Celebrating 45 years of Kith & Kids!

1969 - 2014

in this issue

- Kith & Kids 45 year Anniversary
- Good luck to our Marathon runners!
- Project Reports
- Summer Camp Appeal
- Dates for your Diary
There is no doubt that the financial year 2013-14 was one of the most challenging in the history of Kith & Kids. But as we head into the new financial year there are quite a few things to cherish:

• All the colleagues we had to say goodbye to in 2013 are still very much involved with us in one way or another (choir, training days, club workshops, advocacy) and it is just lovely they continue to be part of the KK extended family.

• That extended family is 45 years old this year! Particularly given the difficult year we have just had, it feels all the more important to celebrate that Kith & Kids continues to develop and provide quality services and to acknowledge the vision of our founders. To thank them and all who have contributed to ensure the longevity of our organisation we plan a very special day. Please put Sunday, 1st June, in your diary to join us in the celebrations.

• We have more marathon runners than ever before raising funds for our projects and activities. This, combined with some other positive developments, imbues us with a sense of optimism.

• Consequently we are preparing to run a Summer Camp this year. We still very much need your support in helping us raise the necessary funds (just over £10k) but we want to think it is do-able.

The following pages provide more detail on all of the above. I hope you will find it an interesting read.

Marjolein

Hello and goodbye

The time has come to say goodbye to Helen Styles, who was our Projects Intern for the last 6 months. We want to thank her for all her hard work, and her continued involvement through volunteering on our clubs and projects is much appreciated!

We also say goodbye to our ELSP intern Mike next month. But first, we want to say a huge thank you to Mike who raised nearly £450 from his Big Beard Shave. We’ve never known Mike without it, and barely recognised him - see the before and after picture to the right!

Mike’s contribution to the Friday ELSP group, fundraising and of course, the football team will be missed, but we’ll be seeing him on our Easter project before he goes where he’ll be running the music workshops!

Taking over from Helen in the Projects intern role; a very warm welcome to Dean Holden who first volunteered with us over the Xmas Project! See his brilliant account of his time on our Xmas Project on the next page.
I volunteered with Kith & Kids for the first time on their Christmas Project 2013, this was also the first time I had ever volunteered. My initial interest in wanting to volunteer was to get some experience working with people with learning disabilities as I’m hoping to become a support worker in the future. The project was brought to my attention online whilst I was job hunting, so I gave the office a call right away and was informed of the training days which I went along to. As expected on a first day with a new group of people, everybody on the first training session was sat in awkward circles, trying not to make eye contact and checking their phones at frequent intervals; then Captain Robin came in to break the ice with some games. The training sessions were fun and really informative as well.

When the first project day arrived I turned up at Ermine Road to everyone moving the different accessories for the workshops from the main hall into the smaller rooms so I got helping with that right away. I’d been linked with the two Jakes for the week, Jake the member and Jake the volunteer, aka big Jake and little Jake (which was ironic as little Jake was bigger than big Jake!). Big Jake and I got on from the start and little Jake, who we were supporting for the week, was really fun. The workshops were great and so were the Workshoppers running them. All of the staff and fellow volunteers were friendly and welcoming to be around, cutting out any initial first day nerves! It was good to be doing something different everyday, it made it more enjoyable.

During the week we had a cinema day which was great. Little Jake was extremely well behaved that day so it was a lot of fun. I’m no fitness fanatic, I’ve never even joined a gym, but being linked with Jake proved quite the fitness test! He kept myself and Big Jake on our feet all week as he had a habit of running off quite often which was quite challenging but good exercise at the same time. The last day of the project was the Kith & Kids take on Britain’s Got Talent show which went really well, it was great to see everybody enjoying themselves, little Jake’s brother Brett is quite the showman and did an awesome job of presenting the event.

The whole week had a very homely environment to it and taking part in Kith & Kids projects is definitely something I’d recommend to people who are interested in volunteering. I feel very lucky to be the new intern in the office which is great fun so far and amazing to be around such friendly people.

Dean
Following our weekends away to Norfolk and Bradwell in Essex, at the end of last year a group of our members (Bradley, Emma, and George) and their volunteers returned to the Dell Farm Outdoor Education Centre near Dunstable for a respite weekend in February.

The weather on Friday was terrible, but once we were all in the minibus everybody was in high spirits and glad to be spending time together again.

After a fun Saturday afternoon either swimming or playing pool in Dunstable, we made and decorated cupcakes to have at our evening film night. However, a combination of weak fridge shelves, and a liberal dollop of icing on each cake lead to a near disastrous collapse. Luckily we only lost the two most heavily iced cakes!

The weather made a spectacular improvement on Sunday, so we were able to test run the kites we’d made on a sunny afternoon on Dunstable Downs, and we’re pleased to report that all the kites made lift-off.

An enjoyable activity we did at the end of our trip involved each person writing something positive about all the other people in the group. This gave everybody a lovely memento from their weekend, whilst showing the team spirit within the group. Roll on our next trip away at the end of March! Rich

Last January the self advocacy group went away to Tonbridge for their Winter residential trip. The plan while away was to get out and about in local towns of Tonbridge and Tunbridge Wells. What we were not quite ready for was the amount of rain we were going to wade through. Three days of pretty much solid rain was not the ideal conditions to get out and about in, but even then the group managed to deal with the conditions really well and it did not dampen spirits.

The castle in Tonbridge was a great destination, while even some members of the group ventured out to a local mini golf course and were rewarded by a brief gap in the rain while they sunk a few birdies. Other successful trips were made to the cinema to see Frozen (appropriately named for this trip), a Kith & Kids classic – bowling, and some afternoon teas thrown in for good measure.

Meanwhile back at the centre, the heating was on, great meals were prepared, a film night, a quiz night and a board games night were enjoyed by the group before some final presentations from the members telling the story of their residential raised some surprises, plenty of laughs and good memories. All this left a slightly damp group heading home looking forward to their next trip to Kent coming up in April with hopefully a bit of sunshine! Alex
Kith & Kids Football News

Kith & Kids United took part in a successful tournament hosted by the Elfrida Society before Christmas. The four-team competition involved two of our teams and two from the hosts. A round robin was followed by two semi finals and a final. Both of our teams made the final, and needless to say one of our teams ended up victorious much to the huge delight of our players! A big thank you to Elfrida for hosting the tournament at the fantastic Elthorne Park facility and for also organising a tour of the Emirates stadium for the team after the tournament!

The team continues to go from strength to strength, and this term the team has been put through their paces by coaches from Spurs as part of our new link with the Spurs Foundation!

Laurence

Some Messages from our Members!

Hello. My name is Ben Gilbert. At Kith & Kids each Monday I attend ELSP.

If any of you are looking for help in an animation/film environment I would like to volunteer my time and efforts in order to gain work experience and hopefully add to my show reel, which would help me to pursue paid work in this field in the future.

I have a degree (BA) in Animation and Moving Image. My subjects included 2D and 3D animation, as well as film production and editing.

I can offer you help in 2D animation (creating, production, and editing). Furthermore I can assist in video/film production/editing. I would also be pleased to help with admin tasks.

I would be happy to hear from you through Rich Pickup on 0208 801 7432 or at rich@kithandkids.org.uk

Many thanks for your kindest attention.
Ben Gilbert

Greetings, all!

Rose from the Friday ELSP group here. I have realised my dream as a budding songwriter, and recorded an album, under the name “Heathen Rose”.

The CD will be coming out in the spring, with all proceeds going towards the residential projects.

Two singles from the album are up on Soundcloud now. Listen by following this link:
https://soundcloud.com/heathen-rose

Feel free to leave comments – I’d love to hear what you think!

Rose
My first few months at Kith & Kids have been full of surprises, I’ve loved meeting our corporate partners, speaking to our marathon runners and gearing up for Ride London amongst a whole variety of other things including getting involved in the choir. I can’t wait to see what the next few months have in store, and I can’t thank enough those who have taken the time to get involved in a wide variety of events for Kith & Kids!

Maddy

Firstly, a big thank you to everyone who responded to our Christmas Appeal. In what has been our most financially challenging year, it was humbling to receive so much support - we managed to raise over £1000 through the emails alone, thank you so much!

Our sporty fundraisers are making the most of the weather starting to be a little warmer again; here’s what a few of them have been up to!

Thanks go to Jo Taylor who did the Brighton Triathlon and raised £470! Alexandra Denya did the Thames Path Challenge towards the end of last year and raised a brilliant £400 - thanks Alexandra. Thank you also to Sabrina Pyneandy who raised an amazing £1100 trekking up Machu Picchu last November! The trek took 11 days and took her up the Inca Trail, finishing at nearly 8000 feet!

Thank you to all our marathon runners who are busy training and fundraising for the big day in April. We’ve heard of sponsored walks, football tournaments, cake sales, auctions and even running in fancy dress to raise money! Three of our runners have even made a charity single “Hard Road to Travel” - watch/listen to the song here: http://www.youtube.com/watch?v=FG4fHBDW16w&feature=youtu.be

Our corporate partners have also been busy! Through various fundraising efforts including their Great British Bake Off and Beat the Chiefs events, MUSI have raised an amazing £10,000 in the last few months!

Monitise has welcomed us on board as one of three Charity of the Year partners. They’ve already held a raffle and lunch for us raising £2500 and we can’t wait to get involved with more events throughout the year. Thanks to our volunteer Kalika Gunawardena for nominating us!

Montpelier at Lloyd’s have confirmed they will be continuing to support us this year which is wonderful news! They’ve recently kindly donated 12 computers and also raised a brilliant £2200 through Movember last year.

Our volunteer George Attipoe, who works at our corporate partner, Montpelier at Lloyds, entered an application to the Lloyd’s Charities Trust and was successful, securing a brilliant £2000 donation for our projects! Maddy went down to the awards to help George accept the Lloyd’s Market Charity Award 2013. Thank you George and thank you Lloyd’s Charities Trust!
London Marathon

A HUGE GOOD LUCK to all our London Marathon runners!

If you are available to cheer on our runners or will be down in Central London soaking up the atmosphere, please contact us and we’ll send you a Kith & Kids t-shirt!

RideLondon-Surrey 100

We still have a number of places in the Prudential RideLondon - Surrey 2014! Happening on the 10th August, the organisers of the London Marathon bring you the 2nd ever RideLondon which will be starting in Queen Elizabeth Olympic Park. The route follows a 100-mile route or closed roads through the capital and into Surrey’s stunning countryside, finishing on the Mall in central London. Contact us to join our team of 27 riders today - deadline for signing up is Friday 9th May!

Superhero run

Don your free super hero suit and run 5 or 10km on Sunday 18th May!
Taking place in London’s Regent’s Park, simply register online, choose your distance, and turn up at Regent’s Park in May to collect your costume before you run!

Summer camp appeal

We really do not want to go another year without our treasured Summer Camp. Last year’s tough decision to cancel it was right in the light of the financial challenges we had to deal with, and it helped us to break even after two years of considerable deficits.

But we are now planning to go ahead with the camp this year on the assumption that we can raise the £10,000 still needed. That is why we have launched a Summer Camp appeal and we need your urgent support to help us reach the target.

Anything you can donate will be most welcome but please also think about anyone you know who might be willing to support this appeal and either ask them directly or put them in touch with Marjolein or Maddy. If you need any further information to help you ask for support, please give us a call. We will be happy to provide detailed information as well as supporting materials to assist you.
45th anniversary celebration on D’s Day • Sunday 1st June

Kith & Kids is 45 years old this year! Who would have thought that from a few families getting together in 1969 to improve the lives of those living with disability, such a long-lasting organisation would emerge? It is a real credit to the founders – their original vision and continuing active involvement created something very special. We want to thank them and all who have helped us over the years to become the organisation that we are today.

Going back to our roots, our celebrations will take place in Coram’s Fields, where the early families had their regular get-togethers. On Sunday 1st June (D’s Day) from 12.30pm onwards, there will be an afternoon of enjoyable activities starting – as in the early days - with a shared lunch (please bring a dish to share if you can).

This will be followed by a brief presentation, inclusive games sessions and creative workshops (music, arts and crafts, face painting), and there also will be a climbing wall. In addition there will be an area to relax and reminisce. We would like all our KK families and volunteers to attend to make it a very special celebration. So please put Sunday 1st June in your diary and let us know whether you can attend.

We look forward to seeing you there!

dates for your diary

2:1 Spring Social Development Project: 7th - 11th April

Choir Performance at Northumberland Park School during Spring Project: 9th April at 1.30pm

London Marathon: 13th April

Residential Project: 14th - 18th April

2:1 Summer Social Development Project: 28th July - 8th August

Summer Camp: 24th - 31st August