



Bulletin

07718 134877
www.familycarers.org.uk

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Welcome to this week's Bulletin from the National Family Carer Network. You are receiving this because you are members of our organisation. If you no longer wish to subscribe please contact info@familycarers.org.uk.

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National

1. Sensory World

Sensory World has been developed to fill a gap in provision of an accessible website for adults with learning disabilities. Elizabeth Fitzroy Homes have produced this 'accessible' house to help with all sorts of things. There is an area to work out your spending, health and safety, food hygiene, nutrition, and much more.

<http://www.sensoryworld.org/>

2. Magistrates' court information leaflet for people with learning disabilities

Leaflet <http://www.ldhealthnetwork.org.uk/docs/magi.pdf>

Target audience: All learning disability staff

HM Courts & Tribunals Service and Cheshire and Wirral Partnership NHS Foundation Trust (CWP) learning disability staff have jointly produced an easy read photographic leaflet to explain the magistrates' court process to people with learning disabilities. The leaflet has been approved for use nationally by HM Courts and Tribunals Services and will be publicised in the Ministry of Justice staff magazine (MoJazine) and eNews. The leaflet is available via national websites to all court and probation service staff.

The leaflet is intended for use by anyone whose role involves supporting people with learning disabilities through the court process. Please help us to raise awareness of this resource and share this with others who may use it in the course of their work to help people with learning disabilities.

For further information please contact the CWP Learning Disability Forensic Support Service. Tel: 01625 860969 Email: michael.swinswood@cwps.nhs.uk

3. Personal Independence Payment - information for support organisations and advisers

Personal Independence Payment - information for support organisations and advisers DWP aims to give accurate and timely information about Personal Independence Payment (PIP) to organisations that support disabled people.

<http://www.dwp.gov.uk/docs/pip-quick-guide.pdf>

4. CHANGE Cancer Series wins BMA Patient Information Resource of the Year Award 2012

CHANGE is pleased to announce that our CHANGE Cancer Series was awarded the **BMA Patient Information Resource of the Year Award 2012** at a ceremony in London last week.

The books were developed by people at CHANGE both with and without learning disabilities and in collaboration with health and cancer professionals from many different bodies including Macmillan Cancer and the NHS They provide clear easy read information about the prevention of cancer through screening and health awareness, diagnosis and treatment of cancer, palliative care and bereavement.

BMA Head Librarian Jacky Berry said:

“The resource is clearly laid out, consistent, with easy to understand information about all aspects of cancer from screening, symptoms and staying

healthy to palliative care, end of life and bereavement. This series is a well needed and excellently written resource.”

As an organisation that employs people with learning disabilities to work on all of our resources we are really proud to be recognised in this way and we would like to say a big thank you to The BMA and to everyone at CHANGE who worked so hard on the books. You can find out more information about the books and how to order them on the [website](#)

5. Short breaks cuts survey

Following on from our 'Breaking Point' reports in 2003 and 2006, Mencap wants to know what short breaks services are like for those who care for someone in their family with a learning disability today. Whether you care for a child or an adult with a learning disability, and whatever the severity of the disability, we'd like to know what you think and if your short breaks services have been affected by recent local authority cuts.

Please take some time to complete our survey on short breaks cuts

<http://www.choiceforum.org/docs/sbc.doc>

If you have any questions you can email jo.davies@mencap.org.uk or telephone 0207 696 5462.

6. EHCPs and the reform of the SEN system

Mencap are seeking people's views on the Government's plans to reform the special educational needs (SEN) system. The proposals include: Statutory assessments and statements of SEN to be replaced by education, health and care need assessments and education, health and care plans (EHCPs). EHCPs extend statutory rights into the further education. Local authorities and clinical commissioning groups must make arrangements for jointly commissioning services for children with SEN in their area. Local authorities must produce information on the education, health and care services it expects to be available locally (the local offer). To give your views on the proposals, Mencap's survey for parents, and more information about what is happening, can be found here: <http://www.mencap.org.uk/campaigns/what-we-campaign-about/children-and-young-people/sen-clauses-children-and-families-bill>

7. Netbuddy October Focus Groups ... we need you!

We're running a series of focus groups designed to find out exactly what you think of Netbuddy and how you use the site, so we can grow and develop in the best possible way. We would really appreciate your help and honest feedback.

We're looking for parents, carers and also healthcare professionals. Can you help us?

- Parents/carers - **Wednesday 10th October** – either 3-4:30pm or 6-7:30pm.
- Healthcare professionals – **Thursday 11th October** (we'd hope to conduct the session early evening) from 6-7:30pm but there may be some flexibility with timing to accommodate your schedule.

The focus groups will last 1½ hours and we will be asking two or three of you to stay behind to have an opportunity to browse the website in more detail. The sessions will be held at a venue in West Hampstead, London but we'd love Netbuddies from anywhere in the UK. You'll be paid £50 to cover your time and travel expenses. **If you would like to take part, please email kat@netbuddy.org.uk**

West Midlands

8. Better dental services for people with learning disabilities

Free all day event 16th October 2012: information and booking form at: <http://www.improvinghealthandlives.org.uk/events/event.php?eid=2045>

BVSC, The Centre for Voluntary Action, 138 Digbeth, Birmingham B5 6DR

This event is designed to give participants the knowledge and tools to improve dental services for people with learning disabilities. We will be sharing the results of the national survey into dental services for people with learning disabilities as well as a number of good practice examples.

We will also be launching a 'digest' of reasonable adjustments currently being used in dental services, making them more accessible for people with learning disabilities.

This event is aimed at commissioners/clinical commissioning groups and cluster commissioning groups, members of Health and Wellbeing Boards, HealthWatch and other people interested in getting better dental services for people with learning disabilities.

If possible, please send your completed form as an email attachment to Pauline.white@ndti.org.uk

9. Dealing with Stress

An introduction to Mindfulness

Date: Monday 10 December 2012 | Time: 10:30am - 3:30pm

Venue: Suite 2, Waterside, St James Court West, Accrington, Lancs. BB5 1NA

Cost: Between Free & £20 - Ask for more details, Speak to our Events Manager (Details below)

Who is the event for?

Specifically for Families, Carers, Individuals and Self Advocates.

What will the day focus on?

The workshop aims to introduce you to ways that will help you take better care of yourself. During the day you will learn new ways to deal with challenging physical sensations, emotions, moods and social Interactions.

See our video of Emma, demonstrating the results: <http://youtu.be/Tr0Ur-P9WZU>

What is Mindfulness?

Mindfulness is purposely paying attention in a non-judgemental way, to what is going on in your body, our mind and in the world about you. This moment to moment awareness is Mindfulness. It is about living in the present rather than dwelling in the past or being anxious about the future.

[Download the Flyer:](#)

For more information please contact Danielle, our Events Manager:

Email: danielle.johnson@pathwaysassociates.co.uk

Phone: 07950 617 457

<http://www.pathwaysassociates.co.uk>

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If you would like to contribute to the newsletter, please submit articles in plain English of no more than 230 words to info@familycarers.org.uk. We reserve the right to edit the articles to fit the newsletter whilst retaining the overall information. Due to the number of articles we receive we cannot guarantee inclusion of contributions.

NFCN is an umbrella organisation that aims to promote the voice and rights of family carers supporting a person with a LD. Its membership comprises both organisations and individuals but we cannot be responsible at any time for the views expressed by our members unless explicitly promoted by us.