



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

Hello Everyone,

I have had a few very busy months and what with the current economic climate can only see things getting busier as I meet up with carers across North and Mid Devon.

Carers are reminded that they are always welcome to call me (details at the end of the newsletter) if they wish to discuss having a carers group in their area or if they have any concerns or positive experiences they wish to share.

Take care, **Laura.**

Working in Devon	<u>Benefits.</u>
<p>People with Learning Disabilities (LD) are entitled to work just as much as anyone else in our society.</p> <p>What we mean by work is people being paid the national minimum wage, or being registered with the Inland Revenue as being self employed.</p> <p>Anyone planning to enter employment are entitled to a 'better off in work' calculation.</p> <p>Evidence shows that people with LD make good employees. They stay in jobs that other people move on from quickly, and they take fewer days off sick.</p> <p>Some may not fully understand money but will hopefully get enjoyment from their work and the things that they can buy that they could not before.</p> <p>There are several organisations that can assist: <i>Pathways to Work</i> is funded by the Department of Work & Pensions and acts as a single point of contact for people with a Learning Disability; <i>Pluss</i> can be approached directly; <i>Access to Employment</i> is available for people funded by Devon Social Services. Contact your local Team for details.</p> <p>Written by Jackie Milan.</p>	<p>As you are probably aware there are changes being made to a number of benefits you, or the person you care for, may receive. Here is a brief summary of some changes being rolled out in 2011:-</p> <p>Between October 2010 and Spring 2014 those who receive Incapacity Benefit, Severe Disablement Allowance and Income Support (paid on the grounds of illness or disability) will be assessed for Employment and Support Allowance.</p> <p>The person you care for will receive a letter and this will be followed up with a call to discuss any queries you may have. A medical questionnaire will then need to be completed so please ensure you provide as much detailed information as possible as this will be used to assess the level of ESA that will be received. An interview may be arranged to decide the claim. Once assessed if you feel the amount of ESA is incorrect your local CAB will be able to help with any claims.</p> <p>If you require further information please have a look at the Department for Work and Pensions website www.dwp.gov.uk or, alternatively, you can speak to your local Job Centre Plus advisor.</p> <p>Written by Sarah Johns.</p>

Tough Choices.

This meeting will be focusing on the impact of public sector cuts to services in Devon and what this will mean for carers and the people they care for.

The Chief Exec of Devon PCT and senior management representatives from Devon County Council are scheduled to attend. Further information will be available in the Carers Link newsletter which is due to go out w/c 8 Nov.

Ten places have been reserved for carers from Northern Devon, if anyone would like to attend, please, please contact Westbank office direct on 08456 431341 to book a place. There is limited space available so carers who want to attend must book a place.

Travel and respite costs will be reimbursed.

Another important way carers can feed in their ideas/concerns about the cuts is by making comments at the Devon County Council Tough Choices Roadshows or via their website <http://toughchoices.co.uk/>

Generic County Carers Forum, Thurs 9 Dec, times TBC, Watermark, Ivybridge.

Carer's Health and Well Being Checks.

The pilot scheme for Carer's Health and Well being checks is due to end in March so a call for Carers of Adults with a learning Disability to come forward and take advantage of free health checks available to them before it ends.

The Health checks are NOT just for the primary family carer, anyone else in the family who considers themselves to be a family carer are also urged to attend.

Carers wanting the health check can call for more information on 0845 094 1502, not all GP's/ pharmacists are participating in the scheme so if they are not there is an alternative available as demand dictates. A visiting nurse can visit and set up a temporary clinic, interest will need to be registered for this through the above number and more details given.

We are looking to accumulate examples of good and not so good experiences from the Health and Well Being checks, so if you are willing to share these with us, please contact Laura on 07944562808 or 01237 420 137
LauraC@torridgecvs.org.uk.

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.

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Christmas Meal in Okehampton and Holsworthy.

This year the Carers Christmas meal in this area will be on Tuesday the 14th December at Bearslake Inn, Lake Sourton, Nr Okehampton, Devon, EX20 4HQ all carers able to travel to this area are welcome.

This meal is complimentary (one beverage, alcoholic or non-alcoholic will be paid for) and carers travelling expenses will be reimbursed.

Please book a place by the **6th** December with Laura on 07944562808 and meal choices will be offered at this point. Any carers are welcome, whether you attend meetings or receive newsletters.

Relaxation and pampering day.

Friday 18 February 2011, Castle Centre, Barnstaple.

Thanks to a grant from the Inner Wheel Club of Bideford, carer's Link will be hosting a half-day stress control and relaxation course for carers. Therapists will also be available to offer individual pampering sessions to carers. Details to follow.

Carers Rights Day Event, Fri 3 Dec, 1pm-4pm, Castle Centre, Barnstaple

Carers Link is organising a Carers Rights Day information event which will include presentations on Carers Allowance, Paying for Care and Carers Assessments. Information stands will be available from organisations including Care Direct and the Pensions Service and carers will have the opportunity to get 1-1 advice on benefit entitlement. Presentations will start at 1.30pm.

Carers don't need to book a place but we would be grateful if they could contact us on 08456 435072 to let us know if they plan to come. Mince pies will be provided!

Christmas meal in Mid Devon.

Learning Disability Carers in Mid Devon are invited to a complimentary Christmas Lunch at Padbrook Park, Cullompton, EX15 1RU, all carers who wish to attend in this area are welcome, the meal is limited to one complimentary beverage however a bar is available.

Please book your place to ensure adequate catering by the 1st December (anyone booking on after this date MAY not be able to be accommodated).

Meal choices will be taken when you book onto the meal– call Laura on 07944562808.

All Learning Disability Carers are welcome even if you do not attend regular meetings and receive newsletters.

Devon County Carers Conference.

Would you like to have your say on the services that help keep you caring? Are you interested in meeting senior officers from Health and Social care? Would you like your needs and priorities discussed?

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Devon County Council and NHS Devon are facing tough choices as they seek to address the implications of the comprehensive spending review. The services that are available to support carers will undoubtedly be affected as decisions are made about priorities for expenditure across the totality of need for health and social care in Devon.

This will be held at The Watermark in Ivybridge on Thursday 9th December at 09.30, lunch provided ends at 3pm.

If you wish to attend you MUST book a place as spaces are limited.

Please book your place by calling Westbank on 08456 431 341 or info@devoncarerslink.org.uk

Mince pies and mulled wine December 7th.

Paul and Les from Community Resource Centre in Hele have kindly invited North Devon carers and their cared for along for an evening of mince pie's and mulled wine on December 7th at 6pm, this will provide an opportunity to view the work that takes place here and to meet carers/ carerd for whom are currently using the service.

Unit 4, Hele business park, Ilfracombe, EX34 9RA.

The community resource centre is a not for profit company set up to provide meaningful activities for people with a learning disability.

They provide activities for individuals and groups at our centre in Ilfracombe.

The activities involve community work for local groups and others as well as commercial environmental work for local businesses.

In addition to the above they have an allotment in Ilfracombe which is accessed by other groups with learning disabilities as well as there own service users.

If you wish to attend please call Laura on 07944562808 to book a place to ensure adequate catering, all carers are welcome even if you do not attend regular meetings.

To remove your name from our mailing list, please contact Laura at LauraC@torridge cvs.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.

