

NEW LET'S DANCE MONTHLY EVENT

Let's Dance

MONDAY 9 JULY

1.45pm - 3pm

ALL ARE WELCOME, IT'S FREE



POP Box in Pop Brixton, 49 Brixton Station Road SW9



Louise 07723 024 200
lholden@disabilitylambeth.org.uk

Jen & Vic 07704 523 172
peoplefirstmembers@googlemail.com

A new monthly event called **LET'S DANCE** happens the second Monday of every month.

It's **FREE** and open to everyone!

So come along to **POP BRIXTON** to dance your socks off!

FEATURES:

- ◆ Latest Forum News
- ◆ Robert's Hot Panini Recipe
- ◆ New LET'S DANCE events
- ◆ Lambeth Big Bus Day
- ◆ Social Drop In 's new location

Happiness is...

Ask about services Relax and socialise Talk to people that understand



...friends who make the effort to cheer you up when you are feeling down.

Social Drop-in for Disabled people or anyone who has a long-term health condition



It is on the third Wednesday of the month

Between 2pm and 5pm

41-43 Acre Lane, London, SW2 5TN

Need more information?

Ring Louise on 0207 501 8976

Ring Jen and Vic on 077 0452 3172

Ring Samantha on 0207 274 5484



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peoplefirst

People

24 April Forum

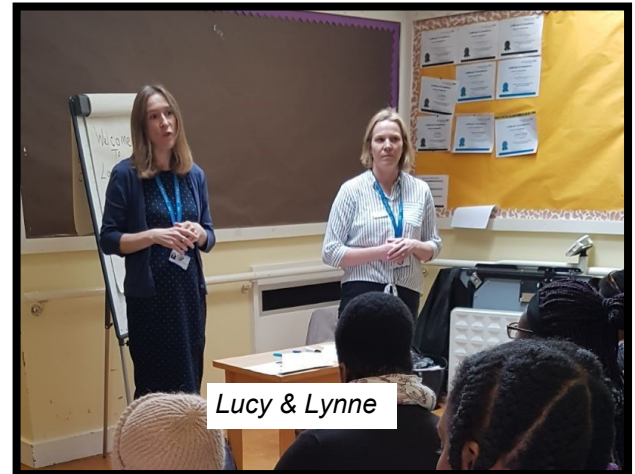
April's Forum was hosted at Lambeth Walk.

We talked about many things:

Lucy and Lynne from Kings College Hospital

Lucy talked to the group about the Healthwatch Survey that people with learning disabilities did around checking if the signs and information in the hospital were easy to understand.

Lynne is the new Learning Disability Nurse and said that Kings College Hospital would like help to make things at the hospital better for people with learning disabilities.



Lucy & Lynne

Getting to Do More of the Things you want to Do!



Jane & Maggie

Come Dine With Me Experience

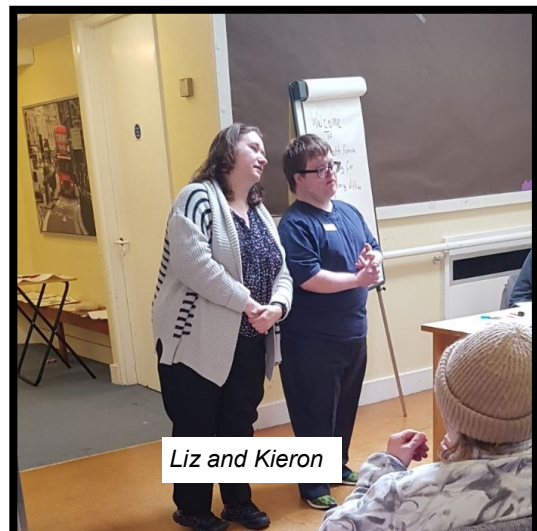
Maggie and Jane told us about the meal they made together :

Vegetable Lasagna and vegan chocolate mousse.

Maggie said "It was really enjoyable!"

Sports Mentor

Kieron told us about his Sports Mentor , Stephan, who takes him swimming regularly and other sports that he likes to do.



Liz and Kieron

APRIL FORUM

New Project - Supporting Each Other Equals Power

Gina, Wenda and Jen from People First Lambeth

My name is Wenda Gordon. I work with People First Lambeth and I love my Job. People First Lambeth is working with People First Self-advocacy and SCIE on a new project called **Supporting Each Other Equals Power**. There are two parts of the project.

Our part is supporting people with learning difficulties to break out the bubble. This means going out to like cafes and to the cinema. Also, if people want to go out with friends, like to the theatre or somewhere, we support them to phone their friends and go. We run groups. We sit down and talk to people about their problems and we talk about what people want to do activity wise.

Most people with learning difficulties don't go out a lot in the community. They don't mix in with other people and that really is a problem. We try to stop that problem. We try to support people to talk about it and go out and have fun.

People First Self-advocacy said they can 'give peer support to people in different areas of their lives. This can be things like: getting support from the local authority, getting welfare, making complaints, dealing with housing problems, looking for a job and volunteering and filling in forms'.

If you want to get in touch with People First Self-advocacy here is their email and phone number: samantha.johnson@peoplefirstltd.com and 02072745484

If you want to get in touch with People First Lambeth you can ring us or email us on: peoplefirstmembers@googlemail.com and 07704523172

Get in touch soon if you want to meet people and get out and about more or find a job or have a problem. If you just want to come to see us you can at 336 Brixton Road, London, SW9 7AA. It's best if you make an appointment to see us.

Dates for your Diary:

The next Forum meetings are on:

- June 21st at L'Arche.

10am - 4pm event celebrating Learning Disability Week.

- July 24th location to be confirmed

Robert's Hot Panini Recipe



1. Turn on the oven, set the temperature to 180oc and let it heat for 5 minutes.
2. Place two Panini bread slices onto the tray.
3. Put the tray in the oven and let it warm the Panini bread for 3 minutes.
4. Take the tray out of the oven.
5. Add pepperoni or ham onto the bread and cover them with 1 slice of cheese on each side.
6. Put the tray back in the oven and cook for 1 minute because the cheese melts pretty quickly.
7. Take the tray out of the oven, turn the oven off, pop 2 cooked Panini bread with toppings onto the plate, add any sauces you like and enjoy.



Big Bus Day

Come and find out how to stay safe on the buses!

A fun session with role plays and discussion.

**Meet 11:30am at Reception, "We are 336",
336 Brixton Road SW9 7AA.**

We all travel together to Streatham to join the session.

Bring your own food please.

Call Louise to book 020 7501 8976

Session finishes at 2pm.