

# SOCIETY PEOPLE

THE VOICE OF THE CAMDEN SOCIETY • WWW.THECAMDENSOCIETY.CO.UK • OCTOBER 2011 • ISSUE 11



## TEAM CAMDEN SOCIETY POWERS THROUGH LONDON TRIATHLON IN FRONT OF GLOBAL AUDIENCE



Photo (L-R): Team Camden Society – Fleur Winter, Jodie Brookes, Lucy Collins, Simon Liu, Craig Hardaker, Andrew Omoding, Tom Young, Nathalie Brossard and Martin Bishop

Running alongside Canary Wharf, biking past Big Ben and swimming in London's Docklands was a serious challenge for Team Camden Society as our sporting champs competed in the world's most high profile triathlon during the last weekend of July. After persevering through six months of focused training in parks and gyms across London, our team took on the race, breaking a sweat alongside celebrities to raise a whopping £2,339 for their friends to enjoy our Great Escape festival in August.

Simon Liu, Andrew Omoding and Lucy Collins were supported by Camden Society staff and volunteers Jodie Brookes, Tom Young, Nathalie Brossard, Fleur Winter, Craig Hardaker and Martin Bishop to tackle the course as part of our triathlon relay team.

Lucy Collins, who is no stranger to sporting success, swam 750 metres without stopping in the open air Docklands' waters, handing over to Simon

Liu who cycled 20k on a tricycle. Despite crashing twice, Simon showed great determination, getting back on the saddle and finishing the course. And, overtaking his trainer in a final burst at the end of the race, Andrew Omoding ran his 5k leg super fast.

Speaking of his achievement at the finish line, Simon Liu told us *"I am happy I have done it; the training was hard and 20k was a long way. I couldn't stop after one lap but had to go and do a second lap."*

Lucy, having won a silver medal at the Beijing Special Olympics, found swimming in the Docklands very different from a regular pool and said, *"The triathlon for me was a big achievement."* On finishing his race, Andrew simply said, *"I have won!"*

Camden Society Volunteer Co-ordinator and triathlon team leader, Nathalie Brossard told us, *"The whole experience was really exciting and it was great to*

*see our athletes competing alongside everyone else. We had a lot of support and I even shook hands with Richard Branson just as we were about to jump into the water!"*

### PHOTO GALLERY:

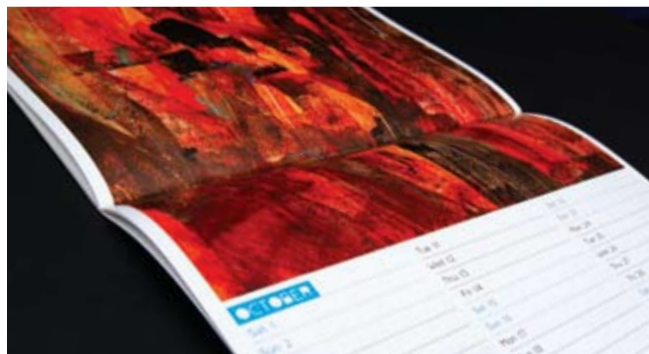
Congratulations Team Camden Society! Check out your exploits at [www.thecamden-society.co.uk/triathlonphotos](http://www.thecamden-society.co.uk/triathlonphotos)

### PASS GO:

Our triathletes are all members of PASS – a Camden Society sports club that supports people with disabilities to get out and get fit.

From golf to yoga and walks to squash, if you live in Camden and would like to join contact Nathalie Brossard, Volunteer Co-ordinator on 020 7485 8177 or at [nathalie.brossard@thecamdensociety.co.uk](mailto:nathalie.brossard@thecamdensociety.co.uk)

## SPONSORSHIP OPPORTUNITY



Do you know a London business that would love to prove their reputation as a socially responsible business, one that gives back to the local communities in which it operates?

We're offering some great publicity to local businesses who sponsor the production of our 2011 annual report that will double up as a full colour 2012 calendar.

Sent to 2,000 supporters across London, every year we report on our developments and challenges in running high quality services as well as celebrating

the achievements of people with disabilities who are involved in our organisation. For 20 years we have been able to fund the production of this calendar ourselves, but, with cuts biting this year, we need to attract sponsorship. We're offering company promotion opportunities for each £250 donation, so, what exactly will sponsors get?

- Company branding featured throughout the calendar with clear references to their generous sponsorship of one of London's most innovative disability charities
- A feature on the Camden Society's website with 4,000 visitors a month
- A thank you message in the Christmas issue of our Society People newsletter, sent to 2,000 supporters across London

We welcome any financial or in-kind contribution so if you know a company we could approach, please contact Sara Buchanan at the Camden Society on 020 7241 8847 or at [sara.buchanan@thecamden-society.co.uk](mailto:sara.buchanan@thecamden-society.co.uk)



Special souvenir issue  
AGM 2011 PHOTO  
GALLERY INSIDE

# Shaking off the city: The Great Escape Summer Festival 2011

What a fabulous idea. Fundraise for 200 people with disabilities who hardly ever get the chance to leave London – even less to enjoy a regular holiday – to pack their rucksacks and enjoy some country air, new friends, activities-a-go-go, tasty food and a break from the usual routine.

Bliss. That was more or less the verdict from everyone who joined us at Woodrow High House in Buckinghamshire for the Camden Society's first ever summer festival and outdoor AGM from 15 to 21 August.

Excitedly checking into the festival site, an historic manor house set in 24 acres of Chilterns countryside, some of our adventure seekers chose to keep it open air with tent life in the grounds, others booked rooms in the house itself while some people joined us for just one day.

Suitcases unpacked, the week's activities began. As an art hang out to rival anything in Hoxton, our artists got busy with photography, filmmaking, natural sculpture, painting and crafts while sports activities on offer in the grounds included nature walks, swimming, football and archery.

Even by the end of the first day, our Great Escapees left sessions sporting handmade jewellery, proudly twirling new kites, buzzing from a bullseye hit and parading their latest paintings.

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But, one of the best things about the festival was that it gave people a chance to meet new friends from other parts of London and Oxfordshire. As people came together over walks, campfire sing songs and pub nights, many new relationships were made, with people making plans to keep the happy memories alive and meet up in London on their return.

These were hot tickets so, as we're not ones to leave anyone out, we held our 2011 AGM during the festival which attracted a further 300 Camden Society people, trustees, partners, staff, volunteers and supporters. With Beverly Dawkins from Mencap and Keith Shortman co-chairing the meeting, trustees were voted in, the accounts signed off and congratulations on a year of achievements made before we got down to what we're famous for – food, music and dancing.

Even The Great Downpour didn't faze us. As the rains began, sleeves were rolled up, a team spirit pervaded and everyone pitched in to move the outside in.

With BBQ delights from Amy McParland leading a team of our cafe apprentices and volunteers, and live music from The Autistics, The Unknown and Keeley Filgo – thanks to Simon Nelson-Smith our sound maestro – Woodrow High House rocked.

*Thank you to everyone who helped to make The Great Escape happen. For so many people, it really was just that.*

**Gallery of the Greats - see the rest online at [www.thecamdensociety.co.uk/greatgallery](http://www.thecamdensociety.co.uk/greatgallery)**



**Tony Poole gets hula happy while David Raybould considers his next spinning plate move**



**The coolest shirt this summer? Carlos Arnold sports 'Great' fashion**



**Thumbs up for tent life from Claire Wootton**



**Ori Ogonnia, Sarah Douglas, Angela Davies, Jide Akinbiye and Claire Wootton jump for festival joy**



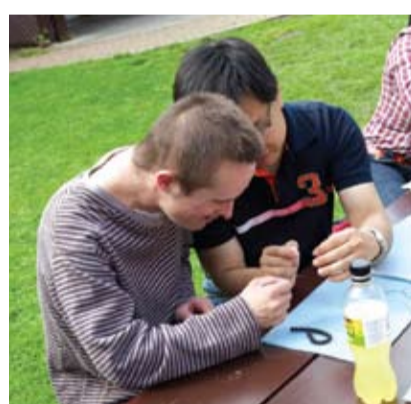
**Dave Hogan - definitely the face of the festival**



**No fear. Shaun Hill and Simon Liu take on the task of cooking for 250 at our AGM lunch**



**Irene Farrington, Steven Morris and Darren Fortune perform a few karaoke numbers**



**Tim Nixon and Yuan Gu enjoy a sunny afternoon of art-making**



**Sarah Mohammed and Karen Brown with the biggest smiles at the AGM**



**Campsite songs. Ben Hyde strums a tune or two for Keeley Filgo**



**Donald Bowyer and David Hollingsworth loving the food in the country house dining rooms**



**Sarah Douglas breaks from football**



**Great Escapees on the lawns outside Woodrow High House**

# The Great Thank You

Of course, none of this fun would have been possible without the amazing efforts, generosity, team spirit, hard work and perseverance of our lovely supporters, funders, staff, volunteers, triathletes, marathon runners and all individual donors who contributed to our fundraising campaign. Thank you so very much for helping us raise the £9,000 to run The Great Escape - we are overwhelmed to have received such mountains of support.

**We'd especially like to thank the following for their fundraising support:**

- 🌀 **Chris Taylor** who ran the London Marathon for us
- 🌀 **Simon Liu, Lucy Collins and Andrew Omoding** - our Virgin London Triathlon fundraisers and their supporters in Team Camden Society

- 🌀 **The Co-operative Community Fund**
- 🌀 **The Sir Jules Thorne Charitable Trust**
- 🌀 **The Forbes Charitable Foundation**
- 🌀 **The Bishop and Sewell Charitable Foundation**



**And also the fab people who helped to make it all happen:**

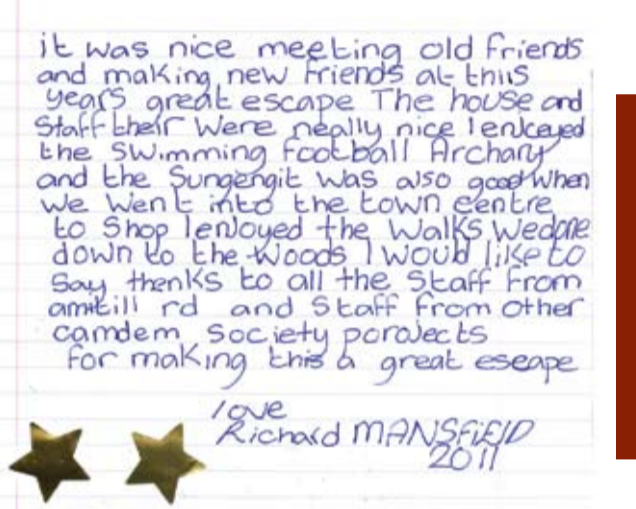
- 🌀 **All our Great Escape volunteers and staff**
- 🌀 **The staff at Woodrow High House**
- 🌀 **Rachel Halliwell & Everton Cameron**, who put in months of hard graft as the people behind the entire event
- 🌀 **Kate Whittle** who managed the transport logistics with supreme organisational skills



**Michael Crawshaw**, volunteer extraordinaire, after kindly helping to set up camp



**Darren Fortune and Dermot Gray** on a nature walk through the grounds of Woodrow High House



**"I really liked the place and the food was fantastic. Next year, I'll go into the house for the whole week in case it's wet. I had a great time and would like to thank all the staff who helped out there."**  
**Michael Crawshaw**



**Angela Davies, Chelsea Dutton and Natalie Armitage** in a synchronised fun formation



**Tida Mendy and Maureen MacDonal** at the AGM enjoy the sun before The Great Downpour



**Andreas Lopez-Muro** entertains the AGM crowds with his own brand of electronica

**"I did some filming just after I arrived. I enjoyed going shopping to Tescos in the minibus because it helped everyone to get their food."**  
**Michelle Cigie**

**"I've done art, you name it, I've done it here. With archery I hit the bullseye first time. The food's been brilliant."**  
**Maureen MacDonal**



**New friendships. Carlos Arnold and Irene Farrington**



**John Crawford** gets crafty in an open air art session



**Maureen MacDonal, Michael Brookstein and Beatrice Bourton** drum up some beats

**"I've been here as a volunteer. I think we should come back next year. It's been nice working in the kitchen, chopping up the food."**  
**Simon Liu**

**"It was good, they had nice rooms and I liked the walking and music. I would like to go again."**  
**Donald Bowyer**

## My Great Escape

### Malcolm Davies



Malcolm joined us for a three day holiday, staying in one of the rooms at Woodrow High House. Society People caught up with Malcolm to find out what the break meant to him.

**Hi Malcolm, so what's your verdict on The Great Escape?**

It was good, really exciting. I don't usually go on holiday; it's been 8 years since I last went away. It was really great to get out of London for a while and relax.

**What was the best bit?**

I loved the art sessions - I did a really good picture of the house which I've taken home with me and put up on my wall.

**Did you fit in loads of activities?**

Yes, the art was my favourite, but I did so many activities it's hard to remember. I tried drama

and archery, which I'd never done before but was good at, and got involved in the campfire and ghost stories at night - they were good! It was all so exciting.

**Glad to hear it! And what about Woodrow High House - were the beds comfy?**

I really liked the house, it was like a hotel! The food was good too, but there was so much. I don't know how people eat all that. I really liked it; it was good fun to be there with all my friends and I met lots of people I hadn't seen before.

**And the big question...Would you go again?**

Yes! Next year hopefully.



# NEWS & VIEWS

## FREEWHEELERS WELCOME

After the funding success of Camden's new Bike Club in which we are partners, the London Community Cycling Fund has awarded the Camden Society a grant of £4235 for a new All-Ability bike club.

The new funding will see us working with 24 adults with learning disabilities who will use 12 hybrid bikes while we will share some resources with the Camden young people's Bike Club. People will learn cycling skills and take part in cycling events such as the London-wide Critical Mass events as well as the London Triathlon team relays.

Big thanks all round then to the London Community Cycling Fund. If you live in Camden or Southwark and fancy joining a cycling club this autumn, contact Nathalie Brossard, Volunteer Co-ordinator on 020 7485 8177 or at [nathalie.brossard@thecamdensociety.co.uk](mailto:nathalie.brossard@thecamdensociety.co.uk)

## ANGELS AND HEARTS NOW ONLINE



Photo: Artwork by Adora Iwuchuku as part of Angels and Hearts, an exhibition of paintings and mixed media work by Camden Society artists from our Riverside service. Shown throughout August at the Southwark Cathedral Refectory, the artists used drawings and sketches of the cathedral as the basis for the colourful and poetic collection.

If you missed the exhibition you can see the inspiring paintings online at [www.thecamdensociety.co.uk/angelsandhearts](http://www.thecamdensociety.co.uk/angelsandhearts)

## LORNA WALKS STRAIGHT INTO PRINT

Lorna Ely, a student at Southwark College who was supported by the Camden Society to get involved in volunteering has had her own London walk recognised and published in *Get Walking, Keep Walking*, an accessible guide for ramblers across the UK.

Lorna said "I did lots of research on Google. I wanted the walk to be local and accessible. I am pleased; I think it's a proper achievement".

Get Walking had this to say about Lorna's walk: "It is most enjoyable and a real surprise to find in what is often regarded as a poor and deprived part of town – you should feel very proud of it!"

Starting from Bermondsey station, Lorna's walk heads for the river to explore part of the Thames Path. It links with the historic Mayflower pub in Rotherhithe, Dr Salter's House in Bermondsey, King Edward III's manor house and the Brunel Museum. Lorna's walk then passes through leafy Southwark Park, before returning to the start.

What a fantastic result Lorna – we'll look forward to trying your walk soon.

*Get Walking, Keep Walking* is a Ramblers project. For more information on Lorna's walk and other walks in London and around Britain, visit [www.getwalking.org](http://www.getwalking.org)

## NEW YOUNG PEOPLE'S JOBS PROJECT

With youth unemployment continuing to rise, opportunities for young people with learning disabilities are narrowing. It's great news then that Camden Council's Economic Demonstration Fund has awarded £37,834 to our employment services to launch a new project to support 15 young people with learning disabilities to build skills and find work.

To find out more, contact Helen Key, Employment Services Manager, on 020 7485 8177 or at [helen.key@thecamdensociety.co.uk](mailto:helen.key@thecamdensociety.co.uk)

## GOOD SPORTS IN SOUTHWARK

In June, having spent months training to become sports coaches and advocates for community sports, six people on our Work Train Southwark programme received Community Sports Leaders awards at an official presentation at our Unity Kitchen enterprise in London Bridge.

Praising the candidates for becoming ambassadors for healthy lifestyles, professional footballer Danny Maguire, and Southwark Works Programme Manager Jane Couchman presented the awards to Gavin Peart, Graham Drew, Michael Joseph, Jide Shittu, Michael Davis and Abas Jamar. Gavin told us, "The course was good, it showed me the basics about how to teach children sports. At the presentation I felt like I had done something important; my mum was there and she was proud of me. I have joined a gym now too."

Fantastic work guys!



Photo: Jayne Couchman, Graham Drew & Danny Maguire

Throughout the course, candidates learned how to run sports sessions, practiced communication and leadership skills and completed work placements. Our good sports are determined to use their award to progress even further. As Graham Drew said, "I had to concentrate, there was a lot to learn. On the day I got my award I was a bit nervous but really pleased with myself – I never thought I would get an award like this. I recently volunteered at the Olympic and Paralympic events in Peckham – I loved it and will definitely be doing more."

## JESTER FEST



Photo (L-R): Keith Shortman, Emily Evans, Stephen Cumberbatch, Amy McParland and Gerald Oppenheim serving the Jester Festival crowds in Fortune Green in July.

Our jesters were raising money for our Great Escape festival as well as promoting our Mill Lane Garden Centre in nearby West Hampstead. Keith told us "I spent most of the day selling cakes, but the strawberries and homemade lemonade went down really well." The team were pleased to have raised £400 on the day.

## MY OXFORDSHIRE



This issue, Hannah Auld from our Neithrop Guest House service in Banbury shares her top tips for a trip to Oxfordshire. Welcome Hannah.

First of all, how's your project?

I really love coming to the clubs; on Thursday we have an art group which I really enjoy, and on Fridays we have a cooking group. It means I get to see my friends at the project and get to learn something new as well.

Tell us a bit about yourself, what's your thing?

I love socialising with the girls; I always like to get involved in all the conversations at the project. I like a friendly gossip and 'girl talk' – especially if it's about clothes and jewellery. I love choosing my own clothes and accessories; I always try to look good.

Great! We love a bit of fashion talk at Society People. So, onto Oxfordshire – What are your favourite things about your county?

I really enjoy dancing, so am part of the Anjali Dance Company – find out more at [www.anjali.co.uk](http://www.anjali.co.uk) – I also love the Phab Group – we go on holidays together.

What would be a good day out in Oxfordshire for you?

I like to go out to the Herb Centre – it does great food so is perfect for a lunchtime visit. I also really enjoy bowling so am always pleased when I get to get out and have a game.

What would be your top tip for visitors taking time out in Oxfordshire?

I'd tell them to come and visit us here at Neithrop Guest House – there's always such a lot to do here.

And finally, what do you do to relax?

I love socialising, so anything that gives me an excuse to get out with my friends. Phab Club and the Gateway club are fantastic and I love to dance so I try to get out to discos when I can.

## GILL'S TEN WEEK CHALLENGE

When Southwark Council commissioned a project for a 10-week challenge for people who live or work in Southwark to become fitter and healthier in the run up to London 2012, Gill Hook, a Day Service Officer at the Riverside, was thrilled to be selected.

As a supporter of people with learning disabilities, Gill was chosen because of the extra benefits of being able to pass on knowledge gained as part of the challenge to a wide mix of people. Gill has great plans to do just that. Setting up a healthy living group in Southwark and a low impact exercise group for all ages, Gill has high expectations for the groups and is hoping to extend them so that people from other areas can get involved too.

As Gill said, "I've realised over the challenge that it doesn't matter what age you are (I'm 59) or what your abilities are, you can become fitter and healthier. I've learnt to ride a bike, have been sailing, achieved a 5k run, joined a yoga and Tai-Chi class and learned a lot about nutrition. I now feel able to pass all this information on to help others."

If you are interested in learning about different forms of fitness you can email Gill at [gill.hook@thecamdensociety.co.uk](mailto:gill.hook@thecamdensociety.co.uk) Watch out for health and fitness events on our Events Calendar too – it's on our website at [www.thecamdensociety.co.uk](http://www.thecamdensociety.co.uk)