

feedback



Do you have any ideas, comments, suggestions or complaints about Richmond Mencap?

you think of us.

Call: 020 8744 1923 or Email: office@richmondmencap.org.uk

Check out our Website : Richmondmencap.org.uk

Or write here:

Want to join our newsletter?

Send us a letter:

**342 Richmond Rd, East Twickenham,
Twickenham TW1 2DU**

Email:

[Office @richmondmencap.org.uk](mailto:Office@richmondmencap.org.uk)



Richmond



Richmond Mencap

NEWSLETTER

Winter 2025/2026

Richard Jeffries Butterfly Award

The Richard Jeffries
BUTTERFLY AWARD
for achievement



Call for Nominations – Richard Jeffries Butterfly Award

Nominations are now open again for 2026 for the Richard Jeffries Butterfly Award. A special recognition for individuals with learning disabilities who have achieved something remarkable. No achievement is too big or too small!

All achievements deserve to be recognised. If you know someone with a learning disability who deserves recognition for their achievements, please consider nominating them!

Who Can Be Nominated?

- The nominee must be living within the London Borough of Richmond.
- People living outside of Richmond may also qualify if they are known to Richmond Social Services.

How to Nominate:

Submit your nomination via our online form:
<https://forms.cloud.microsoft/e/n4pdw6j1iX>

Or

emailing office@richmondmenca.org.uk.

Nominations close on 17th April 2026 and winners will be presented at the Richmond Mencap LDA event.

Keep an eye out, as we will announce full event details soon!

Richmond Mencap Christmas Disco

2025



Our annual Christmas Disco was an absolute hit! It was so wonderful to see everyone come together, dance, and celebrate the festive season. The DJ kept the energy high all night and the dance floor was full of smiles and great moves!

A huge thank you to all our fantastic volunteers who helped make the night run smoothly and making the evening even more special.

Well done to Rachel for her fantastic performance in our Katie Rayment Dancing Competition – what an achievement!

This long-standing event is always a highlight of our calendar, and it was so lovely to continue the tradition this year. We can't wait to do it all again next Christmas and look forward to another night of music, laughter, and fun!





Meeting Place
A social club

Meeting Place



Meeting Place has had another fantastic quarter at the ETNA Centre, running from October to December with a full and varied programme that keeps everyone coming back for more! From movie nights and quiz nights (now complete with prizes and a trophy 🏆) to chair yoga, cooking, arts and crafts, board games and our ever-popular pub nights celebrating birthdays, there has been something for everyone.

We had lots of people join us of our pub nights, showing just how much people enjoying celebrating together and a drink at William Webb Ellis 😊

QUIZ WINNERS!



Working Together Group
A dedicated group that discusses issues

Working Together Group



The Working Together group has had a brilliant few months! Members have had lots of fun working with West Middlesex University Hospital, including workshops and activities, and were even invited to a lovely Christmas dinner by the nurses and doctors; real highlight of the season!

The group has also been taking care of Cambridge Gardens 🌳, right next to Richmond Bridge and the tennis courts – if you want to go and have a look, it's well worth a visit! The group is doing really well and looking forward to another year of exciting projects and activities.

We always welcome new voices 🙌! So if you'd like to get your voice heard, make a difference, or know someone who might be interested, please get in touch to join the group.



Gym With Paula



We were excited to launch our 13-week fitness programme in October at The Cambrian Community Gym in Richmond. The pilot group met for 12 weeks over the winter and completed the course in November 2025. Members had lots of fun trying new equipment, using private gym spaces, and working with a dedicated instructor. It was fantastic to see confidence grow each week as everyone worked towards their own fitness goals.

Following this success, our Graduate Group began in January 2026 and will continue with weekly gym sessions for 12 months, helping members stay active, build routine, and continue progressing.

We're also delighted to share that Sport England has funded three new beginner groups throughout 2026, meaning even more people can get involved and start their fitness journey 🙌

If you're interested in joining a group or would like to find out more, please contact us at office@richmondmenicap.org.uk or call 020 8744 1923.



Exotic
Cooking Class



Exotic Cooking Club



The Exotic Cooking Club has had a brilliant quarter, with attendance higher than usual and lots of enthusiasm in the kitchen! Recent changes to the group seem to have really resonated, with members enjoying trying new dishes and being more adventurous with foods they might not usually choose at home. Taking food home has been especially valued, particularly for those living in supported housing, allowing them to share their creations with others.

Although numbers dipped slightly towards Christmas, sessions during school breaks were especially popular. Plans are now being explored around possible time changes and even moving to a larger venue to meet growing interest. The group has also warmly welcomed the new project leader, who has created a supportive and engaging environment where everyone feels confident to get involved.



Something to Say



The drama group continues to be full of creativity, laughter, and confidence! With Alan leading the sessions, members have loved exploring acting, trying new ideas, and supporting one another along the way.

A highlight has been contributing to a performance at Langdon Down Centre, where everyone had the chance to shape the script and see their creativity come to life ✨. Sessions remain member-led, making it a fun, engaging, and inclusive space for all.

We're also working on something new, which we aim to premiere soon! keep an eye on our social media platforms 👁️👂👉



Music & More

Music & More has been such a fun and lively space for everyone! Members really love the sessions, where they can relax, have a laugh, and make new friends while exploring music together. With the support of our musical therapist, everyone feels confident to try new instruments, experiment with different sounds, and even have a go at performing 🎹🥁.

The group is also loving all the tech we're bringing in, from apps for creating beats to instruments we could never get our hands on before 🌐🎧. It's amazing to see everyone getting creative, sharing ideas, and learning from each other.

Every session is full of energy, music, laughter, and friendship, making it a highlight of the week for so many! ✨🎸





Wii & Pizza



Wii & Pizza Club
A relaxed friendship group

It's been wonderful to see members enjoying themselves, trying new games, and showing real confidence and independence by leading the Wii and Uno sessions themselves. Uno continues to be the firm favourite, often with up to 12 players joining in at once, and the energy, laughter, and even some spontaneous dancing and singing make every session so much fun 🎵.

We have run Wii & Pizza each month, with an average of around 21 people and even over 30 when carers join! Last month, one of our members even brought cake to celebrate his birthday with friends 🎂. iPad time has also been a hit, sparking conversations about current news and giving members the chance to enjoy puzzles like word searches and Sudoku 🧩.

T

he group continues to be a safe, welcoming space to socialise, play games, enjoy music, and, of course, share pizza together 🍕. After a short Christmas break, we've been back since January like we never left, and it's been fantastic to see all the familiar faces – and some new ones too!



CYP Trips

Children's Activities

Trips for 8-17 year olds

Over the past winter period, the CYP group enjoyed a visit to the Look Out Discovery Centre in Bracknell Forest, providing an engaging and interactive experience for all involved 🌳🌟.

The group has also continued to host day trips during the half-term, offering children further opportunities to explore, socialise, and build confidence outside of their usual setting.

Throughout the season, the children have continued to grow and develop strong bonds with one another. It has been particularly rewarding to observe the older children naturally taking on more caring and supportive roles, showing kindness and responsibility in looking after the younger members of the group 🤝. This has contributed to a positive, inclusive environment where all children feel supported and encouraged to participate.

Mencap Artist Club



Our new Art Club has been running on Monday mornings from our office, and it's been wonderful to see creativity flowing! The group is intentionally small, currently welcoming up to five members, which gives everyone space to explore and develop their ideas. 🎨

Members have been experimenting lots of ways including clay, alcohol markers, pencil, and painting on easels, kindly loaned to us by the Victoria Foundation! 🙌

Much of the artwork has been inspired by the world around us, each other, and our own lives. It's a lovely, way to have fun and be creative in a supportive space where members can try new techniques, share ideas, and enjoy making art together. 🎨🌟

This group is open to anyone so if you're interested in joining, please get in touch!

Adult Weight Management Programme

enable.
For happy, healthier communities
Not for profit.



Our 12- week programme focusing on weight loss, healthy eating and exercise finished the February! 🎉

The sessions were full of fun and energy, with members enjoying dancing, Zumba, music, and lively discussions about healthy eating and staying active. Everyone had a great time trying new activities, learning together and sharing ideas. HUGE thank you to our instructors but also all we completed the 12 week course! BIG pat on the back to yourselves. 🙌🙌

We're excited to be running the programme again this spring online, giving even more people the chance to get involved. If you'd like to join or know someone who'd be interested in joining, please do get in touch!



Coffee With Ron

We're delighted to announce the launch of our new signposting service, Coffee with Ron. 🙌☕

This service is designed for parents and carers who need support navigating the system for their loved one. If you're unsure where to turn or feeling overwhelmed by the options available, Ron is here to listen and provide guidance and support throughout your journey!

You're welcome to drop in for an informal chat with Ron (over tea or coffee) at our office on Fridays from 11:00am to 12:00pm.

Alternatively, you can reach out by email at office@richmondmenicap.org.uk, and Ron will be in touch to offer support and signposting 💬



We would like to extend our sincere thanks to the funders who make it possible for us to continue delivering our fantastic work. 🙏

We are incredibly grateful to The Richmond Foundation, The Hampton Fund, and The Baily Thomas Foundation for their valued support of our organisation.

A special thank you to The Friends of Teddington Memorial Hospital and Sport England for funding our wonderful gym programme, delivered in partnership with our friends at The Cambrian Community Gym.!

We're also delighted that Heathrow Community Trust is funding our children's and young people's programme. Look out for some exciting activities taking place this year.

Finally, thank you to Normansfield and Richmond Foundation for supporting our Music & More and Mencap Artists Club!

We are extremely grateful for the generosity and commitment of all our funders. 🙏🙏



WE ARE HIRING!



Help adults and children with learning disabilities have FUN & feel included!

Join Richmond Mencap – Friendly, Engaging Project Assistants Needed! 🌟

Love making a difference? 💙 Richmond Mencap is looking for fun, caring people to support adults and children with learning disabilities in activities, trips, and social sessions 🎉🚗. Help participants build confidence and independence while having a great time 😊.

No experience required—just a positive attitude! 🙌

Contact us at ✉ office@richmondmencap.org.uk to request a full job description.



Invites you to join us at our

BARN DANCE



on
Saturday 9th May
6-9pm

at
St Mary's Church Hall,
1 Church Street,
Twickenham, TW1 3NJ

Supper will be provided

£25 per person with carers going free!

Please email
events@richmondmencap.org.uk to book
tickets