



# Kingston Independent



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Kingston Centre For Independent Living

# UPDATE FROM THE CEO

Welcome to the winter edition of The Independent. This month's newsletter highlights **KCIL**'s work over the past few months including sharing the stories of people who use our services and the new fundraising opportunities we have been participating in.



## Independent Support

Unfortunately, the Independent Supporter Project that **KCIL** was providing in partnership with Richmond Users Independent Living Scheme (RUILS) and Richmond Advice and Information on Disability (RAID) finished at the end of January. We would like to thank Jane Ferrier-May for all the hard work and dedication that she has given to this project over the past year and a half. **KCIL** recognises the extremely valuable work that she did to encourage young people to think of their needs and what they want in their lives. We also recognise the importance of the work she did with parents, many of whom were extremely stressed, and the significant progress that was made towards empowering families during their involvement with the project. We hope to continue to influence the government regarding this change in policy towards children's services.

## Staff changes

We would like to welcome a new member to our Self-Directed Support (SDS) Team, **Mel Warren**. Mel is our new Outreach Worker and will be visiting people who are new to the scheme as well as taking part in our quarterly SDS user groups. We would also like to welcome back **Maria Keskes** who has been on maternity leave after having twins last year. Another change to the team has been the promotion of **John Morris** to Team Leader in October. He will be leading the team through any upcoming challenges as we work to develop the service for Kingston's Adult Social Care, Kingston's Clinical Commissioning Group (CCG), and Achieving for Children (AfC).

## Grants to Commissioning

The last few months have been worrying for **KCIL**, with the change from grants to commissioning in Kingston. **KCIL** has been unsure about the funding for our core work and the Self Directed Support Service. We have been keeping abreast of the Council's plans for commissioning through attending meetings regarding the future of the SDS Service and our core funding. I am now pleased to announce that **KCIL** has received continuation funding for the services we provide for Adult Social Care and the CCG, for the next financial year (2016/17). Unfortunately, the Council has decided to end the funding for the holiday grants that we administer for them. This is part of a wider reduction of funding cuts within the Council. Please read the article on holiday grants on page 7 for more information.

### **Raising KCIL's profile**

Over the past few months, **KCIL** has been working hard to raise our profile and diversify the income we receive. Please read our article about this much needed work on pages 9 and 10. We hope you can attend the Brandenburg Concert on the 1st March in Covent Garden and support us in our new endeavours to raise money for **KCIL's** vital work.

I hope you enjoy reading the newsletter.

**Lisa Ehlers**

### **YOU RAISE ME UP...**

Join **KCIL** at **St. Paul's Church** in **Covent Garden** for a concert of contemporary favourites as part of the **Brandenburg Choral Festival of London** on **Tuesday 1st March** at **6pm** and help raise money for us at the same time.

Tickets priced at £18 are available from [jan.eastaff@kcil.org.uk](mailto:jan.eastaff@kcil.org.uk) or by phoning **020 8546 9603**.

## **R.I.P. RITA JOHNSTON**

It is with deep regret that we have to announce the sudden death of one of our trustees, Rita Johnston. Rita, who joined our Board of Trustees in 2012 and was also a service user for many years, passed away on 24th November 2015.

Rita will be sorely missed by all her friends and colleagues at **KCIL**.



# ANNUAL GENERAL MEETING

On the 16th October 2015 **KCIL** staff, trustees and members met at the Holiday Inn in Kingston for the Annual General Meeting.

We heard from some informative and entertaining speakers including James Berry M.P., Rachel from the Clinical Commissioning Group, Annabel from Achieving for Children, Maureen from the Visual Impairment Parliament and Mario and Katy from the Learning Disability Parliament.

The day ended with a tasty lunch and time to socialise.



# CHRISTMAS LUNCH



**KCIL** staff and service users enjoyed Christmas Lunch at King George Field Indoor Bowls Centre in Chessington on 14th December. The lunch included two courses, lots of mince pies, laughter and never-ending conversations! A big thank you to Asda Kingston who subsidised this event.

# USER'S JOURNEYS

## Lynn's Journey

Kingston resident, Lynn, has mobility issues and has been a **KCIL** service user since 2013 when we helped her move to a personal budget. Despite having a review earlier in 2015, her health worsened at the end of the year and she realised that she needed additional support as she was struggling to stand to carry out domestic chores. Her first port of call was to phone **KCIL** to see what could be done to help. On her behalf, our Outreach Worker contacted the short term team at the council to request urgent intervention due to an increase of care requirements. Within days we had secured their agreement to fund an additional four hours of care a week. By helping Lynn with the paperwork that was required, we were able to ensure she received the additional support she needed to enable her to continue to live independently.

Lynn commented, "Having **KCIL** to turn to when my health worsened made such a difference. They helped me navigate the system, dealt with the council on my behalf and made the paperwork easy for me. Their speedy response meant that I got the extra help I needed quickly and with minimum fuss. I am very grateful to them for all their help."



Lynn with her sister

## Hassina's Journey

Worcester Park mother of four young children, Hassina, has limited mobility due to severe back problems and relies on crutches to get around. Although a personal budget was agreed in April 2015, Hassina had not been using it and the only help she was receiving came from family support charity, Home-Start. When it became obvious that more help was needed, Home-Start contacted **KCIL** to see what could be done

**KCIL** quickly established that Hassina hadn't had a review for a long time and contacted the review team at the council on her behalf. Following her

review, she was allocated more time and **KCIL** is now working with her to recruit PAs to help with day-to-day tasks and school runs. Hassina has been very pleased with the service she has received from **KCIL** saying, "They have kept me informed at every stage of the process and helped to set in motion the support I need to manage day-to-day life."

## INTERESTED IN BECOMING A TRUSTEE?

We are looking for volunteers to serve as trustees of KCIL. If you are a team player with an understanding of disability and the effects of living with it and are looking to make a positive contribution to your community, this may be the role for you. We are particularly interested in hearing from people with knowledge of one or more of the following areas:

- Personal experience of disability;
- Finance;
- Campaigning;
- Fundraising;
- PR/Marketing.



For more information about this role, please call **Robert Reilly** on [info@kcil.org.uk](mailto:info@kcil.org.uk) or phone **020 8546 9603**.

## INTRODUCTION TO MEL WARREN



**Hello**, a bit about me...in the last few years my work has included providing one to one and group support to young adults with learning and physical disabilities. The main purpose of my role was to enable the young people to be able to independently access the wider community on a practical and social level. This included lots of fun stuff, such as going bowling, to music groups and archery. I thoroughly enjoyed this role and found it very rewarding. In more recent months, my job role was to support people with mental health issues, enabling them to gain the confidence and skills to be able to go back to work and engage in social activities.

I am very excited to have joined the team at **KCIL** and have spent my first few months meeting service users. I hope to meet more of you over the coming months.

**Mel**

# HOLIDAY GRANTS UPDATE FROM THE ROYAL BOROUGH OF KINGSTON ADULT SOCIAL CARE

by Carol Parker, Service Manager, RBK

**Kingston Centre for Independent Living** has run a Holiday Grants Scheme on behalf of Kingston Council's Adult Social Care Department for over 16 years.

The Council has reviewed the scheme in light of our duties under the new Care Act and has regrettably decided that from the 1 April 2016 we will no longer be able to fund the Holiday Grants Scheme. Under the Care Act we are focusing the support we provide to people in the community through firstly assisting them to maximise the support they receive from the community and voluntary sector and then identifying what additional assistance they require from Adult Social Care. This decision has been made very reluctantly as the Council knows many people have benefited from the Holiday Grants Scheme over the years.

Individuals may still be able to receive some funding from the Council towards a short break or respite if they have care and support needs, or care for a family member or friend. The Council would need to speak to you about this and undertake an assessment of needs with yourself. If you feel you may qualify for some help towards a short break or respite please contact us on **020 8547 5005** or email: **adults@kingston.gov.uk**.

Finally, you may find it helpful to know that there are some organisations that will accept applications for funds towards short breaks or holidays. The full list can be viewed at <http://www.kcil.org.uk/page/short-breaks-or-holidays-information> For more information, please contact Adult Social Care.

## HAVING A VOICE

In the Royal Borough of Kingston we are fortunate to have a number of Parliaments representing the views and interests of disabled people. You can contact them about any concerns you may have and would like them to look into on your behalf.

### Visual Impairment Parliament

The Kingston Visual Impairment Parliament was formed in September 2014, with the aim of helping visually impaired people in the borough to improve to health, social care and employment opportunities. The Parliament is currently formed of five local visually impaired people, who serve as Members of the Parliament. Each MP leads on a specific area of interest.

The Parliament works closely with service commissioners and providers, including local organisations such as Kingston Centre for Independent Living (KCIL), Kingston Association for the Blind (KAB), and the Macular Society. The MPs meet monthly, and quarterly public meetings are held to allow residents to put forward issues for the Parliament to tackle.

But it's not all serious business! This year the Parliament are planning many exciting events, including a guided historic walking tour of Kingston, quizzes, audiobook swaps, amongst other fun leisure activities.

**If you would like to find out more about the work of the Parliament, contact the MPs, or attend a meeting or event, please contact:**

**Kezia Coleman** via  
email on [et@pocklington-trust.org.uk](mailto:et@pocklington-trust.org.uk)  
or call **020 3757 8040**.



Maureen Wing – Education  
Elise Crayton – Employment  
Gloria Tripi – Health  
Charles Tavener – Sports and Leisure  
Austin Graham – Transport



Learning Disability Parliament

## Mental Health Parliament

Welcome to the Kingston Mental Health Parliament, a service provided by Mind in Kingston. It is a service user led collective advocacy for people who are using or have used in the past the mental health or social care services within the borough of Kingston. This service is also open to all carers, families and friends of service users past or present.

### Aims of Kingston Mental Health Parliament:

- To listen to service users, carers, families and friends about issues affecting their lives. For example, issues with the CMHT, GPs or any other service provider.
- To take action or represent on collective issues/problems/concerns raised.
- To hold decision makers/providers to account for the quality of the services they provide.
- We can also signpost to other organisations who can provide further assistance.

Please do come and meet us and find out about this service &/or pick up some information.

Mind in Kingston

Jay/Simon **0208 255 3939** or email [jay@mindinkingston.org.uk](mailto:jay@mindinkingston.org.uk)

Our service is free and confidential. Our MP's are fully trained in Collective Advocacy and hold a current DBS. We will be holding monthly drop in mornings for advice, support and information (with free tea/coffee/biscuits) at the United Reform Church, Eden Street, Kingston, KT1 1HZ on the **first Wednesday** of every month from **10am – 12 noon**.



## Learning Disability Parliament

My name is Mario Christodoulou, I am a peer advocate for the Kingston Learning Disability Parliament.

At the Parliament we work to support people with disabilities. We offer support with health, transport and employment. We also work in conjunction with the police in regards to Hate & Mate Crime. This has been set up for people with disabilities who have been involved in incidents.

We ensure all our information is in easy read format.

My projects are transport and health, I attend meetings with Transport For London and Transport Liaison meetings in the Guildhall, and I feedback information that people with learning disabilities have with public transport and also hear what improvements will take place.

If you would like to get in touch with us we are based at **Sessions House, 17 Ewell Road, Surbiton KT6 6AF.**

Our telephone number is: **020 8547 6540.**

## IN THE COMMUNITY

### Running for KCIL

**Roy Staniland, Director of Surbiton Racket & Fitness Club**, has not only taken on the challenge of running the **London Marathon 2016 for KCIL** on 24th April, but also of raising both funds to help local disabled people and our profile within the borough too.

You will be able to follow Roy's training at [www.kcil.org.uk](http://www.kcil.org.uk) and [www.facebook.com/KingstonCentreforIndependentLiving](https://www.facebook.com/KingstonCentreforIndependentLiving).



### A Rotary Club success story

At Christmas the Rotree in Kingston town centre is the focus of Kingston Rotary Club's fund-raising activities and acts as a collection pitch as a part of a wider Annual Appeal for Local Charities. The 'Rotree' itself, designed by students from Kingston College, is a landmark contemporary take on the traditional Christmas tree and was this year 11.5 metres tall. **KCIL** was lucky enough to join in on **18th December** when service users, staff and volunteers were out in force collecting and chatting to local residents about the services we offer.

Our grateful thanks to Kingston Rotary Club for this opportunity and to everyone who donated to us; the money we raised on the day means that we will be able to organise more social events for our service users.



## Chosen by you, given by us



A big thank you to Asda in Kingston and to all their customers who voted for us as part of their 'Chosen by You, Given by Us' campaign. As the winning charity we received £200 which helped ensure that our service user Christmas party was a great success.



## Save and raise £££ for KCIL



Support **KCIL** whilst shopping online with Savoo's great online discount codes and deals from Debenhams, M&S, Argos and more! Savoo Search, Save and Raise is a search engine and voucher code site that donates money to KCIL every time you use it. Simply sign up, select **KCIL** as your preferred cause and start shopping. You can also use their search engine which donates 1p for every search you make. Sign up to [www.savoo.co.uk/#KCIL](http://www.savoo.co.uk/#KCIL) today and start to Search, Save and Raise!

## Helping us to help you

As part of our new fundraising strategy, we are keen to engage more with our local communities - businesses, faith groups, golf clubs, rotary clubs, to name but a few. Not only will this help us to raise much-needed funds but it will also help us to raise our profile within the borough.

- Do you or a family member or friend, work for a local company that has a 'Charity of the Year' scheme?
- Are you a member of a Building Society or Bank that operates a Community Fund? If so, please nominate **KCIL** e.g. as a member of the Santander Bank you could apply on **KCIL**'s behalf to a Community Fund that helps local disadvantaged people and we could receive a grant of up to £5,000 towards a specific project.
- Does your church or faith group help local charities?
- Does your community group raise funds for good causes?
- Are you interested in organising a fundraising event in your area?

If the answer is 'yes' to any of the above, please contact **Jan** on **020 8546 9603** or email [jan.eastaff@kcil.org.uk](mailto:jan.eastaff@kcil.org.uk).

# Who we are?

**KCIL** is a user-led organisation that empowers disabled people who live in the Royal Borough of Kingston to live as independently as possible. We do this by providing the following services:

## ***Self-Directed Support Services***

Self-Directed Support Services Self-Directed Support is about having real choice and being in control of your care and support. We offer fully comprehensive service for people who are assessed as requiring support by the local authority. We will assist you to recruit your personal assistants (PAs) and manage your budget and we can provide training for you and your PAs. The SDS (Self-Directed Support) Service is also available to people who fund their own care and support. For further information call **John Morris** on **0208 481 1448**, **Mel Warren** on **020 8481 1446** or **Maria Keskes** on **0208 481 1440**.

## ***Training and Support***

We provide training for SDS service users and their PAs. We also hold SDS Service User Group meetings and offer a peer support network for people who use the Service.

## ***Support Brokers***

**KCIL** provides an independent brokerage service which can help you to broker your personal budget or direct payment or young person's Education, Health and Care Plans. Our broker can support you to access free services within the borough whether you need advice on benefits or advocacy.

For further information call **Joanna Aleksy** on **0208 481 1442** or **Sophie Marshall** on **0208 481 1448**

## ***Information Service:***

**KCIL** provides information and guidance on disability and issues related to independent living. If we are unable to help you with your query we will refer you to specialist advice services.

For further information call **Robert Reilly** on **0208 546 9603**

If you require this in another format (such as large print, or on tape)  
please let us know.

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