



Parents Unite to Support and Help

Parent Carer Group

Parent Carers are welcome to join **PUSH**, the aim of the group is to meet the needs of parents who have children who have disabilities.

Want to know more?

Contact

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The aim of **PUSH** is to meet the needs of parents who have children with disabilities. At our first meeting on 5 March 2008, parents decided they wanted the following from their group:

- Parents want to meet with other parents to share information
- Meet with each other for social events
- Training events to support Parent Carers in their role

Parents at the meeting discussed the following:

- Ideas for Training Events and Speakers
- They require information about the services available and how to access them
- Disabled Living Allowance
- Sharing their knowledge to help other parents
- Ideas for future Meetings

Ideas for Training Events and speakers

- Direct Payments for Children
- Taking Control - individual budgets for Children
- Moving and Handling training
- Postural Support training
- Information regarding Lancashire Support Services

Information requested by Parents

Parents requested information on the **Kiloran Trust**:-

This is a large welcoming house in West London in which full time Carers can come for a holiday/supportive break which is informal, friendly, warm and relaxed.

To enquire about a break at Kiloran phone 0207 6027404 for a booking form or you can apply on line. The cost is subsidised and is currently £250 for a Monday to Saturday break including ensuite rooms and meals. If you have a low income or claim income support Kiloran Trust will look at helping to obtain funding to cover this amount.

Further information can be obtained from their website **www.kilorantrust.org.uk**, or if you are visiting the Carers Centre have a look at the Holiday and/or Respite files in our Resource Library for this and other Carers.



a place of respite for carers

Information requested by Parents (cont)

Parents are experiencing difficulties where paid Carers are tube feeding their children - the Carers are not able to put medication through the tube. Parents are therefore only able to leave their children for short periods. We are looking into this.

Disability Living Allowance (DLA)

Parents can get help with filling in forms for DLA and other benefits from the **Welfare Rights Service**. You have to make an appointment and this cannot be made until near the time that the claim is due. Parents at the meeting also mentioned that it is possible to apply for their child to have DLA for life in certain circumstances. For further information contact Welfare Rights on 01772 533656.

Charities/Funding Organisations

Families also requested information regarding Charities and/or Funding Organisations available for them to apply for financial support for holidays, equipment, etc.

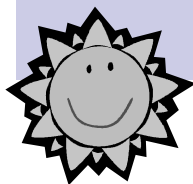
If you would like this information please contact the Carers Centre. We have a Resource Room at the centre where you can access information related to caring. Staff will be on hand to help you and internet access is available. If you know of a Charity that can help families please let Elaine know - then she can include this information in our resource pack.

Ben Blackman, Manager of the Carers Centre has agreed that as a registered charity we would be able to act as agents for parents when they apply to other charities for funding. When parents apply for funding and are successful many charities will not send money direct to parents - they prefer to administer the monies via another charity organisation Preston Carers Centre would be happy to act as agents for parents.

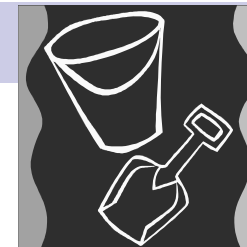
See overleaf for details of useful organisations

Social Ideas Suggested for PUSH Meetings

- Jewellery Making workshop
- Trip to Space Place
- Bi Annual Day Out



Help to pay for leisure activities and holidays - from www.cafamily.org.uk



Families with disabled children may be entitled to help from the local social services department. Some authorities may provide grants towards holiday costs, others may offer holidays at places of their own choice. Some local authorities insist on means-testing and, even when grants are available, they are usually small. Many charitable organisations will help towards holiday costs. Some are listed below, and Tourism for all UK publishes 'A guide to financial help towards the cost of a holiday, respite care or convalescence' price £2.50.

A guide to grants for individuals in need 2006/07

Details of a wide range of funds and other support available for the relief of individual poverty and hardship. Price £34.95 but your local library or Citizen's Advice Bureau may have a copy of this

Family Holiday Association

Web: fhaonline.org.uk

Provides grants for families in real need of a break for one week's holiday of their choice. The family must be referred to the Association by Social Services, a health professional or local voluntary organisation. At least one of the children must be over the age of three.

Kidsout

14 Church Square, Leighton Buzzard, Bedfordshire LU7 1AE
Tel: 01525 385252

Web: www.kidsout.org.uk/what/funds/

Helps disadvantaged children and young people - irrespective of background or circumstances - up to the age of 18, throughout the UK. Their Funds-4-Fun small grants scheme help with the provision of new toys and special play equipment, as well as fun days out, holidays and activities for individuals and families

Travel Insurance

Companies offering travel insurance for people with disabilities. Please note that although these companies can issue quotations for cover they are not allowed to issue policies more than three months prior to travel. **Contact a Family and Preston Carers Centre cannot recommend any particular insurance company and urge you to satisfy yourself that any particular policy meets your needs and offers adequate cover.**

Freespirit

PJ Hayman & Co Ltd, Stansted House,
Rowland's Castle PO9 6DX
Tel: 0845230 5000
Web: www.free-spirit.com

Travelbilty

Peregrine House, Falconry Court,
Bakers Lane, Epping CM16 5DQ
Tel: 08453381638
Web: www.travelbilty.co.uk

Direct gov

Directgov brings together a wide range of public service information and services online. Their 'Travel, holidays and breaks' section has information on travel insurance as well as other practical information around taking a holiday www.direct.gov.uk

Family Fund

Unit 4, Alpha Court, Monk Cross Drive, York YO32 9WN
Tel: 0845 1304542

Web: www.familyfund.org.uk

May be able to help towards holiday costs when there is a child who is severely disabled (aged 15 and under). Grants vary in size and can be used towards family holidays with or without the child.

Pearson's Holiday Fund

PO Box 3017, South Croydon, CR2 9PN
Tel: 0208 6573053

Web: www.pearsonsholidayfund.org

Supplies funds for disadvantaged children from 4-16 years of age for holidays in the UK only. Applications should be made through a Social Worker, Doctor, Health Visitor or Teacher.

Other financial help

Contact a Family can advise on all aspects of the benefits and tax credits system to make sure you are claiming all you are entitled to. Our advisers can also look for charitable grants you may be able to apply for. For more information about Direct Payments and other financial help which may be available, ring the Contact a Family Helpline on 0808 8083555, this line is open Monday to Friday, 10am to 4pm and Monday 5.30-