

Torbay Mencap's quarterly newsletter



Your latest news

- Update from our Chairman
- Torbay Mencap delivers 24 tablets
- Learning Disability Week- 2021
- The road out of lockdown

Striving to make a difference in our community

Charity no. 1103726

Letter from the Chair



- By now we have probably all had our first vaccine.
- We are getting there.



- If you go to hospital look out for this badge.
- A nurse wearing this badge is there to help you.



- Many of our members have received a new tablet from The Royal Mencap Society.



- I hope you remembered to vote in the May local elections.



- Let us know how you are feeling about getting back to normal.
- Carol says, 'Keep well and stay safe.'

Your chairman,
Carol King

Let's Get Digital



During lockdown, the need to be digitally connected has become more important than ever before.

To help more of our members achieve connectivity, RMS with its digital partner The Good Things Foundation has provided both digital Tablets, and funding to, deliver the training and to improve our online presence.

Torbay Mencap have already delivered 24 tablets to those who are not already on the internet and we are planning to deliver a programme that will:

1. Help our members improve their IT skills.
2. Allow is to be able to meet up and develop a meeting place where we can chat, share information, play games, and be entertained.

Check out our website and our dedicated page for LGD.

<https://www.torbaymencap.co.uk/lgd/>

We are keen to ensure that all our members become better connected and super surfers.

Check out this website - <http://www.specialbites.com/> - this site allows you to play games online but develop your mouse skills and practice using a touchscreen.



Learning Disability Week – 21st – 27th June

- This year the focus for disability week 2021 is friendship and relationships.
- Social isolation is common in adults, children and young people with a learning disability.
- The effects of the last year have made this isolation even worse.

What does it mean to be a good friend and have relationships with other people?

Friendships and relationships are about trusting people, being honest and having support. They are about sharing and feeling that you always have someone there.



During this week how can we all make a difference and help make a positive change during this week?

Here is a list of suggestions of things that you could do and get involved in during LDW 2021.

- 1. Call a friend that you have not seen for a while and agree to meet up, go for a walk or even just a chat.**
- 2. Look at the clubs and events on offer in Torbay – check out our web links and try something new.**
- 3. Do something amazing this week for someone else – make a cake for someone or do a random act of kindness for a stranger!**

Moving towards the summer: the road out of lockdown

- The last year of Covid-19 restrictions and lockdown have been particularly hard for us all.
 - However, with the rapid vaccination programme we can finally start to return to normal and move out of lockdown.
 - The following website has some excellent information for carers and family members on what the law says, what you can and can't do and how to stay safe.
 - It is: www.kdc.org.uk/news-events/roadmap-out-of-lockdown/
- It is important that everyone with a disability and those people who care are vaccinated and make sure they receive their second jab.
 - Even when all restrictions are lifted towards the summer we must remember 'hands, face, space' and stay safe.



- It is expected that this summer many people will be holidaying in the South West and Torbay is likely to be very busy – especially if we have good weather.
- Covid-19 will not have totally disappeared by the summer.
- Always remember to wear a mask and if this is not possible then socially distance whenever possible.
- Always keep your distance and respect people's space.

Changing Places in Torbay

- Changing Places toilets are accessible toilets for severely disabled people with hoists and adult-sized changing benches.
- We have one in Paignton that Mencap Torbay helped fund and promote but we urgently need one in Torquay and Brixham.



- Torbay Council will make their decision soon as to whether an accessible toilet will be built in Torquay and Brixham. You can do your bit to help.
- Please email your support to Mr Stephen Marks at Torbay Mencap or email the council at planning@torbay.gov.uk
- The more we make our voice heard the more the council will do to help those with a disability in the Bay.



Does this look familiar?



- Torbay Mencap are currently working on your behalf to help parents and carers get a disabled parking bay made more affordable.
- We have managed to negotiate the fee for this from £550 to £100.



- If you have problems in being able to park outside your home and the addition of a designated parking space would help, then please get in touch with Torbay Mencap.
- We can get in touch with Lynne Sykes @ Torbay Council on your behalf and help reduce the costs.
- Email us on chair@torbaymencap.co.uk if you need help with this.



FOR A LIMITED PERIOD

FREE MEMBERSHIP

**Join a group of like-minded individuals and
(subject to Covid regulations) enjoy:-**

- ✓ **Invitation to fun events such as picnics, keep fit,
singalongs, discos and fundraisers**
- ✓ **Access to our Covid Helpline**
- ✓ **A call away from help and support**
- ✓ **Share experiences and learn from others**
- ✓ **Quarterly Newsletter to keep you up to date
and to let you know what we have been doing
on your behalf**
- ✓ **Christmas Party and Day Trip at discounted
rates**

**You'll be joining in the initiatives designed to
improve the livelihood of those with learning
difficulties and their carers and ensure our
member's voices are listened to**

Email chair@torbaymencap.co.uk

Join Today at www.torbaymencap

**Torbay Mencap is a registered charity (Charity no. 1103726) active for nearly
70 years. All funds raised benefit our local community**