



**LEARNING DISABILITY CARERS
SERVICE: FOR FAMILY CARERS OF
ADULTS WITH A LEARNING
DISABILITY.**

Hello Everyone, Welcome to our autumn newsletter.

It has been lovely to be out and about meeting carers at various events such as the carers festival in Exeter, the BBQ at the Wholelife project and also the Holsworthy show.

I am sure we all have a busy few months coming up but I do hope to meet more carers that I have not yet had the opportunity to, remember for ANY further information or support you are welcome to contact me. *Laura.*

Wills and Trust Seminar.

This event is run by Mencap, it will be held on Tuesday 28th September from 12.30 to 2.30pm at Oldway, Paignton and is for carers across the whole county.

This is an opportunity to find out how to set up a trust for the person you care for so that it won't affect their benefits.

We have heard of some awful cases where no Trust or worse still no will has been made thus leaving much distress for the person who has a learning disability.

If you would like to attend please contact me by the 21st September for a booking form as **booking is essential.**

As well as the seminar, brunch is being offered in the morning at 11am as an opportunity to have an informal chat with other carers and myself, please car share if possible and reasonable travel expenses will be reimbursed.

My contact details are at the end of the newsletter.

Thank you,

Laura.

Carers Engagement.

Tiverton and area are the only locality that I feel I have not yet successfully supported, so any carers from this area are encouraged to give me a call to voice their opinions on how this may be rectified.

The County Carers Forum is going from strength to strength with Barry Minshall re-elected as chair and Bill Smith and Barbara Wilson elected as vice chairs.

There is a vacancy for a further vice chair for the County Carers Forum from North or Mid Devon, the County Carers Forum do want a fair representation across the county, so if anybody is willing to stand from North Or Mid please make yourselves known to me (contact details at the end of the newsletter) and come along to the next County meeting on Wednesday 10th November at

North Devon Road Show- 30th September 2010, at The Barnstaple Hotel, Braunton Road, Pottington, 11.00 - 3pm.

The Road show is an opportunity for service providers to provide information to people with a learning disability and their parents/carers, so please come along.

Wholelife Project BBQ.

This event was a complete success!

Thank you to all the people who attended the event, it was a huge turn out with nearly fifty people attending.

The animals were well fed by the children, the crops in and outside were admired and well picked and not just by the children. Gardening tips and meat (yes meat!) and were exchanged as well as inspiration– My children and I have now secured an allotment so I shall be visiting all at the Wholelife project for ideas!

We were treated to a BBQ with nearly all food grown, cooked and prepared at the Wholelife project by Adults with a Learning Disability and cooked by Emma and Mathew Burrige, owner of the project.

Mathew received over four referrals on the day from parents and their cared for who wished to book time at the project in the future.

It was a lovely day, experiences were shared and informal advice was given by other's in similar positions. It was rounded off with a walk up the Tarka trail and stop in the pub...just for one!

So again I would like to say a HUGE thank you to Matt and Emma, Tim and Nikki and to all those who came along.

New Development Workers.

Some of you may already be aware that Jackie Milan has, after four years supporting South and West Devon Carers left to take up the challenge of developing carers services in Exeter and East Devon.

To replace Jackie, Sarah Johns has been appointed, so we wish them both well in their new roles.

Bonfire Party.

Following the successful summer BBQ at the Wholelife project I am pleased to announce a bonfire party.

This will be 4pm-7pm on Friday 5th November at the Wholelife project in Barnstaple, 6 Heanton Lane, Chivenor EX31 4BX, simple warming food is offered such as chilli, curry and jacket potatoes.

Please use public transport or car share as parking is unfortunately very limited, parking details will be provided when you RSVP.

Any donations of fireworks for this event will be gratefully received.

This event is open to carers and their families, please RSVP to Laura Clements (details at the end of the newsletter).

Northern Devon Family Carers Group AGM.

This will be held on the 7th October at The Cedars Inn, Bickington Rd, Sticklepath, Barnstaple, EX31 2HE.
09.30-12.30.

If you are able to assist the group by becoming a representative or would like to nominate anyone for chair and vice chair please contact Laura Clements (contact details at the end of the newsletter) prior to AGM.

Please also RSVP to Laura Clements to ensure adequate catering and seating.

Remember: Should the person you care for go into hospital in North Devon either as a routine appointment or as an emergency, please contact the Learning Disability liaison nurse 01271314171, email margaretgraham@nhs.net for help and advice.

GPs and Pharmacists call on carers in North Devon and Torrington to come forward for Health and Well Being Checks.

Torrige to come forward for Health and Well Being Checks.

GPs and Pharmacists across North Devon and Torrige are calling on carers of Adults with a learning Disability to come forward and take advantage of free health checks available to them.

In North Devon and Torrige, the health checks are available from 10 GP surgeries and pharmacists.

Queens Medical Centre, Barnstaple: 01271 372 672.

Litchdon Medical Centre, Barnstaple: 01271 323 443.

Boutport Medical Centre, Barnstaple: 01271 324 106.

Branhams Medical Centre, Barnstaple: 01271 329 004.

Fremington Medical Centre, Barnstaple: 01271 376 655.

Boots pharmacist, Barnstaple: 01271 326 772.

Bideford Medical Centre: 01237 476 363.

Warwick Medical Practice, Ilfracombe: 01271 863 119.

Waterside Medical Centre, Ilfracombe: 01271 863 840.

Holsworthy Medical Centre, Holsworthy: 01409 253 692.

Housing Info

November 2nd, 10.30– 3.30pm at Wonford Community Centre, Exeter.

Housing advice, types of Housing, housing surgery, benefits advice, safety in the Home, trusts, buying a property plus lot's more.

This is for County wide carers.

To book a place or find out more call Jo Fox on 01404 881109 or email jo.fox@mencap.org.uk

Carers need to book the checks with their registered participating surgeries or pharmacists and can re-claim the cost of someone looking after their cared for person whilst they attend, for more information call Care Direct on 0845 1551.



Some of the photographs from the carers walk, another walk is being planned for late September/early October, IN North Devon Mid Devon carers are welcome to join us. If you are interested please call me to find out more. [Laura](#).

Below are a small selection of the photographs from the BBQ at the Wholelife project.



Carers walks.

Carers walks led by Elizabeth Fowler are being planned in North and Mid Devon for November (confirmation and details to be clarified)– If you are interested in coming along for a walk and lunch please call Laura for further

Devon for November (confirmation and details to be clarified)– If you are interested in coming along for a walk and lunch please call Laura for further details on 07944562808 or 01237 420 137, LauraC@torridgecvs.org.uk

Did you know.....

- All carers known to Devon Carers Link are entitled to apply for the flexible Breaks Grant of around £200.
- Carers may be entitled to a reduction of 50% in Council Tax and /or water rates (if you use a substantial amount of water).
- Short Breaks: your cared for must be over 18, live at home with a carer and known to the community team. It is an additional service separate from fulfilling lives and at no cost to the carer.
Call me for further details, [Laura](#).

Person Centred Planning Dates.

Raising our sights report and DVD

Do you have a Person Centred Plan? Do you WANT a PCP?

Are you caring for someone who wants a PCP?

Then these dates are for you:

ROC Person Centered Plans Dates:

Barnstaple: 17th September.

Honiton: 22nd October.

Bideford 25th October.

Tiverton 10th November.

Barnstaple 7th December.

We also welcome Dan Goode in his new role as facilitator for North and Mid Devon.

For further details of any of these dates contact ROC on **01803 868 550** or help@devonpcp.org www.devonpcp.org

Hard copies of the 'Raising our sights' report and DVD are now available.

This report about services for adults with profound intellectual and multiple disabilities was written by Professor Jim Mansell for the Department of Health.

To order a copy:

Email: publications@mencap.org.uk
Telephone: **020 7696 6900**.

Please note there is a limit of 1 per person, 3 per organisation)

To view the report and DVD on-line:

[http://www.dh.gov.uk/en/
Publicationsandstatistics/
Publications/
PublicationsPolicyAndGuidance/
DH_114346](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_114346)

To remove your name from our mailing list, please contact Laura at LauraC@torridgecvs.org.uk or 07944562808 or write to: 14 Bridgeland Street, Bideford, Devon EX39 2QE.

Questions or comments please contact Laura: LauraC@torridgecvs.org.uk or 07944562808 or write to 14 Bridgeland Street, Bideford, EX39 2QE.

[Facebook](#): Oak tree/ carers.

