

# Lambeth Learning Disabilities Carers' Update

- May 2012 -



## Carers Week 2012 18th - 24th June "In Sickness and in Health" Provisional Programme

15th June - Windrush Square, Brixton : Carers' Fair, Film launch at Ritzy—11am –3pm  
19th June, morning : GPs & Pharmacies event : 2-8 Gracefield Gardens, Streatham, SW16  
20th June : Trip to Brighton  
21st June, 6-9 pm: Carers Got Talent : 2 Empire Mews, Hideaway, Streatham, SW16  
22nd June : Pampering Day : Stockwell Community Resource Centre, 1 Studley Rd, SW4  
Events are changing and being added to daily—keep checking the Carers' Hub website  
For an up to date list and final timings of all events look out for posters & leaflets or visit;  
[www.CarersHub.org.uk](http://www.CarersHub.org.uk) or follow on Facebook: [www.facebook.com/CarersHubLambeth](http://www.facebook.com/CarersHubLambeth)



## Review of Carers' Services

NHS Lambeth and the Council are carrying out a review of all carers' services. The review will look at respite care services, both residential and in the home, and services like the ones provided here at Lambeth Mencap and the Carers Hub.

### It is important that you are involved in this review.

We will keep you informed of any events that are taking place and of any other ways that Lambeth want to consult with you.



You may be asked to be involved in a number of ways; Meetings, telephone interviews, surveys, attending events etc.

The best and quickest way to find out how you can be involved is by getting on to our email mailing list. By giving us your email address, we can keep you up to date sooner. We can also save on postage and stationery costs. Ask to be added to our mailing list.

Just send an email to [rhill@lambethmencap.org.uk](mailto:rhill@lambethmencap.org.uk) asking to be added to our list.

## Carers' Update - How to get a full colour copy!

Unless you request otherwise, if you are on our mailing list and we have your email details you will no longer receive this Carers' Update by post. Instead, you will receive a full colour copy via email.



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[www.LambethMencap.org.uk](http://www.LambethMencap.org.uk)



## Dates for your diary . . . .



**Lambeth Learning Disability Partnership Board**  
**The next meeting is the 'Big Health Day'**  
**30<sup>th</sup> May 10:00am - 2:00pm**

Lambeth Accord, 336 Brixton Road, SW9 7AA  
Presentations by Liam Kavanagh, Learning Disability Community Nurse, Ella Baines GP, Alison Keens, Nursing & Therapy Manager at Guys & St Thomas' & Ruth Jeffrey, Clinical Commissioning for Learning Disability. There will be an opportunity to contribute to setting health priorities.

This is a 'big' meeting—all welcome.

**Lunch will be provided.**

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**The next meeting of the Profound & Multiple Learning Disabilities Sub-Group**

**Thursday 17<sup>th</sup> May 2012**  
at Lambeth Mencap,  
43 Knight's Hill, SE27 0HS  
11:00am - 1:00pm



**Lambeth Learning Disability Carers' Forum**

*Have your say . . . .*

Meetings for 2012  
All held at Lambeth Accord,  
336 Brixton Rd. SW9 7AA  
11:00am - 1:00pm

**5th July 2012**

**13th September**

**8th November**

Come along and meet other carers, share experiences and have a chat & a cuppa!  
We look forward to seeing you there.



**Carers' Hub Social Group & Carers' Forum**  
**Coffee Morning Activities for 2012**

Angela, our social group volunteer and Louise have been busy making plans for 2012. We decided that we would run a group, which is open to all carers, once a month. The group will be part of our coffee mornings on the last Wednesday of the month from 10.30am to 12noon either at Woodlawns (16 Leigham court Rd, Streatham SW16) or Brixton (at Lambeth Accord, 336 Brixton Rd, SW9). The dates and locations in 2012 are: -

- Wednesday 30 May at Woodlawns
- Wednesday 27 June at Brixton
- Wednesday 25 July at Woodlawns
- Wednesday 29 August at Brixton
- Wednesday 26 September at Woodlawns
- Wednesday 31 October at Brixton
- Wednesday 28 November at Woodlawns

You are welcome to come along for refreshments and a chat. There will also be an opportunity to take part in an activity, for example, making pancakes or having a healing session.

Please note that although we try and keep to the arrangements for the year, sometimes things change and it can be difficult to let you all know. Please give us a call on the enquiry line just to confirm you are coming and to make sure it is still running on that day, thank you.

**Telephone:**

**020 7642 0038**

**Email:**

**[connect@carershub.org.uk](mailto:connect@carershub.org.uk)**



## Lambeth Resolve

Information, Advice and Advocacy for Older and Disabled People



### Information & Advice

On benefits, money, transport, employment, local facilities, health, social care, safety, healthy living, handy-person services, housing, social and leisure activities and a range of other subjects important to older and disabled people.

### Casework

On benefits, debt, housing. Where appropriate we make referrals to more specialist services.

### Advocacy

Our advocacy service helps people to speak up for themselves, to understand others, to get services such as community care, health and housing, to deal with family problems and to be safe from abuse.

### Community Development

To help people connect to each other and to groups, activities and resources, and to prevent isolation.

Our service is based at The Accord Centre, 336 Brixton Road, London SW9 7AA and it is provided by four local charities working together:

*Age UK Lambeth, Disability Advice Service Lambeth, Royal Association for Deaf People, Lambeth Mencap*

**Remember, one number gets you through to Lambeth Resolve; 020 7095 5720**

## Lambeth Fix Yourself a Break Scheme



The Fix Yourself a Break scheme offers grants of £200 to carers to help pay for a short break or to get goods or services to help support you in your caring role. The grant is flexible and can be used to pay for an activity or item that gives you more time for yourself.

You can request a FYAB carers' assessment by contacting Lambeth Adults' and Community Services - Tel: 020 7926 5555.

You can also contact **Robert Hill** at Lambeth Mencap on 020 8655 7707 if you want to know more or need assistance with applying. Email: [rhill@lambethmencap.org.uk](mailto:rhill@lambethmencap.org.uk)

### Are you a Carer of an adult with a Learning Disability?

Help, Support and Advice is available at Lambeth Mencap.

**Contact: Robert Hill**  
**020 8655 7707**

or email;

[rhill@lambethmencap.org.uk](mailto:rhill@lambethmencap.org.uk)



## Lambeth Autism Group

Our current activities include a monthly coffee morning for parents and carers, a weekly social group for young adults and occasional evening meetings for parents and carers around autism issues. For more information email; [lambeth@nas.org.uk](mailto:lambeth@nas.org.uk)

**For help & advice: 0808 800 4104**  
**(National Autistic Society helpline)**

## Good healthcare for all – A new easier-read publication

The Foundation for People with Learning Disabilities has launched a new easier-read resource about what to expect from the NHS

The booklet, a result of the Foundation for People with Learning Disabilities' extensive health work, is funded by the Department of Health. It provides practical hints and tips for people with learning disabilities, family carers and anyone who supports a person with learning disabilities on how to go about using the NHS, what to expect, real life examples of challenges and how they can be overcome. It also has some advice about how to get help and some useful contacts to get more information.

This publication is free and can be downloaded from here:  
[www.learningdisabilities.org.uk/publications/176171](http://www.learningdisabilities.org.uk/publications/176171)



### Patients with a learning disability receive poorer care than rest of the population.

According to a new poll, most doctors believe that patients with a learning disability receive poorer care than the rest of the population. More than one in three reported having personally seen a patient with a learning disability receive poorer care or face some form of discrimination.

The poll, commissioned by the General Medical Council (GMC) and carried out by ICM, also found doctors were keen to see more help being given in this area, with three-quarters indicating that online advice on treating patients with a learning disability would be useful.

The results come as the GMC launches an extensive new online resource offering practical advice for doctors treating this group of patients.

In preparing the website the GMC worked closely with people who have a learning disability and bodies that represent them, carers, doctors and experts. It includes advice on communication, seeking consent and assessing a patient's needs.

For more details, go to: <http://www.gmc-uk.org/news/12639.asp>

**If you are a carer of someone with a learning disability**, please let us know your experiences with doctors and we can pass this on to Lambeth LINK.

Lambeth LINK is one of 150 independent networks of local people and organisations created by the Department of Health in England to give everyone the chance to say what they think about their local health and social care service - WHAT'S WORKING WELL AND WHAT'S NOT. Any Lambeth resident or organisation can join and it is independent of statutory authorities such as the NHS Lambeth and Lambeth Council. For more information visit our website: [www.LambethLink.org.uk](http://www.LambethLink.org.uk)



### Care & Curry Fridays,

Every Friday 1pm to 3pm, The Fountain @ 31 Clapham Park Road, SW4 7EE.

The Fountain presents caring for carers. A time to have a tea/coffee, curry and a chat.

This has been organised by a member of the Carers Hub Lambeth

**Contact Sue on 07737 773 652.**

