

Bulletin



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 Family Carer Network
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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.

National

1. Chance to influence George Osborne to invest in care

The National Family Carer Network is a member of the Care Support Alliance which will be encouraging George Osborne to 'Invest in Care' at the Spending Review for 2015-16 that he and the Treasury are working on and that reports on June 26th.

The outcome of the Review really matters as it will set the baseline budget for when the Dilnot approach comes in, and for the much bigger Spending Review after the General Election.

We want to write a joint CSA letter to the Chancellor, highlighting our spread and depth as a coalition, together with a booklet of case studies that showcase what a great investment good social care is. On the day end May/early June when we write we will also do some associated media and social media work to carry our messages to wider audiences and to engage our supporters.

So we are asking every member organisation, including yours please, to provide us with one short case study. You can have used it before but it does need to fit the bill!

What this means is that all the case studies in the booklet need to show how the removal of social care has prevented someone from doing something good they had previously done; or that being in receipt of social care now is enabling x to do y, of benefit to them and to our wider economy/society, but of course with so much pressure on the system there's a great threat of the care being reduced or even taken away.

A full description of what kind of case study is required, and an example, is in the [attached template](#). You can also find this on our website [here](#).

Please would you send the case study to Andy Glyde at Age UK – andy.glyde@ageuk.org.uk and copy us in at info@familycarers.org.uk by **lunchtime on Monday 20th May**.

I know everyone is very busy but this is a rare opportunity to present our case directly to the Chancellor, and the more of us take part, the stronger our pitch will be. So please do look for a case study.

If you have any queries or want any further info about what is needed please feel free to contact Rossanna Trudgian on 020 7696 6974 or Emma Lindsay on 020 3242 0373, joint chairs of the CSA Campaigns Group, who will be happy to help.

2. The Queens Speech: Health and Social Care Bill

As you may be aware, the Care Bill was addressed in the Queen's Speech yesterday.

The Bill would modernise the previously fragmented law so that it prioritises the wellbeing of individuals and enables all those needing health and social care to get good care.

It would introduce a number of measures in response to the Francis Inquiry and establish Health Education England and the Health Research Authority as NDPBs, giving them the independence and stability they need to carry out their vital roles.

To read the full document, please click [here](#). The relevant Care Bill information can be found on pages 54-57.

You can also read the response from Community Care to the Queen's Speech on their website [here](#).

3. The new Carer's Credit application

You could get Carer's Credit if you're caring for someone for at least 20 hours a week.

This is a National Insurance credit that helps build your entitlement to the basic State Pension and additional State Pension. It makes sure there are no gaps in your National Insurance record.

To find out more, please visit the Gov.uk website here: www.gov.uk/carers-credit

4. Have you got an innovative project for the BBC?

The [Association for Real Change](#) was recently contacted by a documentary film-maker asking for help in identifying ground-breaking projects or ways of working with people with learning disabilities.

They are trying to expand on the work they have done in the films made with Rosa Monckton on what it is like to be a mother of a daughter with a learning disability. They are looking for anything that may be perceived as pushing the boundaries in relation to learning disability. This could be around the areas of community, work, personal lives, how people are perceived, giving people a sense of purpose; anything innovative.

If you think your organisation has something that the BBC would be interested in then please get in touch with john.robinson@arcuk.org.uk 01246 555 043.

5. Improving Access to mental services for people with learning disabilities

The [Foundation for People with Learning Disabilities](#) is looking at how effective mental health services are in England, in supporting people with learning disabilities.

We would welcome your views if you:

- have a learning disability,
- work with people who have a learning disability, or
- are a family carer who has supported someone with a learning disability to access mental health services.

We want to know what you think does/doesn't work well and how access to mental health services for people with learning disabilities could be improved.

Up to 40% of people with learning disabilities experience mental health difficulties. However, they are often unable to get support from appropriate services. Many services strive to be accessible to this group of people, but many are still excluded.

We want to understand experiences of using mental health support services and identify the pathways people with learning disabilities use in order to access good mental health support.

Your views will be used to develop some core principles for workers to work towards to promote good mental health and wellbeing.

Can you help us?

We would really welcome your views about the mental health services provided to people with learning disabilities. You could help by:

- completing the easy read questionnaire for people with learning disabilities (please click [here](#)),
- completing the online questionnaire for [family carers or people who work with people with learning disabilities](#),
- answering some questions over the phone .

The survey should take approximately 15 minutes to complete. Please forward it on to anyone who you think will find it of interest. The survey closes on Friday 24th May 2013.

You may have received an invitation to be interviewed on a separate study by our partners in Kings College regarding Improving Access to Psychological Therapies.

This online survey is a different study looking at all mental health services provided to people with learning disabilities.

For further information or to arrange a telephone interview please get in touch with me.
Christine-Koulla Burke, Senior Development Manager.
Telephone: 020 7803 1142, email cburke@fpld.org.uk

6. Making it real - celebrating first anniversary with new support tools

[Think Local Act Personal](#) is celebrating the first anniversary of Making it Real with the launch of a series of practical tools.

Making it Real encourages organisations that pay for or provide social care services to get real about improving people's lives. Since TLAP launched Making it Real in May 2012, more than 400 organisations, including 65 councils, have publicly declared a commitment to changing the way older and disabled adults experience care and support.

Of the three tools launched is Making it Real for Carers which you can read [here](#). It has been coproduced with carers and organisations including the Carers Trust and ADASS following a series of workshops across England. You also find out more on the website [here](#).

7. New Cerebra carers guide

Cerebra, a national charity for children with neurological conditions, has produced a new guide for parents of disabled children who are under 16 who want to find out more about the support that's available to them in their role as parent carers.

Click [here](#) to visit the website, and click [here](#) to read the document.

London

8. National Theatre - Relaxed Performances

Relaxed performances are specifically designed to welcome people with an Autistic Spectrum Condition, learning disability or sensory and communication disorders into theatres to give those who otherwise might feel excluded the chance to experience live theatre. They have a less formal, more supportive atmosphere in order to reduce anxiety levels. An easy way to describe them is 'the opposite of the quiet carriage on the train'. There is a relaxed attitude to noise, movement and small changes to the sound levels and some lighting effects in the show.

Relaxed performances provide an opportunity for people who would otherwise find it difficult to come to see the show - for example people who make involuntary noise, or are likely to need to talk a lot, or move around.

The next Relaxed Performance is:

The Curious Incident of the Dog in the Night-Time on Saturday 22nd June at 2.30pm

'Visual stories' are provided two weeks prior to the performance to help support your visit.

For more information, please visit the National Theatre website [here](#) and to book, please ring 020 7452 3961.

South East

9. Free Transition Courses for Parents and Carers

Do you have a child between the ages of 14 and 24 with additional needs? Do you feel overwhelmed by the transition process?

If so then you may be interested in one of the [Carers Together](#) free training courses. The courses will address the following topics; Finances Including Benefits and Direct Payments, Legal issues, Education Training and Employment, Housing, Services available for you, and Person Centred Planning.

Saturday 18th May, 9.30-3.00pm, Dove House School, Basingstoke, RG21 5SU
Friday 7th June, 9.30- 3.00pm, Treloar College, Alton, GU34 4GL
Saturday 15th June, 9.30-3.00pm, Mountbatten School, Whitenap Lane
Romsey, SO51 5SY

Free parking, tea and coffee, but please bring your own lunch

If you would like to book a place please email pauline.gibbons@carerstogether.org.uk or telephone 01794 519495, providing full contact details. You will receive booking confirmation and further information.

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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.