

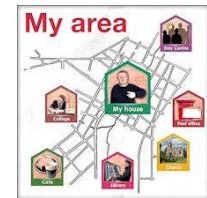
# Dover and Deal District Partnership Group Newsletter



## December 2011 edition Whats inside ?



1. Front cover and index
2. What is the Dover District Partnership Group?
3. Carers coffee mornings
4. Wednesday Word
5. Operation Sunshine
6. Vista Leisure centres
7. Fowlmead cycle centre
8. After Hour Disco
9. Deal/Dover social evenings
10. Independent holidays and free time
11. Complex Needs meeting
12. Cleary Club Landmark Centre
13. 3D Disco
14. The Skillnet group flyer and 'Way Out' band flyer
15. Leaps and Bound
16. 'Dash' Dover sports club
17. Grahams spending time at 'Dover Dash'
18. Carers Support
19. Changing Places Update
20. Useful contact numbers
21. Useful websites and e mail addresses



We are about supporting people to make changes in their Kent community.

We support and fund local projects, including people with disabilities within the community.



Help people to understand their rights.



Bring professional and non-professional people together, to work as equals.



Raise awareness of the work that we all do.

For more information please see details below:

[www.doverdpg.co.uk](http://www.doverdpg.co.uk)

Call Sue on: 0741 208 5975 or Michelle 075 77681 783



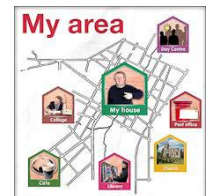
E-mail address [michelle.hosken@eastkentmencap.co.uk](mailto:michelle.hosken@eastkentmencap.co.uk).

Future District Partnership dates;

16th December ST Mary's Dover.



# Carers coffees



Are you a carer of a person with a learning, physical difficulty; would you like to get together with other carers to have a chat over a nice cuppa?



We meet up once a month at **the Marina Hotel in Dover (formerly Churchills)** from **10:00 till 12:00**. Come and join our free and friendly gathering.

Who are we?

We are from your local Dover District Partnership Group (Learning Disabilities). This group meets 4 times a year to discuss local issues.



We can feed in any ideas you may have from our coffee mornings, to help improve your local community.



Share ideas, thoughts and difficulties you may have had or are having, together we may be able to help each other



For details of the next coffee mornings please call Michelle or sue

Contact numbers: **Michelle 0757 7681 783**

**Sue 07709 287 417**



# Wednesday word

Come and join us at the 'Wednesday Word'

at Deal Ability, 43 Victoria Road,  
Deal, Kent, CT14 7AY



Talk about the things that are important to you and make  
new friends.



Share a cup of coffee and a biscuit



Supported by the

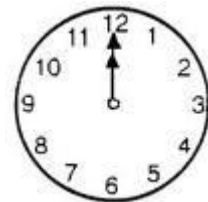


So come along every Wednesday to join us from:



10:30

till



12:00

# What is operation Sunshine?



Operation Sunshine is a Folkestone based charity, supported by Churches in Folkestone, Dover, Ashford, Hythe, Saltwood, Lyminge, Hawkhurst, Devon, France and Andorra. Helped by individuals and groups, it sends much needed , food, medical equipment, tools, sewing machines, blankets, soap, toiletries, and other necessities to Africa, and elsewhere for those in need.

## **What does Operation Sunshine do?**

Goods received are sorted and packed at our base in Capel-le-Ferne, where they are stored, waiting loading and shipment. Many help with fund-raising, repairing and packing of the containers, but we are always looking for more volunteers. Prayer makes a vital contribution to the work.

They need donated: Bedding, flat shoes,

Clothes, Stationary, Pots pans, dried food like pasta, rice, salt, baby milk

(No tins please) Gardening tools.

From Operation Sunshine, where items are collected and sorted; they are then put into containers to be shipped off to where ever they are needed in the world.



# Deal and Dover Vista Leisure

Here are some reports from Steve and David and Martin attends on a Friday, to say how they feel about working for and attending Vista Leisure.

I work at tides on Mondays from 10am. When I get to Tides I go to the crèche till 11am and supervise the children. Then I go the gym when do some seated exercises till 12pm. I have my lunch at 1pm. I sometimes do some filing if needed. In the afternoon I go to 'The active for Life classes' at 2pm, at 3:00 I go home.

Deal



Tides

Here are prices for some of the low impact classes:

Adult swim = £3.50

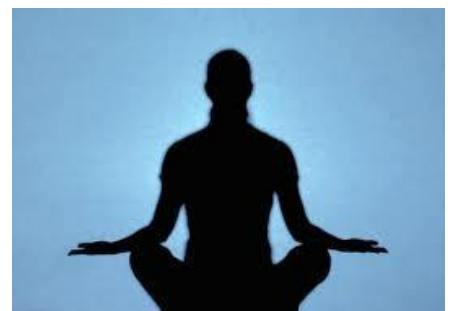
Active for life low impact= £3.40

Aquacise = £6.10

Yoga = £5.60



Dover leisure centre



# Fowlmead cycle centre

Fowlmead Country Park, Sandwich Road,  
Sholden, Nr Deal, Kent CT14 0BF

Fowlmead is open from 8:00 am to 17.30 pm  
everyday



Colliers Gate Fowlmead's back gate for  
pedestrians and cyclists, opens at 8.15am and closes  
at 17.15pm;

Fowlmead Visitor Centre opens at 8.30am and closes at  
17:00pm)



Cafe is open every day from 9.30am to 16.00pm except  
Wednesday's.

Bike hire is open every day from 9.30a.m to 16:30pm

Adults' bikes \*£3.50 for the 1st hour

\*then £2.50 per hour thereafter

Hire of a cycle will automatically include a helmet.



I have recently been to have a look at what you can do at 'Fowlmead'  
and found some lovely walks through some beautiful countryside.

There is plenty of car parking and the cost is £2 per car for the  
whole day.

# After hours disco



## Dates for 2011



Where is it held?

At Walmer Centre, Liverpool Road, Walmer  
From 6.30—8.30



When is the next one?

On Wednesday 14<sup>th</sup> December

How much does it cost?

Entrance £2 per client 50p per Carer

Free raffle tickets with every ticket sold










Partnership Board  
Organisation

## Dover and Deal District Partnership Social evenings



<ul style="list-style-type: none"><li>• Where is it?</li><li>• The Clarendon Hotel (On Beach street along the sea front)</li></ul>	
<ul style="list-style-type: none"><li>• What date is it?</li><li>• The next one is on Wednesday 21<sup>st</sup> of December 2011</li><li>• After this it will be on the 3<sup>rd</sup> Wednesday of every month.</li></ul>	
<ul style="list-style-type: none"><li>• What time do people meet?</li><li>• From 6:30 but it's up to you when you choose to leave.</li></ul>	
<ul style="list-style-type: none"><li>• What is it?</li><li>• A chance to have a social evening in a local pub.</li></ul>	
<ul style="list-style-type: none"><li>• Meet some new people and see old friends</li><li>• Spend some time together in your local community</li></ul>	
<ul style="list-style-type: none"><li>• Contact Sue Bates on:</li> <li>• Michelle Hosken on :</li></ul>	<p>0709 287 417</p> <p>07757 7681 783</p>

# Independent holidays and free time

The Newsletter group thought it would be a good idea to share the holidays and events they have been to, hopefully to encourage other people to become more in control of their lives.

## Jackies holiday in the New Forest

My aunty picked us up on Tuesday and we drove to the New Forest. We stayed in a little house in the middle of the forest. We went on a boat trip which was pretty and afterwards we went to the shops. We went on a bus tour to see the ponies in the forest. We saw 'Chitty Chitty Bang Bang' at the car museum. I chose what I did every day and had a great time. I would go again as I really enjoyed it, it was nice to have a break.



## Martins holiday in Camber Sands

I travelled by coach with my friends we watched dvds on the way down. We went to the Queen Vic pub and I sung Elvis Presely's 'The wonder of you'. We ate out in the restaurants in the arcades every night and then went out for drinks. One night we all decided to have pizzas out. I loved the discos because we met lots of new people including the Blue coats, who ran the entertainment side. In the daytime we went into the arcades to play bowls and other games. I liked it all and would love to go again. One of the days all the boys went into Hastings to a cafe for a coffee and I tried out my new wheelchair which was great.



### Leannes holiday in Camber Sands

I slept in the chalet which was great, I walked everywhere instead of using my wheelchair, with my friend Jackie supporting. I did not have one seizure. We had a cooked breakfast every morning and it was great. I loved socialising with my friends too. One day Jackie bought me a lovely cappuccino. It was nice to be with everyone on holiday



### Graham enjoying a social night out in Deal facilitated by the Dover DPG

We went to the Clarendon Hotel this time and I went up to the bar to buy my own drink. I met Sam for the first time and we talked about football, it's nice to make new friends. I also met Hannah and Sonia. There were about 15 people. I like to have a drink with new people and make friends. I am coming to the next one in November.



### Steven on his visit to Brands Hatch

I went to Brands Hatch with a few people from the centre, it was good to watch the cars going round and visiting the pit with all these amazing cars. We had our lunch there was nice, and bought a drink. It's good to visit new places with friends.



### David going to the Winter gardens

This was in Margate we had decided to see the afternoon performance. We saw lots of beautiful women dancers. There was also a man with a puppet doing a ventriloquist show, which I thought was clever. We had chicken in a basket with chips and drinks. It was nice to plan this event and use the community. It was good to be out doing something fun with my friends.



Do you have, or know someone with,  
complex and high support needs?  
Then You Are Warmly Invited To:



Dover District Partnership Group

# COMPLEX NEEDS GROUP MEETING



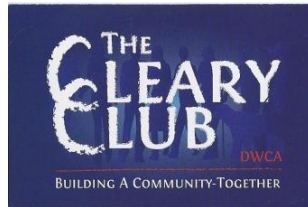
**At Walmer DOS**  
Liverpool Road  
Walmer, CT14 7NW

Would you like to meet with others to share information,  
concerns and experiences **and** raise the needs and issues of  
people with complex needs?

Why not come along to this Meeting to do just that!  
All Welcome!

For more information contact Michelle Hall on 01304 363443





The Cleary Club is a community project based at the Landmark Centre in Deal the centre has an estimated 250,000 visitors per year. The Cleary Club with the support of the centre exists to make our lives better and people visit for all sorts of reasons.



Some people come to ask for advice about jobs or writing a CV. And everyone is welcome to use the Citizen advice Bureau terminal or our computers with internet access.

Other people come to sing and dance at our musical coffee and our karaoke session.

Many visit to relax and keep healthy by joining our tai chi or yoga classes.

More people are working hard to grow fresh fruit and vegetables in our allotment project which aims to be a community source of organic produce.



We have a new craft group called TLC where you can try different crafts, learn new skills and create your ideas.



The Cleary Club serves the whole community in and around Deal and Walmer. All these activities help people enjoy their time more, sharing and learning and making new friends.



You can find the Cleary Club in the Landmark centre, a people centred resource hosting the tourist information and a community cafe with local artists and musicians performing live. It is very important to know what everyone thinks, so the Cleary Club can best serve our community as it grows and changes.

We look forward to seeing you soon and listening to your views.



# 3D-DISCO



## Dates for diary for the 3D Disco

Bar and food available at sensible prices!

Please contact Sharon Scott on 01304 828555  
for dates of the next one.

Entrances £3, £1 carers



All at Club Dover, (formerly Harbour Board Hall)

7-11pm, Whitfield

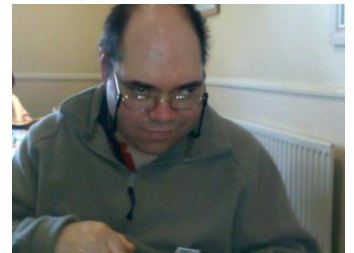
## Michael's report

Michael likes to go to this, it starts at 7pm  
and finishes at 11pm.

But I like to go home at 10pm, I go with  
my friend Beverly.

I like to put on my best clothes to go to the disco.

I love to dance and sing along to the songs, I really  
enjoy it.





# The Skillnet Group



**Skillnet Group**  
Community Interest Company



## See the Bigger Picture



Promote strong, inclusive communities and campaign and promote human rights.



Support people to have as good a life as anyone else.



Develop projects to enable people to move into work and become more independent.




Develop courses and provide training and support to other groups and organisations.

Skillnet Group Community Interest Company is a social enterprise that supports people with and without learning difficulties to work together to make differences.

Our mission is to support people with a learning difficulty to speak up, make choices, be heard and taken seriously.



For more information please use the contact details below.

 [www.skillnetgroup.co.uk](http://www.skillnetgroup.co.uk)  [info@skillnetgroup.co.uk](mailto:info@skillnetgroup.co.uk)  01304 242 316

Way Out

**"Way Out"**  
People with and without learning difficulties working together to make music our way

For information  
Lis Clayson  
07921470035  
or  
Steve Chapman  
07903534634

[lis.clayson@skillnetgroup.co.uk](mailto:lis.clayson@skillnetgroup.co.uk)  
[steve.chapman@skillnetgroup.co.uk](mailto:steve.chapman@skillnetgroup.co.uk)  
[www.skillnetgroup.co.uk](http://www.skillnetgroup.co.uk)

**Skillnet Group**  
Community Interest Company

## THE LEAPS AND BOUNDS PROJECT WORK EXPERIENCE

It is situated in a shop front in Park Street, Deal in February 2010, it was started in 2008 to provide real life work experience for people with learning difficulties. It is a not for profit project selling art and hobby craft materials to the public. We Offer an opportunity for people, who attend to learn about retail work.

People are encouraged to be involved with dealing with members of the public, displaying goods, stock-taking and pricing up, using the till, money handling and many other aspects of the day to day running of the shop. This is a facility which is unique to the district and is fully backed by Social Services.



## LEAPS AND BOUNDS DAY- CARE ACTIVITIES

People also use the shop as a day-care facility and are able to experiment with crafts of all kinds under supervision. People are encouraged to create a variety of handmade goods to sell in the shop. People receive the proceeds for each item sold.

The range of activities on offer includes: ceramics, painting, cross stitch, latch rug making, crochet, bead-making and macramé.

Basic computers skills are also available and to improve on literacy and numeracy skills. All activities strengthen self-esteem and a sense of belonging and purpose.

handi  
crafts



# Dover DASH

Dover Disability Activities and Sport for Health

**vista**  
LEISURE



**Kate Little**  
Disability Co-ordinator

Phone: 01304 245369  
Please ring for more details

Email-  
KateLittle@vistaleisure.com

**Multi sports and fitness club**

**Dover Leisure Centre**

**Every Saturday 4pm – 6pm**

**£3.50**

**Starting Saturday 14th May**

**This club is for anyone with a  
physical/learning disability Over the age of 14**

**Graham's photos when he attended 'Dover Dash' on a Saturday, he says "Fitness can be fun!"**



# Carers support



Carers' Support - Dover District & Thanet is a registered charity providing a free service to Carers who live within the Dover and Thanet Districts.

We give support by offering a wide variety of services, including: practical advice and information, signposting (by making referrals to other organisations) and emotional support (by telephone, email or in person).



The organisation helps to raise the awareness of Carers' issues and to make sure that Carer's views are heard.



Please call 01304 364637 for any further information  
or



call into our Carer's Drop-In Centre at 10 Victoria Road, Deal, Kent  
CT14 7AP,

We are open on: **Tuesday - Friday, between 10am and 3pm**

# Changing places update

What do we mean by Changing Places?



Changing Places are disabled toilets that have been made large enough for a person using a wheelchair to go into and move around in and maybe someone else to support them.

Some people need support to get out of their wheelchair to use the toilet; they may need to use a hoist.



At the moment there are Changing Places, in The Gateway in Dover and Deal Library. The one in Deal library has only just been completed recently. I understand there are a couple more bits of work to do, but should be open very soon.

Here is a map showing where there are other Changing Places and ones soon to be open.



Changing place



Changing place within a Gateway



Opened in June 2011 Sheerness, Ashford & Deal



## Useful numbers



The Landmark and Cleary centre contact Paula: 01304 389165

3D Disco Dover Harbour Board Sports & Social Club: 07733 382071

Dover District Carers Support 10 Victoria Road Deal: 01304 364637

Independent Living Scheme 101 London Rd, Dover: 01304 828585

Cairn Ryan Social services: 01304 828506

Operation Sunshine, collection of goods for Africa, Abbots Land Farm  
New Dover: 01303 251596

VoiceAbility Advocacy, Maidstone community support centre, 39-48  
Marsham street ME14 1HH: 02033 557141

Meadowside Liverpool Road Walmer Deal Kent: 01304 363445

East Kent Mencap New Gateway House 132 Northdown Road Margate:  
01843 224482

Skillnet Group CIC 2nd Floor Maybrook House Queens Gardens Dover:  
01304 242316

Voice 4 Kent 1st floor, Dover Place, Ashford: 01233 625 309

Walmer Centre Liverpool Road Deal Kent: 01304 363443

Rethink for any Mental health issues: 0845 456 0455

Leaps and Bounds Art and Craft Deal: 01304 381 945

Alkham Valley Community Project Mount Ararat, Abbey Road Hougham  
Dover: 0781 666 4529

Dover Police Station: 01622 690690

## Useful Website/e-mail Addresses



3D Disco [www.three.d.disco@hotmail.co.uk](mailto:www.three.d.disco@hotmail.co.uk)

Carers support [www.carers-doverdistrictandthanet.org](http://www.carers-doverdistrictandthanet.org)

Carers support [julia@carers-doverdistrict.org](mailto:julia@carers-doverdistrict.org)

Dover District Partnership Group [www.ddpg.co.uk](http://www.ddpg.co.uk)

D.P.G. News team [www.ddpg.co.uk/downloads](http://www.ddpg.co.uk/downloads)

Carole Morris [Kent@voiceability.org](mailto:Kent@voiceability.org)

Mencap [www.eastkentmencap.co.uk](http://www.eastkentmencap.co.uk)

Skillnet Group CIC [www.skillnetgroup.co.uk](http://www.skillnetgroup.co.uk)

West Tracks Studio [www.westtrackstudios.co.uk](http://www.westtrackstudios.co.uk)

Stagecoach [www.stagecoachbus.com/eastkent](http://www.stagecoachbus.com/eastkent)

Michelle Hosken DPG [michelle.hosken@eastkentmencap.co.uk](mailto:michelle.hosken@eastkentmencap.co.uk)

Sue Bates DPG co-ordinator [sue.bates@eastkentmencap.co.uk](mailto:sue.bates@eastkentmencap.co.uk)

Voiceability [www.voiceability.org](http://www.voiceability.org)