

People First Lambeth Newsletter

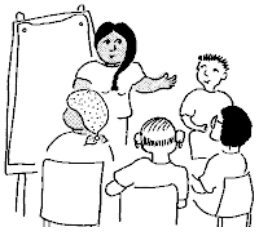
Spring 2008



What's in People First Lambeth Newsletter?

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Who does what at People First Lambeth Newsletter?



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What's new at People First Lambeth?

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"Know Who We Are"

by People First Lambeth Training Group

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(a recipe by Healthy Gourmet Café.

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Friendship and Relationship Posters

by the Women's Group at People First Lambeth

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Who does what at People First Lambeth Newsletter?

“People First Lambeth Training Group”, reported about their training programs on page-3.



News/ report from Game Lab on the launch of a new BBC product on page-6.



Alice Namagembe shared her life story on page-10.

“Pear and Almond Crunches”, a dessert recipe by the Healthy Gourmet Café at Adare Centre, Lambeth College, on page - 16.



“Friendship and Relationship” and “What makes a good friend” posters by the People First Lambeth Women’s Group on page - 16 and 17.



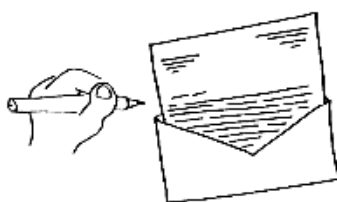
What's new at People First Lambeth?



We are calling for more people to help us to make the newsletter. You can do anything you want for the newsletter. You can write a story, talk about your hobbies or just help us to make the newsletter. There are a lot of jobs for everyone. We can find a job for you. Everyone is welcome.



Ring **Hom** on **0207 642 0045**.



You can also write to ...
Hom at People First Lambeth,
336 Brixton Road, London, SW9 7AA

Heart & Soul Events

The Squidz Club (Friday 28th March, 7-11pm)



The Squidz Club is the only event of its kind in the country – a place where young people with learning disabilities can showcase their talents, join in with creative activities and relax with family and friends. If you're into dance, music, DJ-ing, VJ-ing or drama, then check out the crew from Lewisham College. There's video wizardry from Random Line, plus a digital funfair and open mic with live performances, DJs and VJs, hands-on areas and chill-out zones for young people and adults, there really is something for everyone. All tickets £3.

The Beautiful Octopus Club (Friday 2nd May 7pm-12am)



Join Heart 'n Soul for some inspiring and surprising nights of music, dance, theatre and digital art brought to you by this truly amazing company of artists with learning disabilities. Each club is like a mini festival with live performances, DJs playing unique blends of feel good vibes and plenty of chill-out treats. Why not try something different and book now for a thought provoking and friendly evening where a good time is guaranteed and everyone is welcome. All tickets £7.

VENUE: The Albany
Douglas Way
Deptford
London SE8 4AG

To book tickets:
Box office: **020 8692 4446**
Website (to book tickets): www.thealbany.org.uk
Email: boxoffice@thealbany.org.uk (enquiries only)

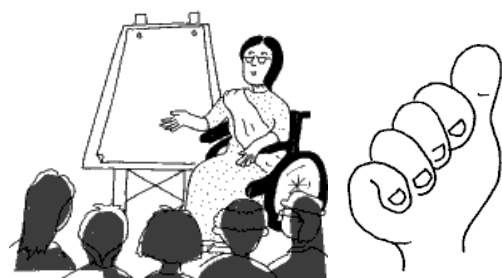
Know who we are training

**By People First Lambeth's Training Group
(Jennifer Taylor, Maggie Brennan, Christina Watkins, Ian Hiscutt,
Wenda Gordon, Gina Barrett and Margaret Eynon)**

We are People First Lambeth's Training Group. All the people in our Training Group have got learning difficulties. We plan to train all sorts of people who work with people with learning difficulties.



We started off by training workers in 336 Brixton Road. Then we did two training sessions for an organisation that supports people with learning difficulties in their own flats.



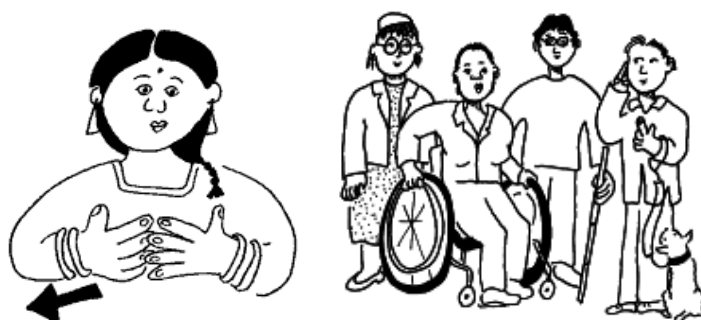
The training is going well. There are seven trainers in the group.



We want people who don't have learning difficulties to understand us better.



If you come to our training you will learn what learning difficulties means to us and what it is really like to be a person with learning difficulties.





We will support you to understand what life is like for us. We are also going to try and support you to understand what it feels like to be a person with learning difficulties.



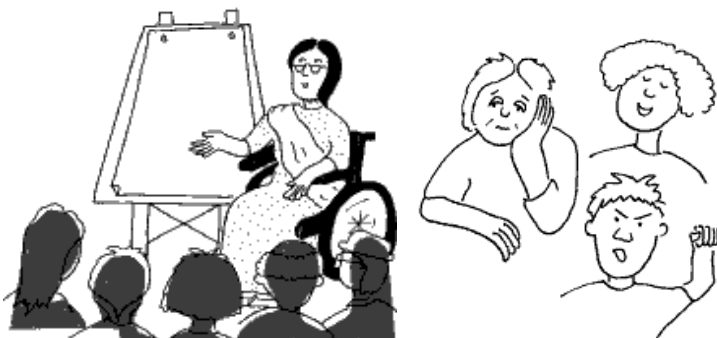
At the end of our training you will understand more about what it is like to be in our shoes and how we want to be worked with.



People without learning difficulties have said these things about what was most useful or interesting about our training:



'Everyone was open and expressed how they want to be treated and what they do not like about how they are currently treated'.



'[Hearing] people's experience of living with a learning disability – how that made them feel'.

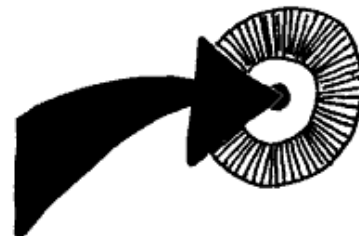


'Listening to each person's views and experiences. Everyone got a chance to get their views across'.

This is what some people without learning difficulties thought about our training:



'Very good and very relevant'.



'Good to see and hear – very good idea, different points of view from people with learning difficulties'.



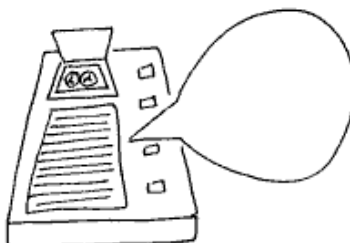
'An excellent training session. Very informative and well presented by all trainers'.



If you might be interested in having some training from us you can ring Maggie Brennan or Margaret Eynon on 0207 642 0045.



If they are not in you can leave a message and they will get back to you. The training group is supported by Vic Forrest.



David Blunkett launches new BBC product



On 23 January BBC took delivery of a new on-line resource for young people. The handover guest speaker was David Blunkett – a former government minister who himself took part in one of the films.

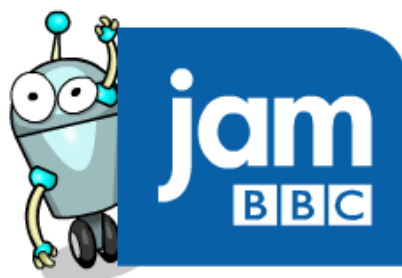


The project is designed to help young people plan for independent living. The project is called My Future. It is for all sorts of users including people with learning disabilities. It shows many people with learning difficulties learning to live independently. It also has a range of activities to help young people think about how they might plan their lives and support.



It is likely to be launched on-line later this year so look out for it – My Future an interactive on-line toolkit for independent living.

Former Secretary of State for Work and Pensions David Blunkett attended a presentation ceremony held at London Metropolitan University on 23 January, where former educational service BBC Jam



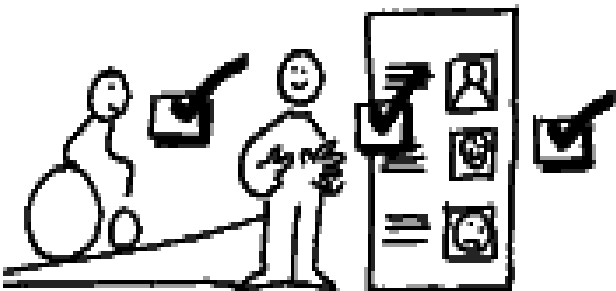
was presented with two pioneering computer programmes for children and young people with disabilities.



The programmes were officially presented to the BBC by Director of GameLab, Martin Wright at a celebration ceremony held at London Metropolitan University's GameLab premises.



In attendance were members of the development team, BBC accessibility editor Jonathan Hassell (and family and friends of those who had featured in an 88 minute video produced for the BBC by the production team, which features as part of the on-line resource.



One part of this computer program is called My Future and it looks at independent living.



Martin Wright said: 'As I am sure you'll realise this is a huge collaborative achievement. I would like to express my personal and heartfelt thanks to everyone who has worked on these projects and all our advisors.'



Every so often in life, you get a chance to work on something that is not only tremendously exciting and innovative, but has the potential to make a profound difference. This project you will do just that.'

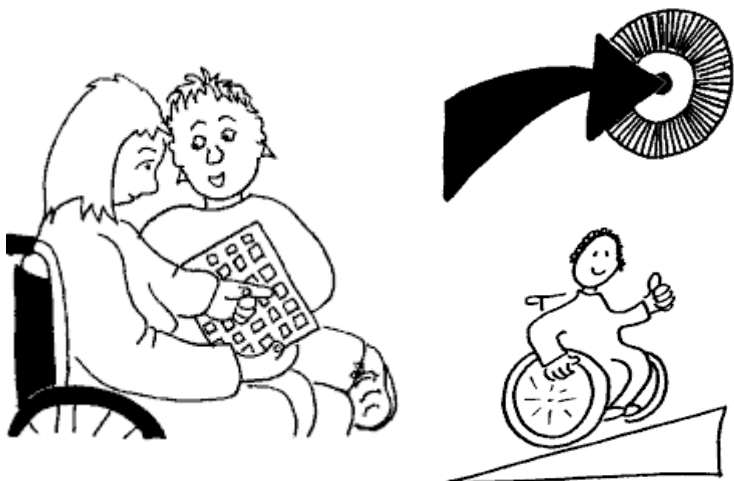
David Blunkett MP, who himself was blind from birth, gave a key speech at the presentation. Addressing the 80 people in attendance, he said that using technology imaginatively by utilising different forms of sound and experience was a great way of inspiring all school children.



'These projects open up vistas to people who had before been told they should settle for something less. We know our basic limitations, but our aspirations and imaginations lift us beyond them.'

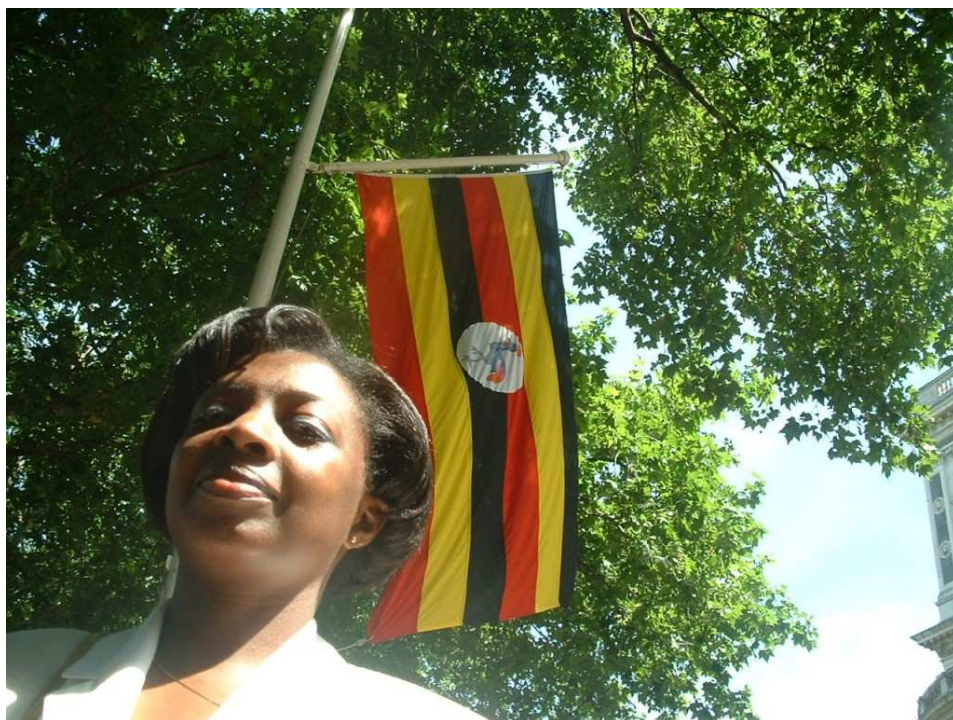


Just as the eagle flies when there is wind under its wings, we too can achieve our goals, with people behind us.' Mr Blunkett concluded by saying, 'This is the cutting edge of what people might take for granted in the future.'



Living with Sickle Cell

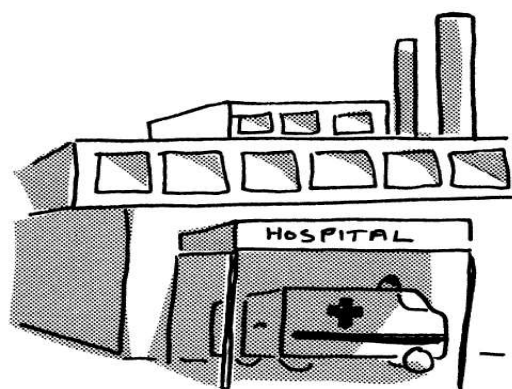
a Story by Alice Namagembe



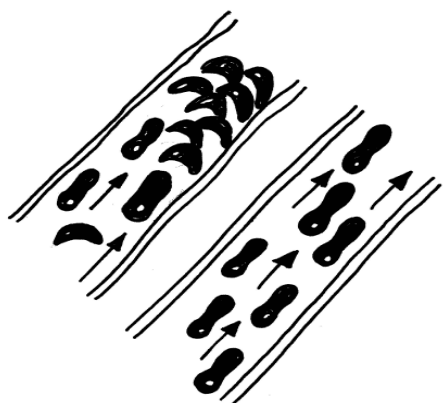
Hello, my name is Alice Namagembe. I am originally from Uganda.



I was diagnosed with sickle cell disease since the age of 5. One day, I got a tummy ache after coming home from a party. My mum thought that I ate too much at the party and asked me to use the loo.



It did not make me feel better and the tummy hurt more and more. So I was taken to the hospital. The hospital did not know that I have sickle cell and they operated on me and just to found that there was nothing wrong with the tummy, but they found out that it was sickle cell condition I was suffering from

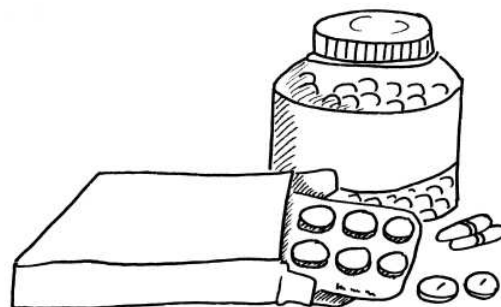


In a healthy person blood cells are round and they are carried in the blood and flow all over your body nice and smooth. In a person with sickle cell disease, round blood cells have changed into sickle shape that stuck at different parts of the body and not flowing well in the blood.

When these cells accumulate at some places on the body, these places got hurt and it is usually very painful. This is called sickle cell attack. It comes and goes and there were no treatment for such disease back home in Uganda at the time.



They did not have funding, facility and drug to treat it. I wasn't the only one with sickle cells and there were other people suffering from it too. My parents are sickle cell disease carrier. My sister, my brother and myself suffer from sickle cell disease and my brother died of it.



When I was 11 years old, I got a stroke and got paralysed on the right side that affected my speech. I was sick on and off.



It was like I was sick for three months and then went to school for a month before I got sick again for next three months. So I could not really concentrate in school work and learning.

Life in Uganda was not bad at all. There were less stress and I grew up with nice people around me.



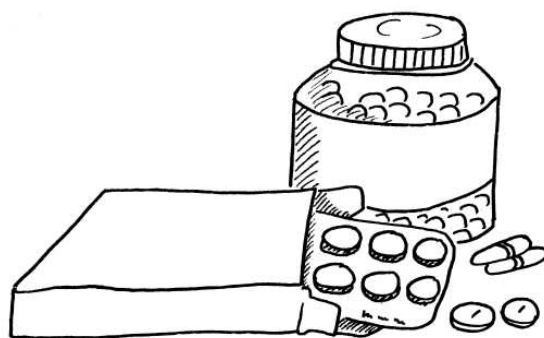
Then the war broke out and it becomes unsafe and bad. So I was sent to here to be safe. I got help and support since I arrive in the UK in 1992.

When I have sickle cell attack, I usually suffer from joint ache, back ache, head ache and aches all over my body.

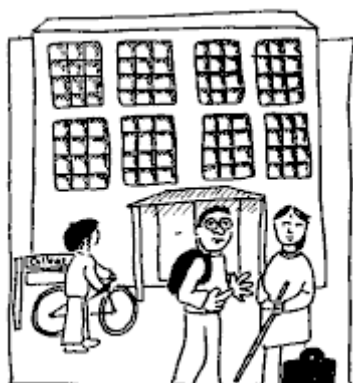


Pain and aches could last 3 to 5 days. Pain is so unbearable and I cannot even walk a very short distances.

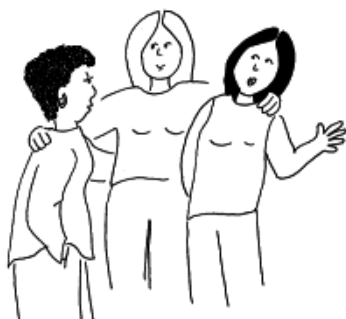
When I have such attack, I have to drink a lot of water and to take it easy. I also have to take a lot of medicine like pain killers, penicillin and folic acid.



Over here the treatment for sickle cell disease is good. However, I don't like the winter as it affects my sickle cell and I got more pain. Sometime I did not go out too often even catching a bus to go to college.



Two years after my arrival in the UK, I joined a college on Long Lane in Vauxhall and learnt how to read and write and then also did cooking, floristry and child care courses.



After Long Lane, I joined catering course at Lambeth College in 2004. Currently, I am working at a Healthy Gourmet Café at Adare Centre, Lambeth College. I came here on Wednesdays and Thursdays. Some work days are so hard but some are not. But it's so nice to see my friends and colleagues.



My sickle cell is getting worse and I have to take more medication now. I have to take light pain killer on everyday basis and take stronger pain killers when I get sickle cell attack

I enjoy working and I want to work. But my sickle cell condition does not allow me what I want to do. I feel bad and frustrated. I wish I could be more active.



I travelled at least 3 times a year. My sister is now living in San Francisco. She took me into places and I really enjoyed it. Apart from in the downtown there's no public transport.



I visit my mum in Uganda and my sister in San Francisco. I stayed with both of them in Uganda last Christmas.



I worry about flying in case I got sickle cell attack. I have to drink a lot of water when I fly but still got sickle cell attack.



But that won't stop me from travelling and going to places. Otherwise I won't be able to go places.

At home, I have to relax because of my health. I also have some friends from Uganda living in London. I also go to church every Sunday.



I do meet friends and people from Church, going to visit friends, cinemas and shopping etc. I would say I have a pretty good social life.

Pear and Almond Crunch

A recipe for desert by Healthy Gourmet Café at Adare Centre



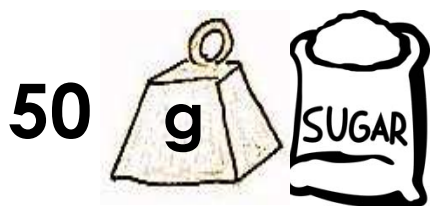
Here are the things you need:



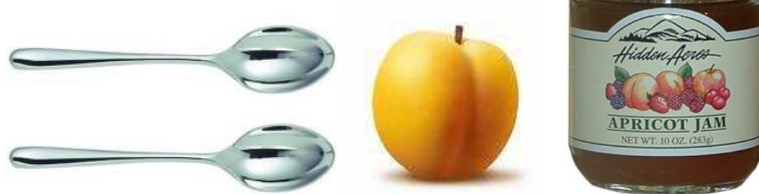
1 Tin Pears



100 g flaked Almonds



50 g sugar



2 Tablespoons Apricot Jam



2 Digestive Biscuits



A Pinch of Cinnamon



A pinch of mixed spice

Here is what to do:



Place the pears into a small oven dish



Mix the jam with 2-3 table spoons of Pear Liquid and



Pour over the pears

Add Sugar and spices



Crumble the biscuits and mix with the Almonds

Add to the dish



Bake in a moderate Oven. Gas mark 3-4, 150-200C for 10-15 minutes

Serve with mint and crème fraiche



For more information about
Personal Safety contact
Maggie or Donna



At People First Lambeth
336 Brixton Road
London
SW9 7AA

020 7 642 0045



Useful numbers:
If someone is violent to you call **999**
for the police

You can call Maggie or Donna on
020 7 642 0045

These organisations can also help:
Lambeth Domestic Violence
Floating Support Service
020 7582 7737

Women's Aid Lambeth
support for
women experiencing and escaping
domestic violence. **020 8678 6233**

Victim Support Lambeth
020 7820 0007

Lambeth Hate Crime Coordinator
Yvonne **020 7 326 2689**

Friendship and Relationships

**By People First Lambeth
Women's Groups**

**This is a leaflet to help people
with learning difficulties to
have happy and safe
friendships and relationships**



Friendships what makes a good friend?



- ❖ Someone who meets up with you
- ❖ Someone to go out with
- ❖ Someone who helps
- ❖ Someone who is kind and who never hits you
- ❖ Someone who is good to you
- ❖ Someone who will turn up for you at the time you need them
- ❖ Someone you likes you so much
- ❖ Someone who is nice to be with

- ❖ Someone who is friendly and does good things
- ❖ Someone who is always there for you and if you're in trouble is there for you

Boyfriends, Partners and Husbands Should



- ❖ Be friends
- ❖ Respect you if you don't want them to touch you or don't want to have sex
- ❖ Someone who will look after you if you are unwell "When I was in hospital my boyfriend held my hand."

- ❖ Is kind and generous
- ❖ Should not flirt with other women
- ❖ Loves you

Boyfriends, Partners and Husbands

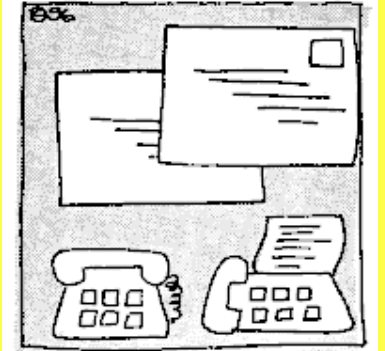
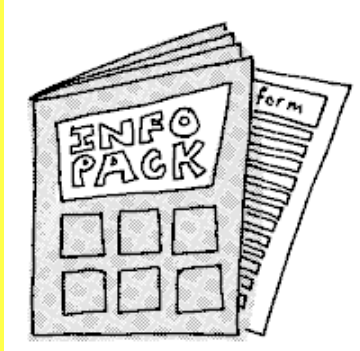


Must Never

- Hit you
- Threaten you
- Shout at you
- Be violent
- Call you names like 'bitch'
- If your partner is violent you should tell someone and call the police**

How to contact People First Lambeth?

If you would like to find out more about us, or are interested in joining one of our groups you can contact us by:



Telephoning on ...

020 7642 0045 for workers

& management committee members

020 7642 0008 for Debbie Phipps

0207 642 0042 for Rhys Price



 Faxing on: **0207 9249621**

 Emailing us: info@peoplefirstlambeth.org.uk

 Website: www.peoplefirstlambeth.org.uk

 Writing to us at: 336 Brixton Road, London, SW9 7AA

How you can be involved in People First Lambeth?

- You could join a group.
- Becoming an advisor to the Management Committee.
- Come to one (or more!) of our Groups.
- Help us by volunteering for a few hours a week.



Please contact us for more details.



Workers at 11th November 2007

Maggie Brennan, Margaret Eynon, Vic Forrest, Donna Pearson, Debbie Phipps, Rhys Price, Hom Saihkay, Joy Sleeman and Emily Ward.

Company Number: 3807856. Charity No. 1080202