in their home for up to three people with disabilities, aged over 18. Care is offered to individuals who will benefit from living in the community or in a family home.

Who can be a shared lives carer?
Anyone aged over 18 who has the time and space in their home to offer care to a person who needs it can be a carer. This often suits people who have previously worked in care posts who now spend more time at home.

What should I know about shared lives?
If you choose to become a shared lives carer, you will be self-employed. A contract will be formed between you and us. We employ a shared lives officer to support, inspect and supervise all our carers. Most placements are long term. We also make placements for a set length of time, for example before a person moves on to independent accommodation. Find further information on http://sid.southampton.gov.uk/kb5/southampton/directory/advice.page?id=BMPkEKBKER8
Or call the Adult Contact Team on 023 8083 3003

Ways to help Southampton Mencap
You can help us by fund-raising on our behalf or becoming a volunteer. This will make a real difference to people of all ages with a learning disability and their family carers.
Welcome to our new day service members who have recently joined us . . . .

**I am Angela**
I enjoyed making clay fish pictures.
I enjoy going out and about to the art workshop.
I enjoy meeting everyone at Mencap and there are people there I know already.

**I am Sharon**
I like coming to Mencap.
I love my bags.
I like watching television.
I enjoy making bracelets at Handycrafts.
I like having my nails painted.
I have dogs and cats at home.

**I am Susan**
I like to come to Mencap and meet my friends.
I’ve made cards and been involved in arts and crafts.
I love my tea breaks.
I enjoy going out in the community.

**I am Hassan**
I like it very much at Mencap.
I like cooking and have learnt new skills.
I’ve met new friends and look forward to seeing them and having a chat.
I like going out on the bus.
I’m learning to tell the time.
I like to watch Match of the Day.

Don’t forget that Mencap Day Services will be closed for 2 weeks commencing 21st and 28th August and will be back on 6th September. If you’re stuck for something to do enquire about our Access2Leisure Scheme which will be running on some of the days during the closure.
And it's a sad farewell to our Friday Youth Club

We were sad to call time on Friday’s Youth Club after many, many years. This was not an easy decision and the closure had been put off many times. However, the time had come to close the club as a result of failing attendance numbers due mainly to the other options now available to young people in the shape of the Saturday FairPlay Teen Club (alt. weeks) and the FairPlay Teen Scheme (school holidays).

Current and ex-staff members and volunteers came together at the final session in July to say goodbye, celebrate achievements and share fond memories over the years.

The members were delighted to see them all together.

Adult Learner Awards Event

Southampton’s adult learners, tutors and volunteers were recognised for their exceptional achievements at this year’s Southampton Adult Learner Awards held in June at Southampton City Art Gallery.

Three of our members, Paul, Hannah and Darral were invited to Swaythling Community Centre in the morning to help with cooking the buffet for the attendees at the evening event along with others from different organisations. At the end of the session they were presented with a certificate to add to their portfolios. Well done guys!
We are delighted to have teamed up with the University of Southampton’s Music Department to showcase their talented students and give them the opportunity to perform to a live audience. So far, we’ve welcomed three young guest musicians who are all studying music at the University, and who all did a brilliant job in entertaining the Café Down the Lane customers.

Sarah Newell, a singer songwriter from Bristol, the first of the music students to perform at Café Down the Lane. Sarah has trained in classical singing and is developing her skills as a singer-songwriter. With a contemporary style of singing inspired by everyday life events which audiences can relate to, Sarah enjoys acoustic, upbeat pop songs and ballads which through the lyrics and arrangements tell stories.

Kitty O’Neal is a London/Southampton based singer-songwriter. Mixing her folk/acoustic influences with a love of RnB and electronic sound, her songs encapsulate her experiences of travel, love and anything that has played on her mind long enough to turn it into a song.

Charlie Hawkins our most recent performer is a singer-songwriter regularly performing as a solo artist and with her band “chaWk” at numerous Southampton music venues, including the Maple Leaf, The Hobbit, Mettricks Guildhall and the Talking Heads. Charlie was able to bring her soul and blues inspired set to the Café Down the Lane audience.

Our next student entertainer appearing on Wednesday 6th September is Archie Combe who has appeared in various guises on the Hampshire music scene, both as a solo pianist/ singer-songwriter and with his bands ‘The Archie Combe Trio’ and ‘Necktr’. He regularly performs locally at The Talking Heads, The Hobbit, Mettricks Guildhall and Turner Sims Southampton, and is excited to bring his eclectic mix of jazz favourites and originals to Café Down the Lane. To hear more of Archie’s creative covers and original music, follow him on Facebook @ArchieCombeMusic, Encore or Soundcloud at https://soundcloud.com/archiecombe-music

Remember!
Café Down the Lane will be closed for training on Wednesday 23rd and 30th August – Back on 6th September from 12pm to 3.30pm
Thank you very, very much to....

All the individuals who have raised money on our behalf. Every penny donated to Southampton Mencap helps us in the way we can support people with a learning disability and their families and carers. Ring us on 023 8058 4088 if you have any ideas for fundraising activities as we would love to hear from you!

Since the last newsletter we have had a staggering total amount of £22,501.89 generously donated to Southampton Mencap. The bulk of this has come from a legacy from our former Gateway member, Angela, and her mother, Marjorie Richards. We were delighted to meet with Sue McGregor who came in on behalf of her sister and mother, escorted by her husband Bob to proudly present the cheque for the magnificent total of £21,690.89 to two of our Café Down the Lane trainees, Victoria and Darral.

Sue and Bob were treated to a cream tea in our Café Down the Lane and were able to see first-hand how the donation would help us to develop the Café Down the Lane enterprise.

We were very saddened to hear of the death of Pauline Mackenzie, mum to Catriona. Catriona continues to attend Adult Gateway club and her family very kindly asked that donations be made in lieu of flowers. We would like to thank everyone who gave so generously in memory of Pauline as this raised £400 for Southampton Mencap.

The father of another of our members, April Simmonds, managed to raise and donate £154 through his involvement in a Karting Club. Thank you very much Karl!

Waitrose Community Matters Fund

We were very pleased to be chosen as one of 3 charities to receive £267 from the Waitrose Community Matters initiative in May. This will be helping our members to develop a café patio area for customers of Café Down the Lane. Waitrose shoppers are given a token to place in a box of the good cause they would most like to support and the more tokens a cause gets, the bigger the donation they receive. Each month every Waitrose branch donates £1,000 (£500 in Convenience shops) between 3 local good causes that customers choose. Thank you Waitrose customers!
Carers Lunch Meetings
12 pm – 2 pm on Wednesdays
September 20th
October 18th
November 15th
December 13th

Contact Details
Southampton Mencap
187a Portswood Road
Southampton, S017 2NF
(Lane behind Nat West Bank & Post Office)

Carers Lunch Topics

September 20th
Loretta, our friendly recycling officer from the City Council will be taking you through a practical, hands-on interactive session on the benefits of re-cycling.

October 18th
Zaki, Energy Adviser from the Environment Centre will help you develop your understanding of renewable energy, energy efficiency and other environmental issues

November 15th
Caroline is a Diversity & Inclusion Coordinator for Yellow Door and will be leading an informative workshop to raise your awareness to the impact of sexual and domestic abuse and associated issues

December 13th
Christmas Special!
Remember – the Carers Lunch meetings also offer you the chance to meet and talk with other family carers going through similar experiences

We hope you have found this newsletter interesting and informative. We welcome all feedback on its contents. If you have any articles or news relevant and helpful to children, young people or adults with learning disabilities and their families and carers which can be included in future editions please let us know when we will do our best to include these.

If you have not received LD News directly from Southampton Mencap and would like to be added to the mailing list, or alternatively no longer wish to receive it, please let us know. You can telephone 023 8058 4088 or e-mail admin@southamptonmencap.co.uk

Disclaimer – articles in this newsletter do not necessarily carry an endorsement from Southampton Mencap