

# Kith & Kids

Winter  
2016



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## director's notes

A warm welcome to Jon Wheatley, our new Volunteer Co-ordinator, who joined us early in the New Year. Jon has made a great start on developing our volunteer recruitment, reviewing our website and increasing our social media activity. He has also joined our football team and is enjoying all the various aspects of his role. We owe a huge thank you to the **Tudor Trust** for granting us £60,000 over two years to fund the development of volunteer recruitment for all our projects and activities. We also thank the **Baily Thomas Charitable Fund** for their grant of £10,000 toward our holiday time projects, two of which are reported on in this newsletter. I hope you will enjoy reading about them and all our other activities of the last few months, as well as the range of fundraising efforts undertaken in support of them. The energy, creativity and commitment of all those supporting our work never ceases to amaze me.

Marjolein



Jon

## YOUTH GROUP AUTUMN TERM

The Monday Club group had a great time last term. Activities included making our own stain glass windows, creating spooky lanterns for Halloween, and going out for pizza at the end of term. During that outing we also celebrated Chi Woo's birthday (with a lovely cake, of course).

Another club session saw the group preparing for a Friday night disco at the Markfield Project. Really engaging with a range of activities around meeting new people as well as a Wii dance workshop gave them confidence for the actual event. So on the Friday of the following week it was a delight to see the group putting their new techniques into practice. They had a fabulous time meeting lots of new people and making friends as well as showing off their dance moves. It was undoubtedly the highlight of the term and the group has chosen to repeat this outing for the next term. A big thank you to Markfield and particularly Roz Corrigan for making us feel so welcome.

This term we have already done a session on our highlights of last year and the what we are looking forward to in the new year. And soon we will be heading to a studio to make our own film!

Liz





# Christmas Project

Christmas comes but once a year and as well as a great excuse to eat far too many mince pies, it's also a chance for Kith & Kids to come together for our Christmas Social Development Project. What a lovely project it was, the volunteers and workshopers really succeeded in bringing the project to life with all their energy and enthusiasm.

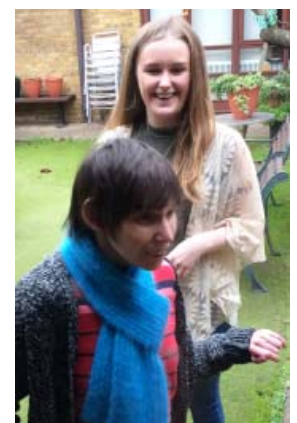
This year we had three workshopers who were taking part in their first project with us; Millie, Mycah and Holly, running Music, Drama and Massage workshops respectively. It was really nice to see them settling in and enjoying the Kith & Kids atmosphere. Richard was as imaginative as ever in Crafts and Lizzie provided the members with a space to be creative and active in Dance. Mary Masaba ran story and craft activities on the first day, and Mike Wood, one of our regular volunteers, ran sporty games.

On day three we decided to get active after lunch and played lots of 'Winter Wonderland' themed games such as parachute games with 'snow', a snowball fight and a skating relay.

As always the project finished with our final show, where everyone had a chance to show others what they had been doing on the project. All our participants, volunteers and workshopers worked hard to create a really interesting and fun show with songs and dances about the seasons, which included renditions of 'Walking on Sunshine' and 'What's the Weather' sung by Bradley.

I would like to say a massive thank you to everyone involved in the project. This includes volunteers, the parents and siblings in the kitchen, our skilled and dedicated workshopers and of course our members!

Rob



## autumn club outings

Our weekend outings club on the 8th November was a huge success. There were three very different days out. One group went to Bikeworks in Victoria Park, where they had a large variety of bikes to try out. They all really enjoyed cycling through the park and the weather definitely did not dampen anyone's spirits.

Our second group visited Pirate Castle in Camden where they enjoyed a scenic boat ride on the Grand Union Canal from Camden Lock. They enjoyed a spot of lunch whilst taking in the beautiful scenery and interesting sites along the canal. Everyone joined in with a few sing along songs, which created a brilliant atmosphere.

The final group went to Creativity Crazy in North Finchley. They had a chance to show off their creative side by decorating some fantastic pottery pieces and designing their own bags to take them home in.

Liz



## january residential by john spenceley

On a cold, dry wintery Saturday in early January, our group met up at the Irish Centre ready to board the minibus to Carroty Wood in Kent (expertly driven by Bakhtiar). We started the Residential with a few fun ice-breaking games including human juggling, and took the opportunity to catch up with our regular volunteers and welcomed a couple of great new volunteers to the group.

The first evening, Krystyna set up a challenge of making fruity jelly cocktails with limes and raspberries and lots of different coloured jelly. The next morning we made our own bread from scratch which we shaped into lots of fun different designs including a Snoopy shaped bread roll! That evening involved a trip to a local pub for a drink and a game of cards.

On the Monday, it was very wet and windy but we went ahead and had our day trip to Hastings. The group separated to do different activities; some chose to check out the local shops, a couple of people decided to walk along the cliff and take in the view and a few of us decided to visit the aquarium. We all then met up at a local seafront pub for a hearty, warming lunch before heading back to Carroty Wood to dry off. In the evening we did a group session of movie trivia games and a film night. We can't wait to do it all again in April, we all enjoyed the venue despite the weather.





## February Respite

For our first Respite Weekend of the year, our group returned to our favourite venue at Dell Farm Outdoor Education Centre in Whipsnade.

The highlight of the trip was having Amy join us for the first time, and along with Adam, Bradley and Emma and their volunteers, she had a lot of fun making homemade slime, going bowling in Dunstable, visiting our usual pub, the Red Lion, and playing 'Pie Face' on Saturday evening (which involved a lot of whipped cream splattered on faces!).

As always, we cooked all our meals ourselves, which included veggie wraps, jacket potatoes, sausage casserole with homemade ice cream for dessert, and even had time to make and decorate chocolate slabs to take home to families as presents.

We're all looking forward to the next trip away in the first weekend of March. Rich



Slime!

Cream!



## Football Interview

Kith & Kids United have continued our Wednesday evening training sessions throughout the winter, and are looking forward to hopefully playing a match against our friendly rivals Elfrida soon.

We'd like to introduce the most recent addition to the team, Malik de Costa, who gave some time during the last training session to be interviewed.

Malik's Mum helped him to get started with Kith & Kids United in November last year. This is his first time playing in an organised team, and he said that everybody made him feel part of the team right from the start. His playing position is goalkeeper and he especially likes making good saves. He said his favourite things to do at training are the warm-ups, dribbling and skills on the ball, and Malik really likes the matches that they play against each other. Malik supports Arsenal, and his favourite players are Ian Wright, Thierry Henry, and Theo Walcott.

To quote our coach, Chris, 'Malik's been such a friendly addition to the team, and his positive attitude rubs off on all the other players'.

Welcome Malik!

Rich



# Fundraising news and thanks

December was full of song for the Kith & Kids Choir! They did a carolling session at Bond Street tube station, bringing smiles and festive cheer to tourists, Christmas shoppers and commuters alike, raising a brilliant £530! They followed this a few days later with a Christmas Concert at the Irish Centre which had a wide variety of different Christmas songs and carols, and a band completed the evening. It was a fun, festive occasion with enthusiastic singing in the sing-along songs, and we had lots of positive feedback.



**Blick Rothenberg** continues to support Kith & Kids as their chosen charity into 2016, and has started the year with a cheque of £182 from their Christmas dress down day. Since the last newsletter, they also completed their British Military Fitness challenge and raised £3130, just over their target! Thank you everyone!



Although our partnership with **Mitsubishi UFJ Securities International** has come to an end, they continue to support us with their annual 'Great MUSI Bake Off' in November, organised by our volunteer Venessa and her colleagues Carrie, Kelly and Rosie. Marjolein and Maddy went down to see some of the delights, which included a wonderful Tower Bridge made of gingerbread. Altogether, they raised £2920.78 - amazing!



A few of our volunteers, **Briony, Frah, Archie and Tom** have been busy doing a number of different events since last summer! They've held collections at pubs in Tottenham on Match days, completed the 5km Colour Run, and held a fundraising meal to celebrate Eid. Altogether they raised £1554.43. Thank you so much for your continuing efforts!



Volunteer Nipti Malde's family is involved in **Kojac Accessories**, a design-lead and design focussed supplier of fashion accessories working in London and internationally. They have kindly donated £740 to us following a sample sale - thank you.

**New Games UK** is an organisation that has been promoting cooperative play and games for many years. Lots of the enjoyable games we play on our projects, clubs and camp come from them. Sadly they are closing down but they have donated their £645 remaining funds to Kith & Kids. We thank them wholeheartedly for all they have given us.



We would also like to thank volunteer **Kara Darch** who runs alternative club nights 'Get Purple'. They have held 2 nights over the last 6 months with the theme 'a time travelling journey of dance music through the ages'. They've donated the profits from the nights and raised £468.88 altogether, thank you!

Maddy

## DO YOU KNOW A SOLICITOR?

**Do you know any solicitors? Did you know solicitors are able to donate unclaimed money to charity?**

If a solicitor has any amounts of money, large or small, that they are holding on to because they cannot trace their clients, they are able to give this money to charity if the charity agrees to return the amount should the clients re-surface and request it. This is very unlikely though, and Kith & Kids is happy to agree to those terms.



# We need YOUR VOICES!

Do you have an hour or two you could spare on Sunday 24th April between 11am - 3pm? Our Marathon team of 26 runners are taking to the streets of London and we would love some of you to show your support! We can give you a Kith & Kids t-shirt and all you have to do is find a spot and look out for Kith & Kids runners and shout for them!



We would also be grateful for any help in decorating our post-race reception venue - L'Ulivo Italian Restaurant, 15 Irving Street WC2H 7AU (just behind the National Portrait Gallery). We will be there from 10.30am.

## Monday ELSP GROUP

The Monday ELSP group members have spent the last few weeks compiling an individual bucket list of goals that they want to achieve in life. There are both long term and short term goals, and they've now started breaking down the short term goals into smaller, achievable steps. Some of the goals include improving at swimming, going to the gym regularly, learning to cook meals for the family, and getting work at a supermarket.

We'll keep you posted on how they're getting on, but one of the group, Kevin Reilly, has already achieved one of his goals, and will tell you about it below!

"A bucket list is a list of things that you haven't done before that you'd like to do before you die. It's important to have these goals in our lives because it is satisfying to achieve them; it feels good.

One of my goals was to visit the David Bowie Memorial in Brixton, and I wanted to do this because he was a good actor, and I liked his music, hairstyles and fashion. I also wanted to see all the flowers and messages (I think I saw a message from Boy George there).

The steps I took to do this were:

- Me and my volunteer Ruel searched online to find out where the memorial was.
- Then we used the TFL Journey Planner website to plan our journey to Brixton and then back to the Irish Centre.
- We had to plan where and when I could eat my lunch in Brixton
- Take pictures of the memorial
- Because this was my first time in Brixton, we thought we'd look around the shops.

The hardest step for me to do was to know how to use Google to find the site, but Ruel showed me how to spell and type the right words.

The next goal on my bucket list I want to tick off is to meet all the current cast of Eastenders (especially Danny Dyer), plus some favourites such as Barbara Windsor and June Brown."

Kevin



# RideLondon ★ 31st JULY 2016

We are now recruiting participants for Ride London. This is a big event where thousands of cyclists complete a 100 mile cycle from the Olympic Park through London and the Surrey countryside, finishing on The Mall. Please inform anyone you know who may be interested that we have places for this event. If you would like to participate or want to find out more please call Maddy on 0208 801 7432, or email [Maddy@kithandkids.org.uk](mailto:Maddy@kithandkids.org.uk) or visit our website and click "events" on the home page.



## Fireworks themed party

On 6th November we held a fireworks theme party together with our new corporate partner Digitas. This evening was a great opportunity for Kith & Kids families to meet with Digitas employees over bonfire night theme activities. These included making crepe paper camp fires and chalk-on-black paper fireworks drawings as well as gingerbread decorating, apple bobbing, sing-along and disco, and lots of sparklers - the latter a new experience for quite a few of our disabled participants. It proved a very enjoyable event for all and Digitas are looking forward to helping us with our digital developments this year.



## dates for your diary

**Relaxation Sessions:** You can book a gentle relaxation session between 1 and 6 pm for Wednesdays 24 Feb and/or 9th or 16th March at the KK office by contacting [healingpeople@aol.com](mailto:healingpeople@aol.com) or leaving a message with your contact details on **020 8259 2011**. The cost will be £15 for 30 minutes or £30 for 60 minutes. All proceeds go to our KLASP TWO project.

❑ **Training for new volunteers Wednesday 24th Feb 7-10pm & Saturday 27th Feb 9.30am-12.30pm.**

❑ **Easter Social Development Project: 29th March - 2nd April**

❑ **London Marathon: Sunday 24th April**

