

Lambeth Learning Disabilities Carers Update

November 2014

The New Lambeth Learning Disability Assembly - Carers Wanted!

The new Lambeth Learning Disability Assembly is being launched on **25th November** at "We are 336" - 336 Brixton Road, SW9 7AA, **10:30am - 2:00pm**. A light lunch will be provided.

Logo Design Competition

The Assembly would like a logo designed by a **person or a group of people with learning disabilities**.

The final logo will be decided by the co-chairs, (**Richard Keagan-Bull and Liz Hanlon**) though everyone will have a chance to vote on the logos at the assembly's first meeting.

Here's some information that might help with the design:

- The logo can be in colour but needs to be able to be recognisable and clear in black and white too. It also needs to be fairly simple and symbolise what the assembly is about.
- The group will be called the **Lambeth Learning Disability Assembly**
- Straplines or sub-headings are
 - ⇒ **Your assembly needs you**
 - ⇒ **Dedicated to making a difference**

Please contact me if you want more information.

0208 655 7707 rhill@lambethmencap.org.uk

Robert Hill

A message from the Co-Chair



Hi all

This is an invitation for **carers** to attend the new **Lambeth Learning Disability Assembly** which is replacing the old learning disability partnership board which ceased to exist after a number of consultation workshops. The launch of the new Assembly will be held on **Tuesday 25th November** from **10:30 - 2:00**.

We would like to have ideas from you as **carers** of people with learning disabilities on subjects that you would like us to discuss and run workshops on in the future.

The meeting will be co- chaired by myself and Richard Keagan-Bull as members of the Assembly agreed that a carer and a person who has a learning disability should be co- chairs of the new Assembly. We will be introducing ourselves, finding out what you want us to focus on in the coming months and running a workshop on relationships in the afternoon.

Please come along so you can meet with us and we can introduce the rest of the Assembly members to you.

Hopefully we will see you there.

Liz Hanlon

Have you had your Flu jab yet? If you receive a carers allowance, or are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill, you are entitled to a **FREE FLU JAB** (Nasal spray may be an alternative for you) .

ALL GPs in Lambeth can offer this as well as many participating pharmacies.



Lambeth Clinical Commissioning Group

Robert Hill is the Adult Learning Disability Carers' Development Worker with Lambeth Mencap.

If you need to contact him for any reason, you can do so in one of the following ways:



020 8655 7707



rhill@lambethmencap.org.uk



Invites you to

The 2014 Learning Disability Carers' Winter Celebration

at

HIDEAWAY

2 Empire Mews, Streatham, London SW16 2BF

12:30am - 4:00pm

THURSDAY 11th December 2014



Music

Food

Raffle



There is limited transport available. If you need support in getting there, please let us know - contact Robert as below before Friday 6th December

Also let us know if anyone is coming with you - we need to know for catering and health & safety purposes.

Menu

Mushroom and spinach soup

BBQ chicken wings

Cauliflower cheese

Pasta salad with green pesto,
feta, onion and tomato

Coleslaw

Quiche selection

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Tea, coffee and fruit squash
available from 12:30 - 3pm

Licensed Pay Bar Available
from 12:30pm - 3:30pm

Bar

Dance

Grand Draw



How to get there: The venue is accessible & has limited parking but plenty of local parking in surrounding streets. There is also an entrance on Streatham High Road (not wheelchair accessible), opposite Streatham Station / Morrison's. Streatham Railway Station is just across the road. The Bus Routes 57, 133, 333, 201, 319 all stop 3 minutes walk away, and the G1, 315, 50, 109, 118, 159, 250, 249, 255, P13, N109, N133 buses stop on the High Road just around the corner .

Please book your place

Contact Robert Hill on 020 8655 7707

(you can leave a message if I am not there)

or email: rhill@lambethmencap.org.uk

Carer's Allowance earnings limit to be increased from April 2015

The Government has announced that from April 2015, the earnings threshold will rise from £102 a week to £110 a week.

The earnings limit is a rule that prevents a carer from receiving carer's allowance if their earnings, after certain deductions, are more than £102 per week.

Every October, when the minimum wage is updated, carers are often pushed over the limit and no longer eligible for a carers' allowance - even though they are working exactly the same number of hours. Hopefully this will help address the crazy situation where some carers have to lose benefits or give up some or all of their work.

Full details here:

<https://www.gov.uk/government/news/boost-for-carers-from-rise-in-allowance-threshold>



Join the conversation

Hospital Discharge: How can we get it right?

10 Dec 2014 - 17:00 to 19:00
"We are 336", 336 Brixton Road,
London, SW9 7AA

Join our Trustees at a strategy workshop to:

- listen to examples of good and bad hospital discharge
- discuss with hospital staff and service providers ways in which it can be improved.

Hot drinks and mince pies provided

Phone or email to book your place

Please let us know if you have any access requirements.

Tel no: 020 7274 8522 or
email: info@healthwatchlambeth.org.uk

Assessments & Reviews - be prepared

Many of you may have been given a date for a review or re-assessment of the needs/support package for the person you care for or maybe a first assessment in Lambeth.

I would suggest that in the days and weeks coming up to the assessment or review that you keep a record book to make notes before the assessment to help remind you of the things you want to say, and any questions you want to ask. You can also note down the daily tasks that you carry out and the time you take to do them. This will help with the Carers Assessment.



Assessments and reviews can be daunting, but you or your cared-for should not be shy or embarrassed. You have a right to services and support, so be open about the level of care and support that they and you (as a carer) receive and what you would like to happen in the future.

If you can, have evidence to support your situation or changes in circumstances. This could be a letter from a GP, therapist or other relevant person.

You should always ask for a 'Carers Assessment' to be carried out at the same time.

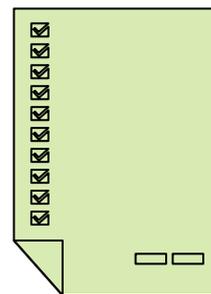
As a carer, you can attend the assessment, and the person you care for may also want support from a friend or advocate who can help them explain the things they want to say. If they do not have someone to go with them but would like support during the assessment they can contact Lambeth Resolve advocacy service on 020 7095 5720.

Assessments and reviews are not just about the big things such as getting support or day services, going to college or finding a house or getting a job. The little things that the person you care for might need help with every day are also very important, like cooking, washing and dressing or travel. You may also want to help them talk about any special needs they have, such as diet, religion, relationships or sexuality.

If you want support at the meeting with the care manager, you can ask me to come along to it or help you prepare for it.

Robert Hill
Carers Development Worker

Contact me on: 020 8655 7707 or
email: rhill@lambethmencap.org.uk



Handyperson Service

The Handyperson service supports **disabled people and those over 55 years of age** within the borough of Lambeth. Our handypersons will come to you in a van and are equipped with all the necessary tools to ensure a satisfactory job completion. They also carry an ID card and have the trust and confidence of the community in which they operate. **Contact: Sue Taylor: 020 7346 6806**

sue.taylor@ageuklambeth.org.uk or phone

Kim Connell: 020 7346 6809



Learning Disability Carers' Workshop

We are continuing our series of Carers' Workshops

By request, we will be looking again at the **Mental Capacity Act**

on **Tuesday 16th December 2014**

11:00am - 1:00pm , at **Landmark Art Room, 47 Tulse Hill, London SW2 2TN**

- **This will be followed by a festive lunch** -

Please let us know if you will be attending by contacting Robert Hill at
rhill@lambethmencap.org.uk or 020 8655 7707

If you need transport to this meeting contact Jake Meyer on

0788 975 6652 or email: jmeyer@certitude.org.uk



Carers Hub Party

Come and enjoy yourself on **Wednesday 3rd December** at the British Film Institute on the Southbank and enjoy food, a pay bar, live music and other activities.

From 6pm—9pm

Places are limited so please call to book on 020 7642 0038

The Care Act 2014

Final regulations and guidance regarding The Care Act 2014 has now been made available.

The guidance associated with the Care Act sets out how the Act will work in practice when the first phase of the reforms comes into effect in April next year.

There is also an easy read summary of the guidance.

These documents relate to the parts of the care and support reforms that come into effect in April 2015. They were produced as a result of extensive consultation.

You can view these documents online: <https://www.gov.uk/government/publications/care-act-2014-statutory-guidance-for-implementation>

If you cannot get online and you want an easy-read version, contact Robert Hill: 020 8655 7707

Carers UK have also produced a briefing , available online:

<http://www.carersuk.org/for-professionals/policy/policy-library/care-act-2014>

Again, contact Robert Hill if you cannot get online and want a copy: 020 8655 7707