

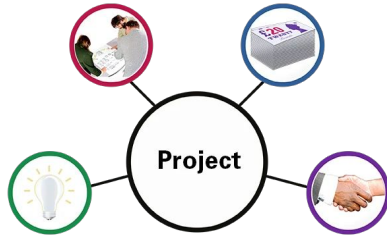
# Involvement Newsletter

## March 2021



**Getting good lives for people  
with learning disabilities**

# Why is Involve doing a newsletter?



We are doing a newsletter because we want to let you know about Involve Kingston. We also want to let you know about things that are going on.



This is so you can get involved in our work or have a say about the different bits of work we do.

This is our first newsletter, so there will be more information about Involve Kingston this time.

# Who works for Involve Kingston?

## 5 Peer Advocates



Katy Bessent



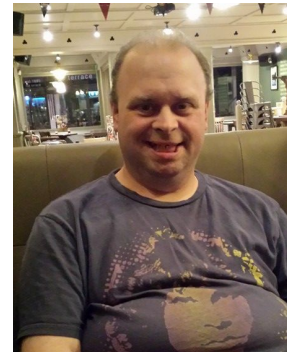
Katie Lines



Mario Christodoulou

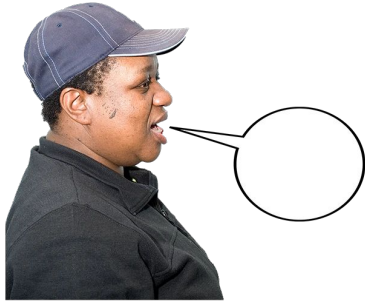


Nick Sims



Warren Day

# About Involve Kingston



- Involve Kingston is a group of people who have learning disabilities who work for Kingston Council.
- We speak up for people who have a learning disability and have meetings with friends once a month to find out how they are feeling and to talk about different things like online safety. These are called friends' chats. To join a friends' chat email: [katy.bessent@kingston.gov.uk](mailto:katy.bessent@kingston.gov.uk)
- People living in Kingston with a learning disability, aspergers and autism can contact Involve if they have had a problem or are not treated fairly, Involve can take their problem to one of the meetings they go to e.g. Transport, Hospital or Job centre.

# About Involve Kingston



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**KINGSTON**  
ALL AGES LEARNING  
DISABILITY PARTNERSHIP BOARD

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We also work with Healthwatch Kingston. You can click on [this link](#) to find out about Healthwatch Kingston.

Involve is on the All Age Learning Disability partnership board. This is a group supported by Healthwatch which works together with skilled people and people with a learning disabilities, their families and carers to make sure that the services for people with learning disabilities are well run. We meet every 3 months. We would love to have more people with learning disabilities join us.

If you would like to be involved in the All Age Learning Partnership board with Healthwatch you can email: [info@HealthwatchKingston.org.uk](mailto:info@HealthwatchKingston.org.uk)



## Healthwatch Kingston

Involve has done training with Healthwatch Kingston to do "Enter and View" visits, to places where people use health and social care services like hospitals and GPs. These visits are to look at how good a service is, from the point of view of people who use that service. To find out more contact Kezia Coleman on [kezia@healthwatchkingston.org.uk](mailto:kezia@healthwatchkingston.org.uk)

Involve really enjoy working with Healthwatch Kingston and hope we can carry on working with them in the future.

# Healthwatch Kingston - Have your say



## About your care

Healthwatch Kingston wants to find out from people with learning disabilities who live in care homes or supported living, and their family and friends about how they feel about the care they got during the coronavirus period. The survey link is [here](#) - There is an easy read version on the website.

If you would like help to fill in the survey contact [kezia@healthwatchkingston.org.uk](mailto:kezia@healthwatchkingston.org.uk)  
Or call 0203 326 1255 and leave a voicemail

# Healthwatch Kingston - Have your say



Let us know what you think about the COVID-19 vaccine

Healthwatch Kingston (with Kingston Council, the NHS and Kingston Voluntary Action) wants to know:

- What you think about the COVID-19 vaccine

Fill in the survey [here](#). They will not share your details with others.

If you would like help to fill in the survey contact [kezia@healthwatchkingston.org.uk](mailto:kezia@healthwatchkingston.org.uk)  
Or call 0203 326 1255 and leave a voicemail





# Kingston Hospital - Learning Disability Liaison Practitioner

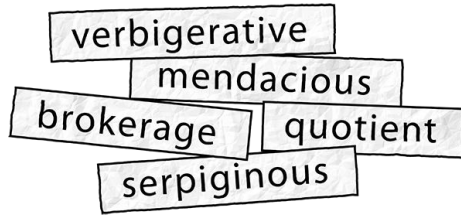


Gracie Holt is now working at Kingston hospital and can help to:

- Make sure patients with a learning disability are cared for better in hospital
- Attend outpatient meetings (when not staying overnight in hospital) and A&E to help make sure that staff give you the right support
- Help with leaving hospital and other support

Contact Details: Ext: 6895, [gracie.holt1@nhs.net](mailto:gracie.holt1@nhs.net),  
0208 934 6895 Monday-Friday, 9-5pm.

# About Easy Read



Easy read is using simple words and pictures so it is easier for people to understand.

Involve makes a document, leaflet or poster that is hard to read with lots of hard words, into a document with simple words (no jargon) and pictures (easy read).



You can email Involve with a document. We can change it to make it easier to read and then send it back to you.

If you would like any changes after it is made in easy read, we can do this as well.

# Easy Read



Please fill in this easy read form

Your name 

Address 

Phone 



If you would like Involve to make changes to your documents to make them easier to read, you can get in contact with Nick Sims at:

[nicholas.sims@kingston.gov.uk](mailto:nicholas.sims@kingston.gov.uk)

Nick Sims is the lead for easy read and he will let Involve know when he has an easy read document for us to look at.

# Employment

Involve works with Kingston Jobcentre plus.



Involve went to have a look at how accessible the building is at the Jobcentre. We also talked about our easy read documents and how we could help them with their easy read documents.

Last year we did a role play and a talk to the staff, about how to help people with learning disabilities coming to Jobcentre plus. We will have another meeting with them next month.

# Employment



If you have had any problems or have good stories to share about going to the Jobcentre or finding work with them, you can contact Katy at:

[katy.bessent@kingston.gov.uk](mailto:katy.bessent@kingston.gov.uk)

Katy is the lead for employment and she will let the Jobcentre know about any problems so they can make it better.

# Connected Kingston

Involve has been working on Connected Kingston with Philippa Leary, Lead trainer at KVA and Michelle at Kingston Mencap.

Connected Kingston is a website with lots of useful information for people with learning disabilities like clubs, activities and information services. You can click [here](#) to find out more. There is a calendar of activities [here](#).

Involve is working to make it more easy to understand and make the words easier to read.

Involve has put together a presentation about Connected Kingston to do at different groups so we can help people to start using it.



# Meetings we have been to



Let's Talk - this meeting is set up by Kingston Mencap for family members or people with learning disabilities to come to and have their say.



There are different subjects each week. We meet every Tuesday for 1 hour, if you would like to find out more or come along you can email:

[michelle@kingstonmencap.org.uk](mailto:michelle@kingstonmencap.org.uk)

# Transport Meeting

Involve goes to a Transport meeting with Transport for London (TfL) online at the moment.



At the meeting, people with learning disabilities from West London and East London boroughs talk about what they think of public transport.

Involve goes to the meeting to find out what is new and what is happening and to give their views about the things such as the ramp not working or the bus driver driving off before the person sits down.



Mario feeds back to the team, what is important.



# Transport



If you would like to tell us anything about transport like if you are not happy with the service that TFL runs or if you are happy with the service.

Mario is the lead for transport.

You can contact Mario on:

[mario.christodoulou@kingston.gov.uk](mailto:mario.christodoulou@kingston.gov.uk)

Mario can take the issue to the transport meeting.



# Films



Involve makes films about subjects such as the Census, vaccine and other videos to let people with learning disabilities know about a certain subject.

We will think of a script that we write first and then two or more of the Involve team film the script and then it gets put together by our Communications team and sent out in an email.

Nick is the lead for the films if you would like to Involve to make a film you can contact:

[nicholas.sims@kingston.gov.uk](mailto:nicholas.sims@kingston.gov.uk)

And he will let the Involve team know.

## Katie Lines' Story



Katie Lines is a peer advocate for Involve Kingston. As well as working as a peer advocate Katie also works at Oxfam charity shop in Esher.

Katie enjoys working at the charity shop, she is getting more confident day by day. One day she was working on the till and a man came in without wearing a face mask over his face.

Katie is not very confident usually. But this time she was confident, she went to the man and asked him why he didn't have a mask on.

## Katie Lines Story



Katie said to the man you need to wear a face mask in the shop unless exempt, if not can you leave please. The man left.

Katie was proud about this and happy that she had done something good.

This is very important to wear a face mask in the shops, if you are not exempt (it means you don't have to wear a face mask, but you have to prove it with an exemption card around your neck).

Katie helps with the easy read documents and friends' chats. She is the lead for activities on Connected Kingston.



HANDS



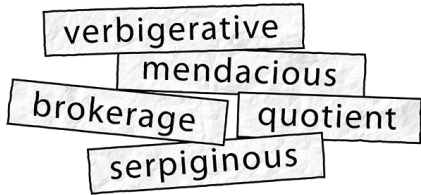
FACE



SPACE

# Easy read documents

These are some links to easy read documents:



- [COVID-19 vaccination: easy-read resources](#)
- [Learning Disability England - information on Covid 19 vaccine](#)
- [Learning Disability England - information hub](#)
- [From Keep Safe UK](#)
- There is information on the vaccine for people with a learning disability on [Kingston Council's website here](#) too.

## Vaccine video to watch



This is the vaccine video that Involve made a few weeks ago to show people what it is like to have the vaccine done and to explain why it is important to have the vaccine. If you click on the blue link, it will take you to the vaccine video:

- <https://www.youtube.com/watch?v=ERZtAANCjjA&feature=youtu.be>

This is the vaccine video from NHS England:

- [Information about vaccines: For people with a learning disability and autistic people](#)

# Involve Contact Details

We are based at Sessions House in Surbiton, but at the moment we are working from home.

Sessions House address:

17 Ewell Road, Surbiton KT6 6AF

Reception email:

Email addresses for peer advocates:

[mario.christodoulou@kingston.gov.uk](mailto:mario.christodoulou@kingston.gov.uk)

[katy.bessent@kingston.gov.uk](mailto:katy.bessent@kingston.gov.uk)

[nicholas.sims@kingston.gov.uk](mailto:nicholas.sims@kingston.gov.uk)

[katie.lines@kingston.gov.uk](mailto:katie.lines@kingston.gov.uk)

[reception@sessionshouse.gov.uk](mailto:reception@sessionshouse.gov.uk)

