



**Celebrating**  **years!**

Working to improve the lives  
of people with learning difficulties  
in Islington since 1919



# AIM

The aim of the Elfrida Society is to make it possible for people with learning difficulties to manage as much of their lives as they want and feel able to do.

## Celebrating 90 years:

Welcome to this year's annual report. It is an amazing 90 years since Elfrida Rathbone and Lillian Gregg began working with children with learning difficulties in King's Cross in 1919. Their work



Elfrida Rathbone

led eventually to the development of many organisations across the country, some which still bear Elfrida's name such as the national Rathbone charity, Birmingham Rathbone and Elfrida Rathbone Camden along with many others which grew from those roots but have since changed name like KeyRing and Generate. We are pleased to be still working in the same borough as those two exceptional ladies and their pioneering nursery and we are proud to carry on their work. Their memory and their work goes on!

We feel sure too that Elfrida and Lillian would have approved of the launch across London this year of the *Parenting Toolkit*. The toolkit has been developed over several years by the London Network of parents with learning difficulties and that group is supported by Elfrida's Parents project. The toolkit challenges local authorities across the capital to openly assess how well they are doing in supporting parents with learning difficulties. We are delighted that the National Valuing People Support Team has funded and supported the toolkit and we are also very grateful to City Bridge Trust for funding the Parents Project, all of which has helped this important work get so far.



You can find out much more, and see (or download) a copy of the toolkit at [www.londonparents.net](http://www.londonparents.net)



Seán Kelly  
Chief Executive



Paul Nottage  
Chair of Trustees

## UNSUNG HEROES (working behind the scenes) – admin and finance



Amaryliss



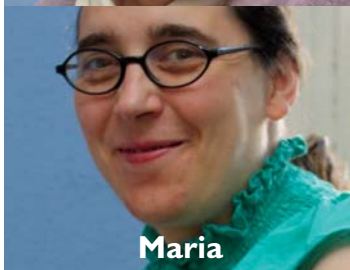
Berni



Hetty



Jana



Maria



Marlene



Sue



Sue

## COMMUNITY LIVING MAGAZINE

The Elfrida Society publishes *Community Living Magazine* which provides a positive and radical voice in the learning difficulty world. We are very grateful to a number of organisations which support and sponsor the magazine; KeyRing, Generate, Respond, Three C's Support, Southdown Housing Association and Integrate Preston & Chorley and staff from those organisations sit on the editorial board along with a number of active (and activist!) individuals.



FOR A FREE SAMPLE COPY and subscription details please contact reception at the Elfrida Society. Ring 020 7359 7443 or email [sue.ewer@elfrida.com](mailto:sue.ewer@elfrida.com)

If you would like to write for the magazine please contact the Editor, Elinor Harbridge, on 01643 841101 or email her at [elinor.harbridge@virgin.net](mailto:elinor.harbridge@virgin.net)

And SUBSCRIBE FREE to our email newsletter *EQual Citizens* to find out the latest things happening in the learning difficulty world.

Subscribe on line at: [www.communityliving.co.uk](http://www.communityliving.co.uk)



**ACCESS TO HEALTH** supports adults with learning difficulties to access health services. The project also encourages and supports local health services to become more accessible to people with learning difficulties. The project works in five main areas; health advocacy, health information, health promotion, training and promoting sport. The Big Lottery funds a sports development worker who organises sports and activity groups for adults with learning difficulties in Islington and encourages local



sports centres to become more accessible to people with disabilities.

**Contact** the Manager Adam Thomas, Assistant Manager Deborah Caplan or Sports Development Worker Ian Godley on 020 7359 7443

The **ADVOCACY PROJECT** provides advocacy for adults with learning difficulties who are having problems with health services, day services, housing and other services. There are 2 part time advocates.

**Contact** the Manager Adam Thomas on 020 7359 7443



The **LEARNING FOR LIFE AND WORK** centre provides small classes for adults with learning difficulties who want to develop their reading and writing, number and skills for independent



living and work. Courses are free and run from September to July. Classes are wheelchair-accessible.

**Contact** the Manager Leon Shoben on 020 7359 7443



The **PARENTS PROJECT** is funded by the City Bridge Trust. The project has been helping to develop the London Network for Parents with learning difficulties and professionals. The London Network has created a Parenting Toolkit for the Valuing People Support Team.

The toolkit was launched in early 2009. Local authorities can use the toolkit to measure their own progress in supporting parents with learning difficulties. The project also runs a weekly support group, provides advocacy for parents and has also run three parenting courses in the last year.

**Contact** the Manager, Diane Simcoe and the part-time Project Worker Mandy Ollis on 020 7359 7443

The **POWER AND CONTROL GROUP** is a group of 12 people with learning difficulties who are employed part-time to be part of the Islington Learning Disability Partnership Board and represent the views of people with learning difficulties in Islington. The group are consulted on a range of local services and issues. They also hold larger forum meetings, which anyone with learning difficulties in Islington can attend. We have worked with Islington Council on transition and we helped to run a big day for 90 people with learning difficulties about Keeping Safe.

**Contact** the Manager Vince Bottomley on 020 7359 7443

The **MAKE DAYLIGHT BETTER GROUP** Provides employment for up to 6 (currently 4) people with learning difficulties who attend the Daylight Day Centre in Islington. The group look at ways to make Daylight a better place for people who go there and work there. They look at what's working well and not working well, talk to other people who use the centre and make recommendations for change to the Managers of the centre. The group are supported by a facilitator and supervised by their Manager (Assistant Director at Elfrida).

**Contact** the facilitator Johny Brown, or Assistant Director Tony Bamforth on 020 7359 7443

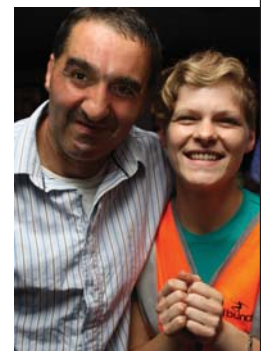
The **SUPPORTED HOUSING PROJECT** is two houses in the Finsbury Park area owned by Circle-Anglia Housing Association and managed by Elfrida. The houses are for people with learning difficulties who can do a lot of things for themselves but who still need some help. The project aims to help people learn about becoming a successful tenant. The houses are staffed by a manager and three live-in support tenants.

**Contact** the Manager Ola Banjoko on 020 7700 7104

**HOMELINK** provides person-centred support to over 50 people with learning difficulties. We work with people who live in different situations, in their own flats, with parents or family or in a hostel or supported house. We have also begun supporting families where the parents have learning difficulties.

**Contact** the Manager Maria Elia or Assistant Managers Su Connan and Anssy Oguzie on 020 7359 7443

**SIREN ARTS & ADVOCACY** Is a service that delivers art, advocacy & employment projects for people with learning difficulties. Through innovative and creative group work we support people to fulfill their potential. Siren is one of the biggest employers of people with learning difficulties in



Islington. Fifteen people work as First Choice Trainers & User Led Monitors checking and improving local services. Siren is best known for *The Wild Bunch* night club, run by people with learning difficulties who also perform as DJs & MCs [www.wildbunchclub.com](http://www.wildbunchclub.com). We also run a weekly drop in, a gardening group and an art group.

**Contact** Co-Managers Louise Wallis and Frank Hutson or Assistant Manager Inga Tillere on 020 7359 7443

Last year we said...	What we achieved...
<p>The sports worker will be starting badminton classes and a dance project.</p>	<p>We held Badminton and Dance classes. We also held Fencing and Tennis classes and we held the very popular Boccia classes (sitting down bowling with soft balls) at Daylight day centre.</p> 
<p>We will seek funding to support and develop a football team.</p>	<p>We got funding from the Football Foundation – and free weekly training sessions from Arsenal’s coaches!</p> 
<p>Learning for Life and Work will develop a new course focused on getting a job.</p>	<p>Learning for Life and Work ran a popular course called “Getting a Job”.</p> 
<p>Access to Health will produce leaflets for Islington Primary Care Trust on finding a doctor and on winter health services.</p>	<p>The leaflets were completed as was a leaflet on the District Nursing Service and accessible leaflets for GPs.</p> 
<p>Access to Health will produce an easy read leaflet on testing for Down’s syndrome in pregnancy for the NHS Fetal Anomaly Screening Programme.</p>	<p>This booklet was also completed – it should be available in late 2009.</p> 
<p>Homelink will set up a tenancy and benefits advice drop-in.</p>	<p>We weren’t able to set this up – but we still hope to do so in the future. Homelink has set up a “Friends and Family” forum and also continues the Link group – which is now called “Power in Our Hands”!</p> 
<p>The User Led Monitors will try out a more accessible way to find out what people think of their services using interactive computer programs.</p>	<p>The User Led Monitors felt this new method worked really well and made the whole process more accessible and they will definitely continue using it.</p> 
<p>The parents project is planning to run a drop-in support session on Monday afternoons.</p>	<p>We have set up an informal afternoon support session. Parents have used this for support with a range of things.</p> 
<p>The parents project plans to increase advocacy for parents going through court.</p>	<p>This has happened. We have provided advocacy for 8 parents going through court or pre-court proceedings. We now have an additional part-time parents advocate.</p> 
<p>Siren will work with Islington to develop plans for employing people with learning difficulties [ie the Council employing more people with learning difficulties].</p>	<p>The planning continues but the work has not begun yet. It is a joint piece of work amongst several projects and organisations (not just Siren). Siren remains one of the largest employers of people with learning difficulties in Islington.</p> 

## Next year ...

- 1** We will look for funding for the Parents Project to continue supporting the London Network of Parents with Learning Difficulties and Professionals and also to do training and promote the toolkit.
- 2** The Access to Health Project will try to secure funding to continue the Sports Development work which has been funded by the Big Lottery.
- 3** Homelink will develop 'personal accounts' for people to show the services they have had and how much they cost – whether they receive individual budgets or not.
- 4** Homelink will try again to set up a tenancy and benefits advice drop-in.
- 5** Supported Housing will involve tenants in updating policies.
- 6** Elfrida's work for IBASS (Independent Individual Budgets Advocacy and Support Service) will support people to get a better life by making best use of individual budgets – and will measure this with a 'quality of life' questionnaire.
- 7** The Make Daylight Better Group plan to make a movie about the group as a way of publicising the work they do to other people who go to Daylight.
- 8** Elfrida will reduce its CO<sub>2</sub> emissions and make itself more energy-efficient by replacing the boiler in its main offices.
- 9** Elfrida aims to hold all activities in fully accessible venues – even if this costs more.
- 10** Access to Health aims to find additional funding to increase the amount of advocacy it provides.

## Sun, Fun and Fish & Chips – Thanks to West Area Community Chest



## Holiday Project

Thanks to very generous donations, from staff of the Rathbone Brothers Bank and ex-trustee Fay Reid, we have been running a small project so that people who would not otherwise get away can have a subsidised short break or holiday. This project has taken a little while to get organised and especially to make sure we were distributing money fairly to those who needed it. Holidays and trips out have now been happening over this last year. Here is a picture of Lawrence on a short trip to Amsterdam.



# Elfrida Day



## Who was Elfrida?

Elfrida Rathbone was born in 1871. She was related to Eleanor Rathbone, one of the first women MPs.

In 1916 Elfrida came to Kings Cross to work with her cousin, Lillian Gregg, who had set up a special kindergarten for young children that schools thought could not be taught. Lillian and Elfrida showed that these children could learn and progress if given appropriate teaching.

Elfrida Rathbone carried on Lillian Gregg's work after her death in 1918.

Elfrida established an Occupation Centre in Kings Cross in 1919, for children who were not accepted by schools because of their learning difficulties. Over the next twenty years she set up a Girls Club and a 'Married Girls' class with a crèche as well as a befriending scheme.

Elfrida also put a lot of energy into campaigning work especially for children with learning difficulties to be included in education.

Elfrida Rathbone was a pioneering and charismatic woman.

The principles which lay behind her work of respect, equality, integration and choice are now so widely shared that they almost seem commonplace but at the beginning of this century her ideas were tremendously radical and progressive. Unfortunately there is still a great need for the work that she began – the world has changed less than we would have wished.



## Number of people using our services

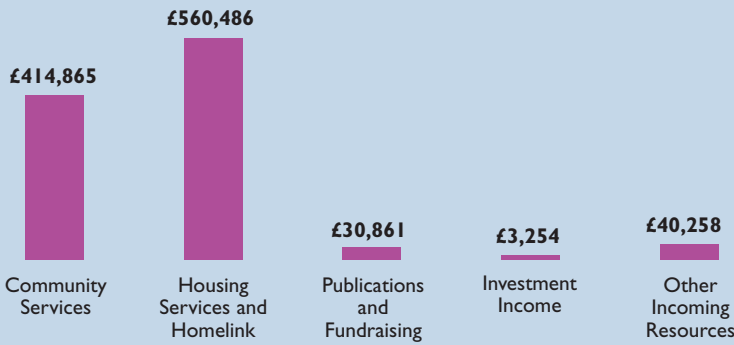
Please note that a number of people were involved in more than one project and so will be included more than once.

Projects	No. of people
Access to Health _____	22
Advocacy _____	21
Internet Drop in _____	37
Learning for Life and Work _____	30
Homelink _____	52
Parenting _____	22
Power & Control _____	12
Siren _____	91
Sports _____	78
Supported Housing _____	10

Wild Bunch – over 250 people attended the Wild Bunch Club nights.

**INCOME: £1,049,724**

**EXPENDITURE: £1,046,949**



## ACCOUNTS

### Independent Auditors' statement to the Trustees of the Elfrida Society

We have examined the summarised financial statements of the Elfrida Society.

### Respective responsibilities of trustees and auditors

The trustees are responsible for preparing the summarised financial statements in accordance with the recommendations of the charities SORP.

Our responsibility is to report to you our opinion on the consistency of the summarised financial statements with the full financial statements and Trustees' Annual Report. We also read other information contained in the summarised annual report and consider the implications for our report if we become aware of any apparent misstatements or material inconsistencies with the summarised financial statements.

### Basis of opinion

We conducted our work in accordance with Bulletin 1999/6 'The auditors' statement on the summary financial statement' issued by the Auditing Practices Board for use in the United Kingdom.

### Opinion

In our opinion the summarised financial statements are consistent with the full financial statements and the Trustees' Annual Report of the Elfrida Society for the year ended 31 March 2009.

Registered Auditors  
Fawcetts

Date: 7 September 2009

Windover House  
St Ann St, Salisbury  
SPI 2DR

## ACKNOWLEDGEMENTS

Badminton England  
 BBC Children in Need  
 The Big Lottery  
 Circle Anglia Housing Association  
 City Bridge Trust  
 Disability Action In Islington  
 Eluned Jones  
 Generate  
 Goldsmiths Company  
 K.F. Hyatt  
 Integrate Preston and Chorley  
 Keyring  
 Paradigm  
 Play Sport  
 Respond  
 Richard Cloudeley's Charity  
 Southdown Housing Association  
 Sport Islington  
 Three C's Support  
 United Charities  
 West Area Community Chest

**And all our volunteers, friends and supporters**  
 London Borough of Islington  
 Department of Adult Social Service  
 Islington NHS  
 London Borough of Islington  
 Partnership Board  
 London Borough of Islington  
 Primary Care Trust  
 London Borough of Islington  
 Supporting People Team  
 London Borough of Islington  
 Disability Action Group  
 The Learning and Skills Council  
 London Development Board  
 London Partnership Board



Registered Office: 34 Islington Park Street, London N1 IPX  
 Company Registered No: 1559198. Charity Registered No: 282716  
 The Elfrida Society is a charitable company limited by guarantee.

It is governed by its Memorandum of Articles of Association.  
 Trustees acting during the year ended to 31 March 2009 were as follows:

Paul Nottage (Chair) • Trudie Honour (Vice Chair)  
 Caroline Shaw • Simon Richardson • Jenny Pringle  
 Abiola Yesufu • Judith Chapman

Members: Gracie Bola • Ann Furniss • Nigel Hogg  
 Eluned Jones • Rosemary Morgan • Fay Reid

Bankers: National Westminster Bank plc, 218 Upper St, London N1 ISA  
 Solicitors: Barnes & Partners, Nicholas House,  
 River Front, Enfield, Middx EN1 3TF

Auditors: Fawcetts, Windover House, St Ann Street, Salisbury SPI 2DR

Photographs by: Seán Kelly, Tony Bamforth  
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## THE ELFRIDA SOCIETY IS A CHARITY. YOU CAN HELP SUPPORT OUR WORK!

- I enclose a cheque for a one-off donation of £ ..... to the Elfrida Society.
- I would like to make a regular donation of £ ..... per month to the Elfrida Society.  
 Please send me  a form to pay by Standing Order or  a form to pay by BACS.
- I would like to include the Elfrida Society in my will. Please send me more information.

Name ..... Address .....

..... Post Code .....

Tel ..... Mobile ..... Email .....

PLEASE SEND THIS SLIP TO SEÁN KELLY, THE ELFRIDA SOCIETY, 34 ISLINGTON PARK ST, LONDON N1 IPX