



Bulletin for Carers

of people with a Learning Disability

Preston Family
Carers Network

LEARNING DISABILITY

Welcome to our first bulletin specifically for Carers of people with Learning Disability. We hope to produce bulletins periodically as a platform to keep you informed of issues relevant to your caring role. This is also an opportunity for Carers to contribute and share information useful or beneficial to other Carers and the people they care for on practical tips such as how you got around a particular issue, or fun stuff like sharing a favourite recipe.

Peace of Mind 4 Carers is a new service offered through Preston Carers Centre. We will work with the Carer to put together a contingency plan. If the Carer was in an emergency situation and unable to provide care the plan would be activated to provide support for the person they care for. The support could come from another family member or friend or through a replacement care agency for a period of up to 72 hours during the emergency situation. For more information on this service or to put a plan together, contact Liz Schofield, Carers Support Officer (Emergency Planning) at Preston Carers Centre on 01772 200173.

The **Learning Disability Partnership Board** would like to see more carer representation at their meetings which are held throughout the year. If you are interested in attending these on a regular basis, please let Safiyyah know at Preston Carers Centre.

The **Need Partnership** is offering places on their training courses to adults with Learning Disabilities. The courses start in September 2009 and are on various subjects including Pre-Work Skills, Advocacy, Safe & Sound, Person Centred Planning and Fire Safety Training. For more information contact the Need Partnership on 07981331184

A new **Service User Network** is being set up in Preston for people with Learning Disabilities to have their views heard. The Network will link directly to the Learning Disability Partnership Board. For more information contact Helen McCondichie at Preston DISC on 01772 558863.

Hillserve Insulation Specialists are offering **free Cavity Wall and Loft Insulation** for Over 70s or if you are in receipt of one or more of the following benefits: Disability Living Allowance, Attendance Allowance, Income Support, Pension Credit and Council Tax Benefit. The cost for Cavity Wall Insulation to Homeowners and private tenants is a reduced rate of £149. For more information or a no obligation survey call 0800 622 415 quoting reference HS001.

Andrew Whitaker is the recently appointed Learning Disabilities Community Leisure Development Worker for Preston. He has arranged various leisure activities taking place in and around Preston for people with Learning Disabilities. For more information contact Andrew on 01772 906183 or 01772 644411 or via email on a.whitaker@preston.gov.uk.

Free Person Centred Planning Course. This 4-day training course will be taking place at Pukar Disability Resource Centre in Preston on 21st and 28th October and 6th and 20th November. For more information contact Max Neill, Person Centred Planning Co-ordinator on 01772 644130 or max.neill@centrallancashire.nhs.uk.

Free Mencap Seminar on Wills and Trusts: Thursday 26th November, 12.30 – 2.30pm at Lancashire Conservation Studios, Preston. Information will be available on how to make a will or set up a trust and an experienced solicitor will be present to answer questions. To reserve a place contact Gina Collins on 0207 696 6925 or email on willsandtrusts@mencap.org.uk.

Contact Safiyyah

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Valuing People Now

Valuing People Now was published in January 2009 and is a three-year cross-government strategy for people with Learning Disabilities.

Valuing People Now reaffirms **four guiding principles** set out in Valuing People:

Rights: People with Learning Disabilities and their families have the same human rights as everyone else.

Independent Living: Greater choice and control over the support people need in their daily lives and opportunities for participation in family and community life through greater access to housing, education, leisure, employment and transport.

Control: Enabling people to make informed decisions about their own lives through access to information and support to understand different options available and their implications and consequences.

Inclusion: Being able to participate in all aspects of the community including working, learning, being part of social networks and accessing goods and services, and to have support to do so.

Valuing People Now will enable people with Learning Disabilities to:

- Have greater choice and control over their lives
- Have better healthcare and support to live healthier lives
- Have choice about where and with whom they live
- Have opportunities to study, work, and enjoy social and leisure activities
- Be supported in to paid employment
- Have the choice to have relationships and become parents and have support to maintain the family unit.
- Have the opportunity to speak up and be heard about what they want from their lives in terms of both everyday choices and big decisions and receive support to do this if required.
- Use public transport safely and easily
- Live their lives in safe environments.

The full strategy is available online at:

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_093377



Have you been to our **Coffee, Cakes and Games Morning** at Preston Carers Centre? It is a chance for Carers to get together, socialise and have a bit of fun.

The next one is on Wednesday 30th September 10.30 – 12.30. Details of how to book your place was sent out to you with the Preston Carers Centre newsletter. Places are limited so if you wish to attend, please return your slips by Friday 11th September.

I hope this bulletin has been helpful for you. For future bulletins I welcome any feedback you have on this and/or articles and information which you feel would benefit other Carers.

For more information on this, or if you have any queries about caring for a person with Learning Disabilities please contact me, Safiyyah Bhatia, at Preston Carers Centre (details are on the bottom of the front page).

I look forward to hearing from you,

Safiyyah

Safiyyah Bhatia

for Carers Support Officer for Carers of people with Learning Disability