

Bulletin



National
Family Carer
Network

www.familycarers.org.uk

Tel: 07747 460727

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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. National Family Carer Network joins Easy Fundraising

NFCN has joined Easy Fundraising, which means if you shop online, you could help us fundraise every time you buy just by shopping through our easyfundraising page:

<http://www.easyfundraising.org.uk/causes/familycarers>.

Each purchase generates a donation. So instead of going directly to a retailer's website, go to [easyfundraising](#) first and choose the retailer you want to shop with – then everything you spend with that retailer earns a free donation for the National Family Carer Network. It's completely free to use and your shopping won't cost you a penny more.

On average, each retailer will donate 5% of the cost of your shopping - and those donations soon mount up.

If you'd like to help us fundraise in this way, please just visit our easyfundraising page and register.

2. New guide to help young people with learning disabilities to manage their feelings better

The [Foundation for People with Learning Disabilities](#) (FPLD) has produced a guide on ways to adapt the internationally recognised and World Health Organisation endorsed [FRIENDS for Life programme](#) to help children and young people with learning disabilities to manage their feelings better.

Although children and young people with learning disabilities have higher rates of emotional and behavioural problems than their peers without learning disabilities, research shows they have less access to services and support.

The Foundation for People with Learning Disabilities worked with Rowena Rossiter, Clinical Psychologist, in collaboration with Hazel Court School and the CAMHS-LD Family Intensive Support Service in Sussex Partnership Foundation Trust on a small development project to enable the FRIENDS for Life programme to be accessible for children and young people with learning disabilities. The adaptations were planned to consist of simplified materials with high visual and low verbal content to make the sessions more meaningful.

To read more about the FRIENDS programme, please visit the FPLD website [here](#). You can also read the guide [here](#).

3. Petition: Stop the False Economy of Cutting Benefits for Disabled and Vulnerable Adults. Ring Fence Long Term Funding for Their Support

A group of Surrey-based parents are petitioning David Cameron, Nick Clegg, and Ed Miliband to work together to stop cutting benefits for disabled and vulnerable adults in society.

The group has started the petition because of concerns that their disabled (adult) children's funding comes entirely from benefits and social services. They believed that this secured their future and they were safe in the hands of UK government and local authorities, but:

- The Welfare Benefits Up-rating Bill has capped working-age benefit rises at 1% until 2016, including benefits for the disabled
- Councils say "By the end of this parliament, councils' funding from central government will have been cut by 33%". This funding includes social care for the disabled
- Disabled, vulnerable adults have low disposable income and have to pay for items and services to help them overcome the effects of their disability. They are thus more affected by price rises than most UK citizens.
- 2009-/2012 inflation averaged 4.3%. The Bank of England hopes to reduce this to 2% but even this is 1% above the caps
- Energy has risen by 9% this year and will rise above inflation for the foreseeable future
- Food prices rose by 33% between 2007 and 2013
- 2013 was "the tenth year running that rail fares have increased by more than inflation"
- Fuel prices have risen by at least 36% between 2009 & 2012

So how will disabled and vulnerable adults manage in the future?

To find out more about the campaign and to sign the petition, please visit the Change.Org website [here](#).

4. Consultation outcome: Developing new standards for social care

This Department of Health consultation asked for ideas to help decide on future topics for National Institute for Health and Clinical Excellence (NICE) guidance and standards.

You can read more about the consultation on the Gov.UK [website](#) and read the full outcome [here](#).

5. National Trust Passport to your Future scheme

The [National Trust](#) is looking for people with a passion for the work that they do to come and train with them. You do not need qualifications or work experience, just plenty of enthusiasm and a willingness to learn.

The scheme is looking at new ways to increase diversity within the National Trust and is open to all. They would therefore particularly like to hear from people if they have a disability, a lack of formal qualifications, have been long-term unemployed or are from an under-represented ethnic minority group.

You can find full details about the programme on the website: <http://yourfutureyourhands.org.uk/> and read about previous trainees' experiences on their [blog](#).

Applications for the posts are open now and close on the 1st March.

There are also taster days in the first week of February at each of the National Trust properties taking part. For more details, along with how to apply, please visit the website here: <http://yourfutureyourhands.org.uk/apply/>.

6. Latest Care Bill reading list

Community Care has published a useful reading list on the Care Bill to help you access the latest commentary and news on its provisions.

You can find the article and reading list on the Community Care website [here](#).

7. BBC3 programme: Growing Up Downs Monday 3rd February 9.00pm BBC3

BBC3 are broadcasting a documentary on 3rd February about a group of young actors with Down's Syndrome who set out to create a touring production of Shakespeare's Hamlet. Along the way the play begins to blur with their real lives, leading to romance, rows and revelations. It is directed by William Jessop, the brother of leading man Tommy.

You can find out more about the production on the BBC iplayer [here](#).

8. Moving up: My transition from school to university

The Talk about Autism blog has recently featured an article from an 18year old student moving onto university. It is a first-hand account of the different challenges and worries he faced making the transition from school, and the support he has received along the way.

To read the blog article, please click [here](#).

South East

9. Basingstoke Voice Meeting

Thursday 6th February 10.00am-12.00pm

The Cedar Room, Maple Ridge Primary School, Maple Crescent, Basingstoke, RG21 5SX

Baskingstoke Voice are inviting all parents/carers of children and young people aged between 0-25 years who have a disability and additional needs, to their local group meeting on 6th February.

The guest speaker, Helen Alport from Parent Partnership, will be talking about how the Parent Partnership Service could help you. They provide impartial advice, information and support regarding education, schools, and the Local Education Authority (LEA).

You can go along and meet other local parents and share your experiences, chat with them about local services and problems, and enjoy cakes and refreshments too.

If you would like more information, please contact Jo Maxwell-Heron by email: JoMaxwellHeron@roseroad.org.uk or phone: 07881 340136.

West Midlands

10. Thinking Ahead: Free workshop for family carers of children and adults with learning disabilities

Friday 28th March 2014 10.30am – 2.30pm with buffet lunch provided

Wragge and Co, 55 Colmore Row, Birmingham B3 2AS

This free workshop will be led by Christine Towers from the [Foundation for People with Learning Disabilities](#). It will introduce you to their practical resource "Thinking Ahead" which has been designed for use by families to help them plan for the future. You can read more about this resource on their [website](#).

Places are limited, so please book early using the booking form [here](#).

North West

11. Free Campaigning and Influencing Training for Local Organisations

The National Council for Voluntary Organisations (NCVO) in partnership with Liverpool CVS, Knowsley CVS, Sefton CVS and VA Wirral, is offering free training and support to local voluntary and community organisations to build their campaigning and influencing skills.

Over the course of four weeks, and through a mix of online activities, tailored one-to-one support and a full-day workshop in Liverpool, organisations will learn more about the changes in policy at the local level, and how to engage with local decision-makers and public bodies.

The full-day workshop in Liverpool will be held on Thursday 13th March 2014.

You can read more about the course on the Liverpool Charity and Voluntary Services [website](#).

To apply for this training, please e-mail Gail.Jordan@lcvs.org.uk to register your interest.

Deadline to register your interest is 12pm on 7th February 2014. They will confirm your place on the training after this date. Please note places are free and limited so a penalty fee of £50 will apply for cancellations after being accepted on the course.

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