



Services
Brochure **2016-17**





Elfrida Rathbone Camden works to achieve independence, empowerment and personal development for disabled people, children and young people, parents and families.

OUR GOALS

- For the lives of parents and families to be improved by access to the support they feel they need.
- To promote self-esteem, confidence and independence for disabled people.
- For children and young people to have the maximum opportunities to achieve their potential.

Sade Alade – Chair of Board of Trustees

I have been a Trustee of Elfrida Rathbone Camden for 11 years and chair for 9 of these, working with a skilled and committed team of Board members who all contribute their time on a voluntary basis. Working with our fantastic staff team we have steered ERC through huge changes in terms of local and government funding and politics and seen how other voluntary organisations have merged, got smaller or even disappeared. This year we are celebrating the enduring strength of Elfrida Rathbone's 100-year old vision of Inclusion and Achievement for those whose needs and contributions are least recognised by society. We are proud to carry forward those values, in Camden, and in partnership with our fellow charities across London and the UK who share their origins in the pioneering work of Elfrida Rathbone.



Alexis Keir - Director

As Director of ERC since 2007 I am proud to have seen the organisation expand its work with young people from education provision into participation and user-led training, play a leading role in two nationally innovative family support projects and deliver high quality advocacy services across London for the families of disabled children. Elfrida Rathbone Camden is a charity which is hugely varied in the work we carry out. All that we do is inspired by the vision of one woman which came to life in King's Cross one hundred years ago. Like Elfrida Rathbone, we refuse to accept that it is impossible for anyone to make a contribution or to participate in society. Our staff see the potential in everyone they work with and try to find ways to help them release it. We all value the chance we have to make a positive difference in the lives of the people we work with and it is great to share some of that work with you here in this Centenary Review.



Elfrida Rathbone Camden Snapshots Through the Years

'In 1981 I was asked to set up the new Elfrida in Camden. I found Joan and Pauline, and we gradually developed the organisation. I am really proud of what we achieved: the advocacy project was the first of its kind; we set up Parents & Co with a grant from the GLC Women's Committee; and we convinced Social Services and health visitors to refer families to us. Alongside Parents & Co was the Family Workshop, the Leighton Project, integrated holiday play schemes and youth projects. We involved our users and had a very active management committee. It was exciting and challenging; we laughed a lot and felt we were pioneering.'

Zena Brabazon, Manager of the first "Elfrida Rathbone" project in Camden

'Working at Elfrida Rathbone Camden was the happiest time of my career. In 1981 I became manager of Parents & Co, supporting families with under 5's. Believing that everybody has strengths and skills, we helped parents build on what they had. Home visitors were the backbone of the project; supporting parents with everyday issues and helping them make changes to improve life for them and their children. We provided a crèche, classes and groups, and training courses for parents so they could run the groups.'



Pauline Cheeseman, on the development of family support services at ERC

'I realised that inclusion needs to be ensured in ordinary ways and it can't be assumed that it already happens in established public service. It is always good to have a fresh set of eyes let me know how and what can be improved.'

Saul Letourneau, Senior Officer, London Borough of Camden, after using YPFI Services for Accessibility Audit

'I love my college so much. I made some new friends already and I love them. Thank you college for my support. I am happy to stay on next year. I can't wait for that. I love my subjects and the teachers. I love using my sense of humour to spread over the college. Thank you so much. It is very emotional. Thank you again.'

Leighton Education student Lucy at Elfrida Rathbone Camden



'I started to feel included when I joined the Leighton Project and from experiencing some of their projects and activities I've joined other groups and become involved in stuff and found friends and been involved a lot. It makes me feel special because people may say I'm not the young person I was a couple of years ago and I've made a great improvement.'

Chris Cooper, former Leighton Education Project student on his transition from mainstream school

'It seems like a fairytale but it really has had an amazing effect on me. It will have major benefits for families that get involved, because some families can fall between the cracks of a lot of organisations where they don't quite fit the remit. But these will help you and they definitely don't judge you.'

Mother of family who received support from Camden Futures family service in the last 5 years

'I worked at ERC in the early 1990s where I led the Parents' Advocacy Service. The staff were incredibly hard working and compassionate. I felt we made an excellent team with our service users making sure everyone had a voice, did their very best and could make more informed choices about their lives. I learned so much from the many families I worked with; to listen, to understand, to respect, to see things through the eyes of others. I have been a Labour Councillor for two years. I believe ERC provided me with the perfect training to do the very best for the people of Camden.'

Alison Kelly, Councillor, London Borough of Camden, former Advocacy worker at Elfrida Rathbone Camden



Current projects

Leighton Education Project



A three year further education programme teaching independent life skills to young adults aged 16-25 with mild to moderate learning disabilities and autism. The project runs for 20 hours a week, is accredited by Ascentis and supports learners to make informed choices about their future. A maximum of 20 students enables The Leighton Project to offer a person-centred approach ideal for any young person who may find it difficult to cope in a larger or mainstream environment. Rated GOOD by Ofsted in March 2016, our work

experience programme received particular praise. It gives learners access to and support in a variety of work placements during their time at college.

For more information or to make a referral, contact **Sousan Luqman**:

Tel: 020 7424 1617

E-mail: sousan@elfridacamden.org.uk

Young People for Inclusion (YPFI)

YPFI are a group of young disabled people campaigning for full participation and inclusion of disabled people in all areas of society. They deliver training courses and accessibility audits to organisations and businesses:

Disability Awareness Training (DAT)

Training for staff, volunteers and service providers so that they are better equipped to provide quality inclusive services.

Physical Access, Attitudes, Communication and Training (PACT)

PACT assessments provide organisations with an accessibility audit of their working environment and recommendations for improvement.

For more information, prices, or to make a booking, contact **YPFI**:

Tel: 020 7424 1639

E-mail: ypfi@elfridacamden.org.uk

Camden Futures

Camden Futures offers support to families struggling with a range of issues including:

- Mental ill health (parents or children)
- Debt, poverty, poor housing
- Previous domestic abuse, isolation or relationship breakdown
- Children at risk of underachieving
- Parental or Children's disabilities or learning disability

The Camden Futures team combines the expertise of 3 Family Workers based at ERC, one Financial Inclusion Worker based at Citizens Advice Camden and our team of volunteer Community Connectors. We help to find the best sources of support for families to improve their relationships, wellbeing, and to advise on education, benefits, housing and managing finances.



For more information or to make a referral, contact **Francesca Cappelli**:
Tel: 020 7424 1622
E-mail: francesca@elfridacamden.org.uk

Inclusion Works

A new project supporting young people with learning disabilities to gain and sustain employment in the London Boroughs of Camden, Islington and the City of London.

For more information or to make a referral, contact **Helen Tate**:
Tel: 020 7424 1639
E-mail: helen@elfridacamden.org.uk



*Portrait of
Elfrida Rathbone
by Leighton student
Joshua*

Elfrida Rathbone – the history

Beginnings

In 1916, at the age of 45, Elfrida Rathbone began teaching in Kings Cross at a special kindergarten started by her cousin, for children deemed ‘ineducable’. In 1919 Elfrida established an Occupation Centre in Kings Cross for ‘ineducable’ children excluded from school, and recruited supporters to sit on the Care Committees of Islington’s Special Schools. She formed a Girls’ Club in 1923, followed by a Married Girls’ Class with a crèche, and in 1930 established a befriending scheme for children in institutions. Initially known as Elfrida Rathbone Islington, the Elfrida Society in Islington expanded Elfrida’s work with people with learning difficulties and continues to do so today.

Elfrida Rathbone Camden

Part of the growth of the work of the Elfrida Society was to start supporting families where a parent had a learning disability. Eventually it was decided to establish an early intervention service in Camden, and in 1982 Zena Brabazon moved from the Elfrida Society to set up a “parental stimulation” project for parents with a learning disability. It was the success of this service that led to Elfrida Rathbone (Camden) being established as an offshoot project.

Initially there was a staff of three (Zena Brabazon, Joan Hanson and Pauline Cheeseman). A co-ordinator and Home Visitors (nowadays known as Family Development Workers) were then recruited for Parents & Co, which went on to become one of ERC's best known projects. Easter and summer play schemes, a literacy class and a youth club were also offered in Camden.

The Camden branch quickly outgrew its original space in Malden Road and moved to the old children's home in Leighton Road, initially holding sessions with beneficiaries in a portacabin in the garden. It was whilst here that the Leighton Education Project for young people with a learning disability was first established as a pilot scheme in 1984.

In 1985 Elfrida Rathbone (Camden) was finally incorporated as a separate and independent charity with the aim of promoting and advancing 'the welfare, education, training and advancement in life of persons with learning difficulties'.

In 1987 the Parents' Advisory Service (later to become the SEN Advocacy Service) was established and a further move saw the organisation temporarily housed in St Pancras Way until the new premises at Dowdney Close were completed in 1999.

ERC has also run 'Skill Up for Volunteering' and 'Skill Up for Work' over the years; projects aimed to help young disabled people transition from education into employment or volunteering.

ERC continues to provide family support, an educational project for young people with SEN, and user-led and participation work with young people with a range of disabilities. Our advocacy services over the years have diversified into support for young carers, young disabled people and recently arrived families. In terms of family support, ERC has been involved in several innovative pieces of work in the borough including placing family support workers in statutory social work teams, GP practices, and supporting families with multiple issues including separation.

Elfrida Rathbone was an astute, courageous woman possessing both determination and vision who will be long remembered for her compassion, kindness and humility. Her ability to see beyond disability, neglect and poverty to the possibility of inclusion and achievement for all is something that ERC continues to strive to emulate today.

Volunteering opportunities



We are always looking for volunteers who can give time to helping out with our projects or with the development and governance of our services.

Current volunteering opportunities include:

Become a Trustee

We would love to talk to people who can add to the knowledge and skills on our Board, particularly those with education and/or SEN experience. We welcome applications from all, including those who consider themselves to be from disadvantaged groups. To help achieve a better gender balance on our Board we are also particularly interested in hearing from male applicants. ERC will support new trustees to attend training courses to assist them in their role.

For more information about the role, please see our website or get in touch with our **Director Alexis Keir**:

Tel: 020 7424 1610

E-mail: alexis@elfridacamden.org.uk

Volunteers to help with events, fundraising and publicity

We are always grateful for support in these areas. If you have relevant skills please get in touch.



Work Experience Volunteers

We are looking for responsible and patient volunteers who can support a young person by taking them to their work placement and helping them to complete simple tasks while there. Tasks might be: unpacking stock and pricing goods in a shop, cleaning out animal pens in a cat shelter, cleaning tables in a café or watering plants in a garden centre. We are asking for a commitment of at least one half-day a week.

Leighton Learning Support Volunteers

We are currently recruiting for volunteers to assist in the classroom on our Education Project, which runs Monday – Thursday 10am – 3.30pm. If you are available for a morning, afternoon or even a whole day and interested in giving your time please get in touch.

For more information or to apply get in touch with **Rosanna Cooper:**

Tel: 020 7424 1615

E-mail: rosanna@elfridacamden.org.uk

Camden Futures

Community Connectors

Our family support service is recruiting parents willing to be trained as 'Community Connector' volunteers to help other families. Community Connectors will develop peer support groups, link families together and research services and activities. They will receive support and dedicated supervision. Core training will cover child protection, confidence building and communication/group facilitation skills. Community Connectors will be able to earn credits to use to access local leisure and learning opportunities.

For more information or to make a referral, contact **Francesca Cappelli:**

Tel: 020 7424 1622

E-mail: francesca@elfridacamden.org.uk

Donate and support us links

ERC greatly values donations as they enable us to work flexibly to help individuals and families who need support. This could mean obtaining resources for a family living in poverty like furniture or food hampers, or by developing projects like a parent peer support group, or holiday activities for children.

Make a one off or regular donation

You can donate to us securely online by visiting our Virgin Giving Charity page: www.virginmoneygiving.com/charities/elfridacamden

Raise funds for us for FREE when you shop online

Many large retailers are registered with **EasyFundraising** and make a contribution to our charity at no extra cost to you every time you shop with them online. To find out more and register visit www.easyfundraising.org.uk.

Make sure you type in 'Elfrida Rathbone Camden' when registering the cause you wish to raise money for.

Raise funds for us for FREE when you book a table for dinner

Use the free booking platform at www.charitablebookings.org and select a restaurant from the many listed. Make your restaurant booking online or by telephone, selecting **Elfrida Rathbone Camden** as the charity you wish to donate to. For each diner, the restaurant will donate £1 directly to us!

Donate equipment

If you have any equipment that you think might be useful to our projects or office please get in touch with Rosanna:

E-mail: rosanna@elfridacamden.org.uk

Tel: **020 7424 1601**

Support our fundraising events

You can keep an eye on what we are up to on the fundraising page on our website: www.elfridacamden.org.uk/donate/fundraising

Corporate Support

If you are keen to establish a support link with us please do get in touch. We have links with corporate organisations who support ERC in a variety of ways, including:

- Providing volunteers to work on short and long-term projects. This is tailored to the volunteers' skills and priorities, and might include:
 - Decorating a classroom
 - Assisting students with literacy and numeracy skills
 - Offering some admin time
 - Giving management advice or
 - Helping to market our services

Other examples of support could be:

- Donating equipment such as kitchen or art supplies
- Offering mentors who can support the development of individual staff members
- Offering work placements for our students
- Providing locations from which we can run social enterprise activities, including market stalls and cafes
- Advertising ERC services
- Donating pro bono legal advice
- Providing ERC with interns who work with us on our core projects for a fixed period

Supporters and funders over the years

A huge thank you to all the volunteers and interns who have generously given us their time and skills over the years.

These include our current regular volunteers **Alain, Jillian, Jackie and Sam**, the parent **Community Connectors** and our **Board of Trustees**.

ERC has also been grateful for financial help from many individuals and organisations over the years. There is not enough space to name all the people who have enabled our services to continue but we would just like to flag up some of our valued supporters below:

ARUP

John Lewis
Oxford Street



Education Project
Funded by



Education
Funding
Agency



JOHN LYON'S
CHARITY



CITY
OF
LONDON



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Support us: Easyfundraising, The Big Give, Virgin Giving

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