

Bulletin



www.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. National Family Carer Network News

The CQC have reviewed their stakeholder input and the National Family Carer Network have been invited to join the new learning disability and autism expert reference group. Oi Mei Li, Director for the National Family Carer Network, attended the first meeting on 28th January. The stakeholder group will be involved in developing a new regulatory model for learning disability health services, including services for people with autism. This will include the coproduction of methods and tools for the inspection framework. It will also follow up progress of providers in relation to Winterbourne View.

The CQC have published the proposed changes to the way they will regulate and inspect mental health services on their website:

<http://www.cqc.org.uk/public/publications/reports/mental-health-act-2012/13>

If you have any comments on mental health services for people with learning disabilities, please do let us know through our [Facebook page](#).

2. Limited number of funded (no cost) delegate places for members of the National Family Carer Network

Health and Social Care Reform and Govtoday are delighted to announce 'Care for all', the 2nd National Social Care Conference and Exhibition at the Brewery Conference Centre, London on 25th March 2014 is set to examine how the reforms to the healthcare provision across the nation have affected the services delivered.

"Some people need extra care or support - practical or emotional - to lead an active life and do the everyday things that many of us take for granted. The government is working to provide a social care system that provides care for those who need it, and which enables people to retain their independence and dignity." Department of Health

July 2012, saw the publication of the 'Caring for our future: reforming care and support' White Paper. The White Paper outlined the vision for a reformed care and support system one that would;

- focus on people's wellbeing and support them to stay independent for as long as possible
- introduce greater national consistency in access to care and support
- provide better information to help people make choices about their care
- give people more control over their care
- improve support for carers
- improve the quality of care and support
- improve integration of different services

On the 10th May 2013 the 'Care Bill' was published, introducing legislation to provide protection and support to the people who need it most and to take forward elements of the government's initial response to the Francis Inquiry, and will give people peace of mind that they will be treated with compassion when in hospital, care homes or their own home.

The Bill pulls together threads from over a dozen different Acts into a single, modern framework for care and support, fundamentally reforming how the law works, prioritising people's wellbeing, needs and goals so that individuals will no longer feel like they are battling against the system to get the care and support they need and for the first time, it puts carers on a par with those for whom they care.

'Care for All' will explore the Care Bill presenting a unique forum for debate, bringing together those at the forefront of this agenda and those responsible for delivering high quality care to listen to the real concerns and issues. Simultaneously, the conference will provide a platform for the dissemination of learning and best practice, and a showcase of productivity and innovation.

To apply for your funded place please send your details to bookings@govtoday.co.uk quoting ref **NFCN6**

For further information please see www.socialcarereform.co.uk.

(NB. The limited fully funded tickets are currently available for Heads / Leads/ Directors / Managers and are not available for private sector).

There are also 5 places available for family carer members of the National Family Carer Network. If you are a family carer member you will need to book your place directly with us, therefore please email: Oimei@familycarers.org.uk).

3. Blog article: We believe prisoners with learning disabilities or difficulties should have equal access to support

Alison Giraud-Saunders, a consultant for the Foundation for People with Learning Disabilities and the chair of trustees for the National Family Carer Network, has recently published a blog article on the [Changing Minds, Changing Lives](#) website about a pilot programme to help prisoners with learning disabilities or difficulties learn new skills.

The Thinking Skills programme for inmates was adapted to be accessible for people with learning disabilities. The programme helps prisoners to understand their behaviour, make better choices and set positive goals, all of which help to reduce their chance of reoffending.

You can read the blog article [here](#) and download the report and evaluation summary from the FPLD website [here](#).

4. Caring & Family Finances Inquiry: Carers struggling with alarming levels of hardship

[Carers UK](#) have recently undertaken a 12-month investigation to expose the stark reality faced by those looking after loved ones who are older, disabled or seriously ill: loss of savings, debt and struggling to afford food and heating

The Inquiry also reveals that, despite rapid rises in the number of families providing care to loved ones, Government cuts to support leave carers facing a shocking £1 billion cut.

And, Carers UK says, carers not only feel they are not recognised or valued but also feel victim of increasing public criticism for claiming their social security entitlements.

You can find out more about the investigation on their website [here](#), and download the report and executive summary [here](#).

5. New guide to help people to talk about their mental health to their GP

Talking to a doctor about your own mental health can be difficult, so the Mental Health Foundation has produced a practical guide with details on what to expect from your appointment and what your GP can do for you. By using the tips and advice in the booklet you'll be able to speak to your GP about your mental health with greater confidence.

You can find out more on their [website](#) and read the guide [here](#).

6. Personal health budgets 'Update' Winter 2014

The Winter 2014 edition of 'Update', the personal health budgets newsletter, has been published. This edition includes:

- Headline story: The 'right to have'
- Making budgets work in substance misuse services
- 'Going Further Faster' in mental health
- Making budgets happen for children and families
- Personal health budgets resources

Click [here](#) to read the newsletter.

7. National Autistic Society Policy and Campaigns Priorities Survey 2014

The National Autistic Society (NAS) campaigns and lobbies at a national level (as well as supporting local campaigns) to improve services and support for children and adults with autism and their families.

They are currently planning their work for April 2014-March 2015 and want to hear from you to make sure they get their priorities right for people with autism and their families. In this survey, they explain more about the areas they plan to work on and ask for your feedback. There is also an opportunity at the end of the survey to tell NAS about other issues that you think they should work on.

To access the survey, please click [here](#). If you have any questions, please email policy@nas.org.uk or call 020 7923 5799.

8. Growing up Downs - BBC documentary

If you missed the BBC3 broadcast of Growing Up Down's, a documentary about a group of young actors with Down's Syndrome who set out to create a touring production of Shakespeare's Hamlet, it is still available to view on the BBC iPlayer [here](#). You can also read a blog article about the programme [here](#).

9. Preparing for Adulthood: new online forum

[Preparing for Adulthood](#) has launched a new online forum. Each week they will look at an element of the Special Educational Needs and Disability (SEND) reforms and consider how it interacts with the reforms as a whole to create positive outcomes for young people with SEN and disabled young people.

The Preparing for Adulthood (PfA) team believes that it is vital to consider the SEND reforms as a whole when developing processes and plans in local areas however, they also appreciate that there are specific challenges related to each element. This forum gives you an opportunity to pose questions and raise challenges that you are experiencing in local areas as a result of getting ready to implement the reforms and to receive responses from regional champions, experts from the sector and the PfA team.

If you would like to register and post to the forum, please visit their website: <http://www.preparingforadulthood.org.uk/forum>.

10. Commissioning of Wheelchair Services

NHS England is hosting a summit on the commissioning of wheelchair services on 25th February 2014. If you are a wheelchair user currently or have experience of wheelchair services, they would like to invite you to attend to provide your thoughts on how this could be improved. If you would like to be invited, please contact england.nhs.participation@nhs.net to receive further details.

11. NHS England Recruitment Opportunities

The national Quality and Clinical Risk Committee is seeking up to 3 members. For further details please visit <http://www.england.nhs.uk/2014/01/09/qcr-reps/>. Please note the deadline has been extended to 12 noon on 13th February 2014.

The Patient and Public Voice Assurance group for Specialised Services is recruiting a Chair and up to 8 Members. For further information on this opportunity please visit <http://www.england.nhs.uk/ourwork/commissioning/spec-services/vac/>. The closing date for applications is midday on 19th February 2014.

West Midlands

12. What is Postural Care? A free information day for family carers and personal assistants

Friday 16th May 2014 10.00am until 2.00pm

Tamworth Community Fire Station, Marlborough Way, Tamworth, B77 2LF

This day will support family carers and personal assistants to explore the use of postural care or therapeutic positioning in a friendly, jargon free, positive way.

The day will:

- Help people to think about and understand how and why a person's body change shape as they grow or become less mobile
- Share other people's stories and think about the lessons we can learn from their experiences
- Share some practical ideas about how to start using postural care straight away

Tea, coffee and biscuits are provided, but please bring along a packed lunch.

There is no charge for this event; however the organisers do need a definite commitment from those who would like to attend. If you are interested in coming along and would like some further information, please get in touch with Sarah Sarah@posturalcareskills.com who will be happy to help.

If you would like to book a place, please click [here](#). You can also find more information about Postural Care CIC and their range of upcoming courses on their [website](#).

East England

13. We Do Care: March and April evening activities for over 18s

[We Do Care](#) have published details of their upcoming activities in Hertfordshire for people over 18 who have a learning disability.

You can find all the details on their website [here](#) and if you would like any further information about the events, you can contact their office on 01992 422268 or email:

Carolyn.wedocare@gmail.com.

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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.