

# Lambeth Learning Disabilities Carers Update

November 2012

Carers . . . . . Come and enjoy yourself at  
Lambeth Mencap's Winter Celebration 2012  
In the very relaxing surroundings of  
The Hideaway - Streatham  
Wednesday 12th December 2012  
from 1pm—4pm



Live Music & Sing-a-long with Bob Stuckey

Disco provided by our very own Nicky



Hot & Cold Buffet  
With special Guests



Including Val Shawcross CBE

The Lambeth Mencap Grand Draw 2012 will be drawn

**For Catering & Health and Safety purposes, please let us know that you are coming.**

How to get to there . . . .

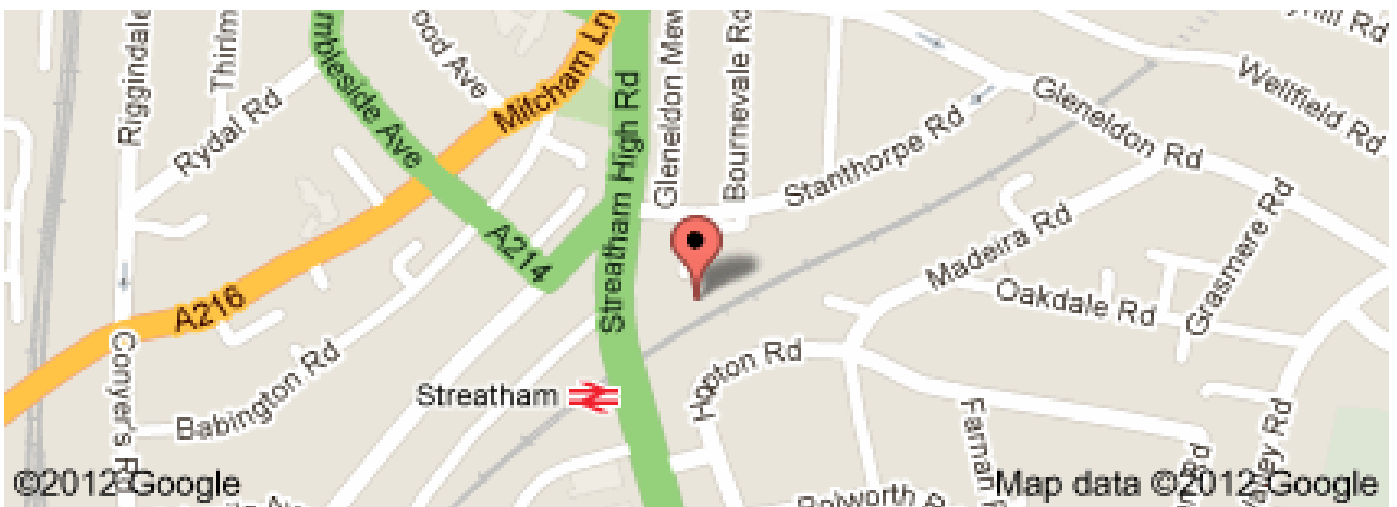
**The Hideaway  
2 Empire Mews,  
Stanthorpe Road,  
Streatham, London  
SW16 2ED**

**The venue is accessible & has limited parking**

**There is also an entrance on Streatham High Road (this entrance is 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 .**



**There is limited transport available. If you need support in getting there, please let us know - contact Robert as below**

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

**>> Please confirm to us that you will be attending <<**

**Please confirm As Soon As Possible**

To confirm, contact **Robert Hill**. email [rhill@lambethmencap.org.uk](mailto:rhill@lambethmencap.org.uk)

or telephone **020 8655 7707**

# Lambeth Learning Disabilities Carers Update

November 2012

## Lambeth Adult Learning Disabilities Team

Recently, there has been changes to the structure of the Learning Disability Team

If you have any questions about Assessment, Transition or Reviews or you wish to discuss any Safeguarding issues, you can contact the Learning Disability Team directly:

**General contact numbers are 0207 926 3245 & 0207 926 3250 (9am - 5pm)**

Workers have their individual extensions and they may already have given them to you.

If you have specific questions related to a particular issue contact the relevant Manager;

**Assessment and support planning (includes duty function) : Avril Walton - 0207 926 3982**

**Reviews - Georgette Burgess : 0207 926 4797**

**Transitions - Heather Williams : 0207 926 4619**

**Team Manager - Juliet Amoa : 0207 926 5085**

**Head of Service- Richard Sparkes : 0207 926 0748**

**Lambeth Adult Learning Disability Team**

**Adults & Community Services**

**Seventh Floor**

**Phoenix House**

**10 Wandsworth Road**

**SW8 2LL**



## Health & Wellbeing Board

You are invited to a workshop to help improve health and wellbeing in Lambeth

Show us what is important about health and wellbeing / Take part in activities to identify what is happening across Lambeth / Pick up a camera to photograph health and wellbeing in your area/ Tell us how you can get more people involved

**Thursday 22 November 2012 from: 3.00pm – 7.00pm (you can drop in at any time)**

**Lambeth Accord, 336 Brixton Road, London SW9**

There is no need to book - you can just turn up on the day. All the activities will be running from 3 - 7.pm so you can pop in for 15 minutes or join us for an hour or more. Everyone is welcome.

At **3:00pm, 4:30pm and 6:00pm** there will be an opportunity to hear about the work of Lambeth's Health and Wellbeing Board and to share your ideas and concerns with members of the board. If you want to find out more, or if you can't come to this workshop and want to get involved over the coming months, please let us know:

**Telephone: 020 7926 6397 or 0800 013 1497 Email: [acs-consultation@lambeth.gov.uk](mailto:acs-consultation@lambeth.gov.uk)**

**If you have any particular communications or access needs, please let us know in advance. We look forward to seeing you**

Published by Lambeth Mencap;

43 Knights Hill, West Norwood, London. SE27 0HS

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



## Dates for your diary . . . .



Lambeth Learning Disability Partnership Board

### Partnership Board Meeting

at Lambeth Accord,  
336 Brixton Road, SW9 7AA  
10:00am - 1:00pm

**5<sup>th</sup> December 2012 (big meeting)**

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Lambeth Learning Disability Partnership Board

### Profound & Multiple Learning Disabilities Sub-Group

All held at Lambeth Mencap,  
43 Knight's Hill, SE27 0HS  
11:00am - 1:00pm

**Thursday 15<sup>th</sup> November 2012**



Lambeth Learning Disability Partnership Board

### 2013 Partnership Board Meetings

All held at Lambeth Accord,  
336 Brixton Road, SW9 7AA  
10:00am - 1:00pm

**Wednesday 13th March**

**Wednesday 5th June**

**Wednesday 4th September**

**Wednesday 4th December**

## Care & Curry Fridays

Every Friday, 1pm—3pm

The Fountain @ 31

31 Clapham Park Road  
SW14 7EE



Tea/Coffee, Curry and a chat!

All Carers are welcome

Contact Sue on: 07737 773 652



Carers Hub  
Lambeth  
Connectina Carers

**Don't forget .....**

### The Carers' Winter Celebration

on Wednesday 12 December 2012 at

**The Hideaway, Streatham 1pm – 4pm**

### Carers' Advisory Group

Would you like to be part of our new Carers Advisory Group starting in January 2013? Carers will be supported and trained to advise on our current services as well as helping to inform wider decisions affecting carers in Lambeth. Call 020 7642 0038 if you are interested.



Carers Hub  
Lambeth  
Connectina Carers

### End to End Review Consultation

**Would you like to give your views and get more involved? If so, we would love to hear from you...**

Please note that we have a meeting for service users and carers in late November. We would very much like to hear from service users and carers who have direct experience of adult social care, and who would be willing to give their opinions, comments and suggestions on various aspects of the process.

**Service users & carers consultation;**

**Friday 30<sup>th</sup> November 2.00-4.30pm**

**at Lambeth Town Hall,**



## Reasonable adjustments

The law says that all health services must think about people with disabilities.

They have to ask 'What extra things do we need to do, so people with learning disabilities can get health services as good as other people?'

This might be

- Making sure that information on health services is accessible to people with learning disabilities
- Nurses with special skills to look out for people
- Giving people more time with doctors and nurses
- Making sure that annual health checks happen for everyone and that health problems are treated

These are called **Reasonable Adjustments**. For more information contact Robert Hill or go to:

<http://www.improvinghealthandlives.org.uk/projects/reasonableadjustments>

## E-DAPT Project for employment support

If you are a carer looking after someone in Lambeth and need employment support, this service is for you!

Employment Development, Advice & Advocacy,

Peer mentoring, Training

Ask for Hana on 020 8678 5609

Or email her at

[hana@souththamescrossroads.org](mailto:hana@souththamescrossroads.org)



## Handyperson service

The Handyperson service supports **disabled people and those over 55 years of age** within the borough of Lambeth. Our Handyperson service will help making your life easier by assisting with small tasks around your home, such as:

- Doing minor repairs directly related to your safety and security.
- Installing or fitting door chains, memo minders, grab/hand rails, cold alarms, and door bells.
- Advising on home safety, energy use and basic maintenance.
- Easing doors/windows; hanging pictures/shelves; replacing curtain tracks; taking down curtains and nets; assembling small flat pack furniture; and much more.

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](mailto:sue.taylor@ageuklambeth.org.uk)

**or Kim Connell:** 020 7346 6809

## Universal Credit

Universal Credit is a new single payment for people who are looking for work or on a low income. Universal Credit is a major feature of the Welfare Reform Act. It will help claimants and their families to become more independent and will simplify the benefits system by bringing together a range of working-age benefits into a single streamlined payment.

**It will be launched in 2013 and will replace:** Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Income Support, Child Tax Credits, Working Tax Credits and Housing Benefit.

Claimants will receive just one monthly payment, paid into a bank account in the same way as a monthly salary.

Support with housing costs will go direct to the claimant as part of their monthly payment.

### What's happening to other benefits?

**Council Tax Benefit** will be abolished in April 2013 and replaced by a system of localised support.

**Pension Credit** will be amended from October 2014 to include help with eligible rent and dependent children.

**Social Fund** is also being reformed to introduce new local assistance.

**Carers Allowance is not affected and claimants are entitled if the person they care for receives Personal Independence Payment (PIP) at either rate.**

(PIP Replaces Disability Living Allowance -DLA)

Visit <http://tinyurl.com/9l46t7y> for more

information or contact the Carers Hub on

**020 7642 0038.**





Lambeth Learning Disability Carers' Forum

*Have your say . . .*

### Carers Forum Meetings for 2013

10th January

7th March

2nd May

27 June 22nd August

17th October

28th November



All meetings, 11:00am - 1:00pm at Lambeth Accord, 336 Brixton Road, SW9 7AA

Please let us know if you have any suggestions for topics / speakers

### Is being a carer getting you down?

Do you sometimes feel so angry you could scream?

Do you worry a lot?

Do you often feel tired and fed up?

Are you missing out on having fun?

If so, perhaps the new **Carers Counselling Service** can help you to find ways of dealing with these problems and other emotional and relationship issues which often affect carers.

The Carers Counselling Service provides up to sixteen weekly individual counselling sessions with a trained and professionally supervised counsellor. It is for carers living in Lambeth. We will conduct an assessment with you at the first session to see whether the service is right for you and can help you reach your goals. If not, we will give you advice about or refer you to other services which might be more suited to your needs.

The counselling sessions will be free although we will ask for a donation of £1 per session. If you would like to find out more about counselling or would like to refer yourself for an initial assessment, please call **020 7642 0038** and leave your contact details. The Counselling Service Manager will get back to you within three days.

Health and social service professionals wanting to refer service users should ask them to ring this number.



**Carers Hub  
Lambeth**  
Connecting Carers

### Thanks To Peter Jones....

Earlier this month around 15 carers had a visit to Peter Jones at Sloane Square where they enjoyed a cuppa, cakes, chocolates a tour of the store, including its wonderful roof terrace, and last but not least... a bit of pampering.



## Coffee, Cake and Living with Autism National Autistic Society, Lambeth Branch invites you to;

### Coffee, Cake and Living with Autism



We hold a monthly drop in coffee morning for parents and carers, every second Tuesday of the month, from 10am to 11.30am, at Thornton Chapel Room, Holy Trinity Church, Clapham Common, SW4 0QZ.

Children are welcome at all sessions (with parental supervision), however we are not able to offer a crèche. We do run the coffee mornings through the holidays and so then will ensure that there are some specific children's activities.

#### Dates for your diary:

- **October 9th** - Parent/Carer coffee morning with Sally Pettit of EDAS (advocacy)
- **November 13th** - Parent/Carer coffee morning
- **December 11th** - Parent/Carer coffee morning

Please email us at [lambeth@nas.org.uk](mailto:lambeth@nas.org.uk) if you'd like to come or want any further information.

**Lambeth Resolve - 020 7095 5720 - [ask@lambethresolve.org.uk](mailto:ask@lambethresolve.org.uk)**

**Information, Advice and Advocacy for Older and Disabled People**

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

Visit [www.LambethResolve.org.uk](http://www.LambethResolve.org.uk) for further information



### 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.

If you would like to know more, or become involved with LINK please contact;

**Lambeth LINK**, 336 Brixton Road. SW9 7AA 020 7274 8522 [info@lambethlink.org.uk](mailto:info@lambethlink.org.uk)



**Carers Hub Lambeth** is a partnership of local charities working together to provide vital services to carers in Lambeth. Crossroads Care - South Thames, Age UK Lambeth, Disability Advice Service Lambeth (DASL) and Lambeth Mencap are the main partners in a consortium which has been commissioned by Lambeth Council to provide key services identified in the Lambeth Carers' Strategy 2008 – 2013.

Call us on 020 7642 0038 Email: [connect@carershub.org.uk](mailto:connect@carershub.org.uk)

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



### 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. Contact: [rhill@lambethmencap.org.uk](mailto:rhill@lambethmencap.org.uk) or 020 8655 7707

## Lambeth Carers Review Update . . . . .

Lambeth are now at the stage where two Carers Review Stakeholder Meetings have taken place. The stakeholder attendees consisted of staff from statutory and voluntary services.

The first meeting highlighted the key areas to be explored, ranging from identifying what carers value from services; looking at the definition of a carers service, to the future of the Fix Yourself A Break scheme. Certainly, a key element of the meeting centred around how to engage carers on all of these issues, and with carers being continually asked to provide opinions on many services, it was agreed that all stakeholders would re-visit their existing information to inform the Carers Review.

At the second meeting it was acknowledged that the current Day Service Review will impact on the Carers Review and other key reviews.

There is a need for all Review leads to meet to explore the dynamics of their recommendations for services to ensure that all aspects are covered. It was also agreed that a sub-group comprising both statutory and voluntary stakeholders will meet to review the Fix Yourself A Break service.

## Lambeth Carer of The Year Award 2012

Carers and their friends attended the annual Lambeth Carer of The Year Award at Coin Street Neighbourhood Centre in Waterloo. The Carer of the Year Award is an annual event that recognises and celebrates the hard work and commitment of people who look after family, partners or friends voluntarily because they are ill, frail or have a disability. With cream teas on offer at the tables, cool live jazz music from a very able trio played in the background and the show got under way....

Jo Cleary, Executive Director of Adult and Community Services for Lambeth, took on the role of Master of Ceremonies for the event and speeches of praise and thanks for carers were given by Councillor Jim Dickson, Lambeth Council's Cabinet Member for Health and Wellbeing, Andrew Eyres, Chief Officer (designate) of the Lambeth Clinical Commissioning Group and The Mayor of Lambeth, Cllr. Clive Bennett who also awarded the certificates and prizes. This year around 80 carers were nominated. Each person nominated receives a certificate, a shopping voucher and a bunch of flowers.

**Congratulations to every carer, nominated or not !**

