



in brief

'Pepenbury' is launched

Issue 62 - October 2008

On a damp and blustery late September morning at Bough Beech Reservoir we all got together for the launch of 'Pepenbury', our Laser Stratos sailing dinghy to be used by people with learning and other disabilities.

Website
www.pepenbury.info



The Pepenbury Group

Many people who use our Day Activities were there, as were four ladies from KHoCA who contributed the bulk of the funds for the purchase. So was Ann Kemp - ex- mayor of Tonbridge. KHoCA were her chosen charity and they chose to use the money collected in part towards the boat. We were joined by the Courier Newspaper and Meridian News.

Peter Lake, Chairman of Kent County Council, kindly agreed to brave the elements and formally launch 'Pepenbury' – as a keen sailor himself he went out to give it a try and seemed impressed.



Champagne at the ready!!!

Without the dedicated instruction from the ladies and gentlemen of Bough Beech Sailability, the boat would not be much use and several of the instructors made time to be there and help (Brian Stanley, who's in charge of the whole operation, Bob, another Brian, Richard Meakin, another Brian, Vince and Mrs. Stanley) to get out there, freeze in the wind but have a great time.

Much as it was great fun being blown away it was also good to get into the warmth of the Clubhouse and enjoy a Pepenbury

'Kitcheners' sandwich lunch and a hot cup of tea!

Sailing is all part of our aim to take day activities into the community and our partnership with Bough Beech Sailability has made it all come to fruition. Thanks to them and to Ann Kemp and KHoCA. A big thank you too to Peter Lake for finding time from his busy schedule to join us.

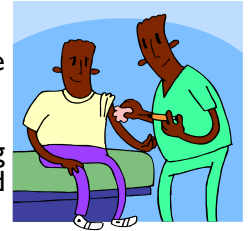




Health Action Planning

Health Action Planning was first mentioned, in relation to people with learning difficulties, in the learning disability white paper "Valuing People" 2001.

Valuing People says that personal Health Action Plans would help people with learning disabilities to get their health needs met. It said that everyone with a learning disability would have a Health Action Plan by June 2005.

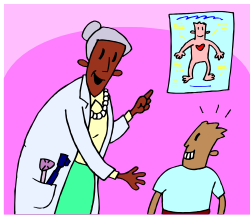


Health Action Plans are personal plans that list what needs to happen for the person to be healthy, it includes any help that the person may need to maintain and improve their health and any help that might be needed to accomplish this. The plan is produced by or with them, with the support of a health facilitator.

Health Action Plans can be started by the person themselves, a family carer, primary care or support services. Each action plan will look different, based on the needs and communication skills of each person, but the concept remains the same:

- It is a plan about an individual's health.
- It should include details of the need for health intervention, oral health, and dental care; fitness and mobility; continence; vision; hearing; nutrition and emotional needs.
- It will be pulled together from information gained through completion of a health check/assessment
- It is a way of sharing information / raising / highlighting concerns in respect of an individual's health, which may otherwise be missed.

Going into hospital is a stressful thing for anyone, but for people with learning disabilities and their families it can be even more difficult. It is important to ensure that people who have difficulty understanding and/or communicating get an equal service in hospital. In order to achieve this, the NHS has put these tools in place in our local Kent & Sussex and Pembury hospitals.



When any admission is undertaken for an individual who has a learning disability, Claire Spence - Matron for Patient Experience – must be notified. She will oversee the stay and be available should concerns/needs arise.

Planned Admissions: The 'Talk to Me' booklet has been devised to assist the development of the hospital care plan and communication. It is completed prior to admission. The red pages in the booklet contain essential information. The amber pages tell you things which are important to the individual and will help staff make the individual feel more relaxed. The green

pages tell you about some of the individual's likes and dislikes.

Unplanned Admissions: A shorter form has been devised which gives basic details of an individual's needs and health.

Communication Book: Each ward/department has a communication book to aid positive interactions particularly if an individual uses specific aids or signs.

Discharge Document: This is a basic form to help with planned discharge. It is written in the format of a health action plan by the Discharge Co-ordinator and will provide any new information now necessary for the individual's health needs following a stay in hospital. For example a change of medication or when stitches etc will need to be removed.

Holliday on Holiday!

During the second week of October I went on holiday for a week to Hayling Island, which is near Portsmouth. I went with Robert Standen, Adam Starritt and Andy Hawkins.

We stayed in a lovely caravan and ate out every night on the caravan site where we had lots of nice food. We played 'deal or no deal' and pool and also played golf on a nearby driving range.

The best day of the week was when we went to the Historic Dockyard in Portsmouth where we looked around the old ships and two museums and I bought some souvenirs from the gift shop. We all agreed that it was a great holiday!



Stephen Holliday (Pepenbury's Roving Reporter)





What's on at Pepenbury

Tai Chi every Tuesday 7.30pm

What's Coming - 2008

West Kent Charity Quiz

The Annual West Kent Charity Quiz will be held on Saturday **15th November** at 7pm at Pembury Village Hall.



Teams of 6 (minimum) or 8 (maximum) are needed and the entrance fee of £10 per person will include a buffet supper. There will be winner and runner up prizes.

Hurry and book your place for a great night! Contact Maggie Jenkins on 01892 822168 extension 337 for further information. Bookings need to be accompanied by payment.

Christmas Trees

Best quality, locally cut, Christmas Trees will be on sale at Pepenbury along with lots of Christmas Fayre from **29th November**. (See article at bottom of page).



Pepenbury Carol Service

This will be held at St Peter's Church in Pembury on **Wednesday 17 December** at 2pm. All welcome.

Pepenbury Christmas Entertainment

To be held on site in Stoneleigh Hall on **Friday 19 December** commencing at 1.30pm.

Long Weekend in Chichester

During the weekend of 19th to 22nd September, Jackie McNeish and Mel Osborne took Phil, Adam and Mark from Cornford for a long weekend in Chichester. They had a lovely weekend with fantastic weather. They visited the Sea Life Centre at Selsey Bill for the day and another day went to Brighton. On the Monday they took a leisurely drive home, stopping for lunch at a carvery which they thoroughly enjoyed.

Congratulations!



Our Patron, Greg Clark MP has accepted a new job – one that will be about as testing as any on the opposition benches. The thought of maybe finding oneself having to make world-shaping decisions in Government might not appeal to everyone but that is what Greg has taken on. **We wish him the best of luck and a fair wind!**

Swimming Pool

During the past months the swimming pool has had something of a refurbishment which has required us to provide a new pump, new dosing system and a new facility for storing chemicals on site. In total, this has cost in excess of £7,500. To date we have received a donation from one parent of £2,000 and therefore if anyone is able to help with this unexpected expenditure we would be very grateful indeed. More details are available from Nigel Hill.

Visit to Barnetts Wood Nature Reserve

On Monday 20 October I visited the Barnetts Wood nature reserve at the invitation of the Kent High Weald Project. Claire, Shane, David, Adam and I left Pepenbury in the morning and were driven by Phil. When we arrived we met our instructor, whose name was also Adam, and he showed us where we would be working. He provided us with gloves to protect our hands, shears and scythes to cut the thorns and nettles, and rakes to clear up. David, Claire and Shane chopped back the thorns along the fence; Adam and I were given black sacks and asked to clear up the rubbish.

Once we had finished our work we had lunch and then were taken on a walk around the site where we had a look at the pond, the outdoor classroom and had a tour of the wood. I am looking forward to returning to the Barnetts Wood reserve."

Written by our on the spot reporter
Sophie Lingham (Day Service User)

Invitation to Tonbridge Girls Grammar School

September 30th was a "Day of Personal Responsibility" for Tonbridge Girls Grammar School to which Pepenbury were invited to give a talk about the work they are involved in as a Charity. Maggie Jenkins was delighted to be asked to represent Pepenbury, and to talk to years 7, 11 and 12. When she arrived there was a talk currently going on about Hearing Dogs for the deaf. The previous talk had been about Leprosy from someone from the Leprosy Society. There were other speakers after her from different charities throughout the day. She had a great time and the children were very responsive. There were 151 pupils there and they had lots of questions and also lots of wisdom from their own experiences of family members with a Learning Disability. They collected £9.80 towards fundraising for Pepenbury and no doubt will be in touch as they were keen to learn more! She also got a cheer, which was great!



Grand Christmas Draw

Please note that raffle tickets will be available from reception during the first week of November for the Grand Christmas Draw which will take place at the Christmas Concert on Friday 19th December in Stoneleigh Hall.

- 1st prize - Christmas food hamper
- 2nd prize - iPod
- 3rd prize - Meal for 2 at the Camden Arms
- 4th prize - Digital radio
- 5th prize - Wine selection

Christmas Fayre at Pepenbury

Friday 28th November 6-9pm and
Saturday 29th November 10-5pm

There will be stalls selling a variety of gifts, jewellery and much more! The Mayor and Mayoress will be opening the event on the Saturday. It will be a real family affair, so come and have a good time, and get all your Christmas presents too!



Pepenbury's Jet Set!



Trip to Majorca

During the first week in October - Abigail, Alan, Gemma and Ian, who were accompanied by Kellie and Marjorie, had a great time in Majorca where they stayed at the Jupiter Hotel.

Abigail was a bit apprehensive about flying but enjoyed it by the end of the flight thanks to the pilot; whose name they later found out was Gary. They arrived to blue skies and sunshine and were met at their hotel by friendly staff. They even tried Spanish food and liked it.

Abigail and Helen's favourite part was swimming in the pool and the sea whilst Alan enjoyed Seaworld where they all saw some dolphins and sea lions in a show. They also took a boat trip round the bay which proved very enjoyable.

Some evenings the hotel held competitions and quizzes and on one occasion, Kellie went on stage to do a challenge which was to see who was the fastest to eat four dry biscuits. Unfortunately she didn't win but she gave it a good try (unfortunately no photos - shame!!). Helen was boogying on down on the dance floor most nights. They also played Bingo, assisted by Marjorie, and guess what - much to her delight - Gemma won 40 euros!



So all in all, a holiday to remember! According to Abigail and Alan they are already planning their 2009 holiday.

New Pathway

The first stage of the work has been completed on making a pathway to allow wheelchair users to be able to access the new picnic area which is situated behind the piggery. After much discussion it was decided that it would be better to put the walkway from the side of Pines past the small animal enclosure to the bridge and this work was completed during the past couple of weeks. We are grateful to KHoCA for their generous donation of £4,000 and to the Friends and Parents of Peppenbury who have donated £3,000 towards this work. When finances permit we will extend the footpath into the centre of the picnic area as well as make a walkway down by the recently created duck pond.



Pepenbury Hawks Football Tournament - 23 October

Once again the Hawks did Peppenbury proud in the south east London disability football tournament.

The Hawks started off solidly enough but were pegged back to draws in their first two games - both finishing 1-1. The Hawks goals came from Kevin Smith and Chris Gearing. Peppenbury really should have won both games but it was our finishing that let us down. Next up was Lewisham with a superb HAT TRICK from Chris Gearing setting us up nicely for a win of 3-0. The day was rounded off nicely with a 3-1 victory over Real Regard. Another goal from Chris Gearing, a good finish from Kevin Smith and a superb long range effort from David Martin sealed the victory for us!



A big thank you to all the team who took part, Player/Coach Adrian George, Goalkeeper Stuart Knight, midfield dynamo Martin Bateman and defender Simon Francombe, as well as the aforementioned goal scorers.

Now on to Mr Geering - this was Chris's first tournament with the Hawks and what a player he is! He impressed the organizers of the tournament so much that they are going to put him forward for the Charlton Athletic disability team. Chris won player of the tournament as well. Not a bad day all in all!

A final award was also bestowed upon the Hawks in honour of Graeme Corbishley whose efforts over the last few years have made the dreams of a Peppenbury football team a reality! Graeme leaves the Day Service at the end of the month for pastures new.

Helene Trusler

Helene was a previous employee of Larkfield and was being cared for in Burrswood as a terminally ill patient. I regret to inform those who knew her that she died on Tuesday 30th September.

Helene worked for many years at Larkfield in many roles including being one of the Deputy Managers and for many years being in charge of the stores. I knew Helene as she was working in the stores when I first came into contact with the organisation. I remember her as a loyal, hard-working member of staff who always had a positive attitude and good relationship with the residents and other members of staff.

Jean Jones (Chairman)

New House Plans are afoot for the opening of Peppenbury's third supported house which will be situated in Pembury - very near to Knights Close. Mark, Jonathan and Kevin are all excitedly planning their move and it is hoped that they will be in their new home by the end of November. We wish them well in their new endeavour.

