

BRIGHTON HOVE AND DISTRICT MENCAP SOCIETY



Newsletter



Christmas 2021

www.brighton-mencap.org

Greetings,

After more than a year in lockdown I am sure we are all hoping that we will see the end of this virus; however care is still needed. We have continued to supply activity grants, and liaise with other groups to provide help for people with learning difficulties in Brighton & Hove.

We also give grants to schools, for recreational activities. One trip was to Hindleap Outdoor Adventure Centre where the students can take part in a range of exciting activities – swimming, archery, paddleboarding, the zip wire, abseiling and a high ropes course. We heard that many of the children, who were at first too nervous to take part became able to do so as a result of the skill and patience of the excellent instructors. The children were able to experience things that they never would have believed they could. The effect on their self-esteem and confidence will be long-lasting and life-long memories were made.

We continue our work, and a number other organisations, whose aims are similar to our own, are represented on our committee.



BRIGHTON PEBBLES is a parent led charity supporting families with disabled children accessing mainstream activities difficult due to severe learning disabilities, autism and/or challenges from school age up to 25.



We run a weekly after school drop-in session on Fridays at Manor Gym in Whitehawk . Parents/carers remain responsible for their children, but we employ playworkers, enabling parents to have a well earned cuppa and chat with others.

We arrange days out and meet ups, and group holidays, and also arrange specific events for siblings, mums and dads giving them some 'time out'. Our main aim is to reduce isolation and promote wellbeing.

Contact Lisa on 07506105265 or email brightonpebbles1@gmail.com

Amaze gives information, advice and support to families of children and young people in Sussex with special educational needs and disabilities. We support young people with SEND up to age 25. Check out the specific services for parent carers and young people; some are only available in specific areas.

Contact 01273 772289 <https://amazesussex.org.uk/>

Lawstop Lawstop Solicitors are a legal aid firm in Brighton specialising in community care, housing and education. We can assist in preparing Appeals to the SEND Tribunal, or advising on all aspects on care, care packages, personal budget, and respite care. We regularly assist clients where there is concern that the Local Authority has made an unlawful or irrational decision and prepare case for Judicial Review. If you would like advice or support or further information please do contact info@lawstop.uk

The Grace Eyre Foundation started in 1898, placing children from London slums into holiday homes in East Sussex. Today Grace Eyre leads the way in working with people with learning disabilities. Our Friendship Group is for any adults with a learning disability and/or autism. We are based in Brighton and Hove but everyone is welcome!

01273 201900 enquiries@grace-eyre.org <https://www.grace-eyre.org/>

Gig Buddies can put you in touch with someone for concerts and cultural events. “Being a Gig Buddies volunteer means you can share your passion for music and culture with an adult with a learning disability and hopefully spark a great new friendship that you’ll both benefit from.”

<https://www.meetup.com/Brightongigbuddies/>

Whoopsadaisy based in beautiful Preston Park, supporting children with disabilities and their families from Brighton & Hove and the surrounding area. Set up by founder, Nina Holland, who discovered the power of conductive education when her own son was diagnosed with Cerebral Palsy. She set up Whoopsadaisy to share this life-changing method with other children and their families.

Contact: 01273 554178 <http://whoopsadaisy.org/>

Discretionary Trusts These can be an effective way of passing money in a tax-effective way, and National Mencap can advise (020 7696 6932 or email mtc@mencap.org.uk). They also run courses on the subject.



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Social media research project opportunity

We are looking for adults with learning disabilities to join an exciting research project about social media (for example Facebook, Instagram and Twitter). The aim of the project is to understand what social media is like for people with learning disabilities. We hope this project will help more people understand about the importance of social media for people with learning disabilities. Taking part in the project will involve meeting with Meg Montgomery (Trainee Clinical Psychologist) for an interview. The interview will be 1 hour, and we can meet online (Zoom) or face to face in Brighton. Meg will ask you questions about what you like about social media and what is difficult about it too. To join the project, you must be 18 years old or over and have experience using social media. As a thank you for taking part, we will give you a £10 voucher to spend in a shop of your choice. If you would like to find out more, please email Meg at mm1114@canterbury.ac.uk.





President: Cllr. Carol Theobald

Vice President: Sheila Moulton

The Executive Committee

Lorna Melia (Chairperson)	01273 479620
Christine King (Hon Treas)	01273 985989
Robert Parr (Hon Sec)	01273 675200
Jacqueline Sethi	
Marian Tipler	
Francesca Ferrari	

Grant Awarding Bodies:

ADCARE HOLIDAY FUND Grants are available to pay for a holiday, or for a carer on holiday, to UK clients. They are awarded to those in greatest need. Phone Katie Mullins at National Mencap on 020 7696 5574 for application form.

BRIGHTON AND HOVE COUNCIL also provide ‘carers’ grants’ to pay for holidays or for a carer on holiday. Contact: Carers Centre, Community Base, 113-119 Queens Road, Brighton BN1 3XG. Tel. 234045.

And

OURSELVES

Brighton & Hove Mencap We are all volunteers, and could still do with some more (anyone with web skills specially welcome!). Duties are not onerous. Please contact Robert bobparr5@hotmail.com if interested.

