



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

Hello Everyone,

Welcome to our Summer newsletter.

I would like to use this opportunity to say thank you to all whom have so warmly welcomed me into this role. Those of you whom I have met so far have been kind and patient and I am very much looking forward to the next few months ahead.

I am hoping to meet more carers at some of the less formal events in North Devon such as the walk and the day at the Wholelife project in August, of which I am hoping to bring my two daughters to.

Exciting things are starting to happen in Mid Devon, Hopefully three groups will be up and running with a good carer participation.

The Facebook page is growing steadily and it is very rewarding to see carers chat amongst themselves in a way that may not have been possible before.

Thank you, *Laura.*

Have your say about Adult Mental Health Services.

Come along to a Network Action Group Meeting on:

Wednesday 8th September.

Wednesday 10th November, both at Alexander Road Resource Centre, Barnstaple EX32 8BA.

Meetings 2-4pm, refreshments provided. Disabled access.

For more information contact Ruth McClelland on 01392208700 or

Dates for your diary.

28th June, Holsworthy Family Carers Group.– meet in the conservatory at Holsworthy hospital, 09.30-1pm.

1st July– NEW Drop in session starting fortnightly at Northam Lodge, details below.

9TH July– Carers Walk led by Elizabeth Fowler, in North Devon.

20th July - Tiverton (and area) Family Carers Group, Old Heathcoat School, Tiverton. 09.30-1pm

25th August– Okehampton Family Carers Group, White Hart Hotel Okehampton, 9.30 am-12.30.

18th August– Carers walk in Mid Devon details to follow.

21st August. Wholelife project BBQ, 11-4pm.

22nd September– Holsworthy Fun day. Details to follow.

23rd September 2010 – Generic Carers Conference.

30th September– North Devon Road show, 11-3pm.

7th October 2010 - Northern Devon Family Carers Group Forum. 9.30-12.30 pm, venue to be confirmed.

2nd December 2010- Northern Devon Family Carers Group at The Hallsanery 9.30-12.30 p.m.

If you require further details please contact Laura Clements on 01237420137 or 07944562808, or LauraC@torridgecvs.org.uk

North Devon Road Show- Tuesday 28th September 2010, at The Barnstaple Hotel, Braunton Road, Pottington, 11.00 - 15.00

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.

Supporting Devon's Carers.

Carers provide unpaid support for family, partners or friends who need help because they are ill, frail or have a disability. This can affect their income and make it difficult for them to find employment.

Now there are real opportunities on offer to help those carers who want to get into work and improve their lives, including:

- Work trials.
- Self employment.
- Financial help while you work.
- Advice & information.
- Training & Education.
- Part time Work options.
- Voluntary work.
- Help with looking for a job.

Job Centre Plus can help you work out your benefits so you can decide what the best option is. They can offer to pay for replacement care and childcare costs for some training courses and interviews. This support is for all carers whether you are on benefits or not.

TRAINING FOR CARERS.

Training for carers is available, courses are running all over Devon run by St. Johns ambulance and NHS Devon.

Courses range from Carers Support plan covering many aspects of caring to "Look after Me" a self management course for you (The carer).

Discuss with Laura Clements to gain further details on 01237 420137 or 07944562808 or

NEW DROP IN MEETINGS IN NORTH DEVON.

Following a postal consultation with Carers Laura Clements is offering a drop in at Rosehill site, Northam Lodge in Bideford.

The new support group at Northam Lodge will be starting on the 1st July 10-12pm and will run fortnightly for Carers that care for an **Adult with a Learning Disability** (Transitions up), whether they live at home or in residential care or supported living.

Laura is able to provide information, practical support, informal carers meetings and social events and would be very pleased to hear from you.

No need to RSVP just come along for Tea and Cake.

To find out more, contact Laura on 01237420137/ 07944562808.

LauraC@torridgecvs.org.uk. Facebook: Oak Tree/ Carer.

KEEPING SAFE.

Does your cared for person access the community on their own?

Do you want an information pack to educate your cared for person to help them learn more about keeping safe?

If yes, a Keeping Safe pack may be helpful.

The pack includes 10 booklets with easy words and pictures and a story to show some important safety points

The booklets cover a range of topics from The Law to keeping yourself safe.

Contact Laura Clements on 01237420137/ 07944562808 or LauraC@torridgecvs.org.uk

Packs are available from www.keeping-safe.org.uk and in all libraries across Devon.

Access to Employment.

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Access to Employment have a proven track record in searching out and developing employment for jobseekers with learning disabilities.

They can take careful steps to ensure that jobs match the skills or the jobseeker, they gain in-depth knowledge of the individuals and personal circumstances, via vocational profiles and a good working experience with care management teams and individual support workers, this leads to a clear insight into each jobseekers wishes. They can help with travel, training, completing application forms, accompany jobseeker to each interview and inductions.

Access to Employment is unique in that it can fully support both the jobseeker and the employer with a dedicated job coach support worker, who is on hand to help and guide the new employee through the initial days of employment if required.

Background support is still available once the job coach has withdrawn, they retain a long term interest in continuing the individuals successful employment. Furthermore should the employer request assistance with future training or the learning of new skills the Access to Employment job coach can return to help with this process.

Access to Employment can aid a move to benefits assisted employment, such as permitted earnings or working tax credits. They can assist in understanding how to negotiate the complexities of this system and highlight how to get help with this.

Access to Employment's trained and experienced team deliver the personal touch in helping people with a learning disability into paid work.

If you would like some advice as a prospective employer, a jobseeker or perhaps just an informal chat about what they are doing please contact Shaun or Rob on 01271 377 597.

Organisations for carers soon to be set up in Holsworthy

AT A meeting of the Holsworthy Community Forum held at the hospital last Thursday (May 27), information was given about two organisations for carers, which are soon to be set up in the town.

The guest speaker was Sharon Star of Law and Torridge Caring, a charity that helps to improve the quality of life of carers by providing information, emotional care and support. Its 'Take-a Break' scheme allows carers to have a break by providing a trained volunteer to sit with and befriend the person cared for. The charge is £2.50 per hour for up to 13 hours per month.

It is now also offering a support and sitting service for patients with dementia and can advise on dementia care. By going out into communities it aims to find out what people want and develop services to meet their needs for example at cof-

fee mornings and establishing memory cafes.

Also attending the meeting was Laura Clements, a development worker with Torridge Voluntary Services who is setting up a support service for carers of adults with learning disability. There will be a meeting at Holsworthy Hospital from 9.30am to 12.30pm on Monday, June 28.

LINK DEVON is looking for young volunteers in Holsworthy to be part of a team to help them improve care services. Formerly know as Patient and Public Involvement, LINK DEVON is an organisation which aims to give people a better chance to say what they think about local care services and check on how services are planned and run.

Pam Hogan Community Engagement worker for Torridge and North Devon said they wanted young people to tell them

what mattered to them about their health. What were their experiences when they needed help or advice? Did they know where to go? How easy was it? Could things work better? She will be contacting youth organisations in the town to give young people a chance to have their say.

Liz Rowe, Holsworthy Children's Centre Coordinator, said ownership of the centre had now passed to a national charity called Action for Children. She introduced Emily Boucher who has recently joined the team as a community development worker responsible for outreach work and focusing on reaching families in more isolated villages.

The centre provides parents with support from maternity to pre-school and currently there are 604 children under five in their catchment area.

This was an article recently published in the Cornish and Devon and promotes three projects run by TTVS including The learning disabilities carers service run by TTVS.

Do you know of a group of Learning Disabled Carers in your area? Would you like a group set up local to you?

**Contact Laura to discuss:
07944562808.**

There are still many Carers missing out by not joining the Carers' Link.

Joining is free, just call: 08456 431 341. Benefits of joining include access to: benefit checks; the Flexible Breaks Grant; Take a Break sitting service; a Carer Alert Card; training opportunities; regular newsletters and invitations to local and countywide Carer forums. Thank you

Focus Groups.

Focus groups have started to be set up across the county and involve many carers. Focus groups cover a broad range of subjects from housing, social support, health to personal care. All carers are welcome to attend the LD county Carers Forums and/or any of the focus groups.

Carers are invited to suggest additional topics which concern us all.

For more information please call Julia Blood 01803 294275 or 0778407294.

Are you caring for someone?

Directgov is the place to turn to for the latest and widest range of online public information.

There is a section for CARERS covering:

- Support services and assessments.
- Carers' rights.
- Carer's allowance, and much more.

You can access information and services local to you from Directgov.

There are also links to charities and other helpful organizations supporting carers.

For clearly written, useful and easy to find information all in one place, just go to www.direct.gov.uk/carers

Do you have a Disability?

Directgov is the place to turn to for the latest and widest range of online public information.

There is an extensive section for disabled people covering:

- Employment / Financial support.
- Independent living / Disability rights.
- Health and support, and much more.

You can access information and services local to you from Directgov, and find Blue Badge parking bays on our interactive map at www.direct.gov.uk/BlueBadgemap

There are also links to charities and other helpful organisations supporting disabled people, just go to www.direct.gov.uk/disability

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.

