



Learning Disability Week 18 to 22 June 2018

Learning Disability Week is an annual event. This year's theme in Barking and Dagenham is Treat me well. Simple adjustments make a big difference. Treat me well is **Mencap's** campaign to transform how the NHS treats people with a learning disability in hospital.

For more information about local support, please contact Cathie Kelly, cathie.kelly2@lbbd.gov.uk; 020 8227 5172



Healthy Eating Event

Date: Monday 18 June

Time: 11am to 1pm

Where: 2, Town Square, Barking Learning Centre, Barking IG11 7NB

What: There will be a healthy cooking demonstration, information stands, and tasters of easy to cook nutritional food. Nurses will be on hand to talk about healthy eating.

Contact: Anjum Bhatti;
anjum.bhatti@lbbd.gov.uk;
020 8227 5444



Big Red Travel Bus

Date: Monday 18 June

Time: 10.15am to 1.45pm

Where: Town Square, Barking, IG11 7NB

What: The big red bus will be in the town square giving hints and tips about travel around town. A Travel Mentor from Transport for London and local transport police will be in attendance. Please book as we will be running 30-minute sessions.

Contact: Mary Mathurin
mary.mathurin@lbbd.gov.uk; 020 8724 3317

Health Consultation

How do you think you have been treated while in Hospital? Come along and have your say. Visit the Learning Disability Nurses on the stands at:

Queens Hospital on Monday 18th June and King George Hospital on Tuesday 19th June from 11am – 3pm.

Food from around the world



Date: Tuesday 19 June

Time: 11am – 12pm

Where: Osborne Partnership, Osborne Square, RM9 5AU

What: A chance to experience food from around the world which is healthy and nutritious

Contact: mary.mathurin@lbbd.gov.uk; 020 8724 3317



Healthwatch Consultation

Date: Tuesday 19 June

Time: 11am to 12noon

Where: Osborne Partnership, Osborne Square, RM9 5AU

What: An opportunity for you to have your say about hospital services. Please book as numbers are limited due to space

Contact: mary.mathurin@lbbd.gov.uk; 020 8724 3317



Carers Consultation Event

Date: Tuesday 19 June

Time: 6.30pm – 8.30pm

Where: Memory Lane, 238 **Porters Avenue**, Dagenham, RM8 2AF.

What: We have the following speakers attending: -

- POhWER - who are a charity who provides information, advocacy and advice across England and they can offer direct and local support via professionals and volunteers. The service is independent and free and is set up to reach individuals struggling with challenges in their lives.
- A carer of a young person with Autism who will talk about the struggle of obtaining a diagnosis and the journey of this.
- a young disabled gentleman who will talk about the issues he has experienced with when navigating the medical profession.
- A nurse from the Disability Service who will talk about the services they offer for people with a learning disability.
- A Relaunch of the Hospital Passport

Places are limited and there will a buffet and refreshments available

To book you place, please contact: mary.mathurin@lbbd.gov.uk; 020 8724 3317

Cycling Sessions at Jim Peters Stadium

Date: Tuesday 19 June 2018

Time: 11am to 4pm

Where: Jim Peters Stadium, Mayesbrook Park – Athletics Arena, Lodge Avenue, RM8 2JR

What: Come and try your hand at cycling – Free Session

Contact: Anjum.bhatti@lbbd.gov.uk or 0208 020 8227 5444

Improving your hygiene



Date: Wednesday 20 June 2018

Time: 10.30am

Where: Conference Centre, 1st Floor, Barking Learning Centre, 2 Town Square, Barking, IG11 7NB

What: An opportunity to come and learn about personal hygiene, why it's important and how to maintain your own personal hygiene. Come along and collect your free goodies.

Contact: mary.mathurin@lbbd.gov.uk; 020 8724 3317

Sports Day



Date: Thursday 21 June 2018

Time: 10.30am onwards

Where: Becontree Leisure Centre

What: Come and join in a fun filled sports day

Contact: Danielle Alder – 020 8227 3376 or Danielle.Alder@lbbd.gov.uk

Healthwatch Consultation

Date: Thursday 21 June 2018

Time: 12noon to 1pm

Where: Becontree Leisure Centre

What: An opportunity for you to have your say about hospital services.

Contact: mary.mathurin@lbbd.gov.uk; 020 8724 3317

Open Mic Night

Date: Thursday 21 June 2018

Time: 8pm

Where: Broadway Theatre

What: If you're a performer looking for a warm and supportive audience to try out your voice, come along to the Open Mic Night. All musical styles welcome, from hip hop to folk, classical to soul.

Price: £5

Contact email livewire@studio3arts.org.uk

The Big Walk

Date: Friday 22 June 2018

Time: 11am to 12.30pm

Where: Barking Park

What: Sponsored Walk around Barking Park. Join in the fun and get fit while doing it.

Contact: Anjum Bhatti 020 8227 5444 for details and sponsor forms

Provider Showcase

Date: Friday 22 June 2018

Time: 12noon to 2.30pm

Where: Barking Learning Centre or Town Square, IG11 7NB

What: Come and meet providers who you can spend your personal budget with. Feel free to come along and browse or to book a table, please contact: Mary Mathurin on 020 8724 3317

THE BIG ZUMBA FINALE

Date: Friday 22 June 2018

Time: 1.30 – 2.30

Where: Town Square

What: Come and join in the biggest Zumba session to mark the ending of the daytime activities for Learning Disability Week.

Contact: Anjum Bhatti 020 8227 5444 for details

Grand Finale Disco – with DJ Normy B.

When: Friday 22 June 2018

Where: Relish Café, Town Square, Barking

Time: 7pm to 10pm

What: Come along and strut your stuff to the sounds of DJ Normy B. This is a free event to celebrate the end of Learning Disability Week. Drinks are not free.

For further details please contact Mary Mathurin on Mary Mathurin on 020 8724 3317