



Bulletin for Carers

of people with a Learning Disability

Preston Family
Carers Network

LEARNING DISABILITY

Welcome to our bulletin specifically for Carers of people with Learning Disability, produced periodically as a platform to keep you informed of issues relevant to your caring role. This is also an opportunity for Carers to contribute and share information useful or beneficial to other Carers and the people they care for on practical tips such as how you got around a particular issue, or fun stuff like sharing a favourite recipe.

Change of Safiyyah's work hours. Over the next few months Safiyyah will be available on Tuesdays, Wednesdays and Thursdays. However, should you wish to contact the office in her absence, Peter may be available to help.

Preston City Council is offering **free swimming sessions** for under 16s and over 60s at Fulwood and West View Leisure Centres. Application form can be obtained from the Leisure Centres.

United Utilities are offering **a scheme for people that are on a water meter.** If you receive certain benefits such as Income Support, Pension Credit or Housing Benefit and either have three children under the age of 19 or someone in your household has a medical condition which results in having to use lots of water, you may be eligible to have your new charges capped at the average household usage rate. For more information, contact Safiyyah.

Preston FM offers volunteering and training opportunities to people who would like to get involved with their community radio station.
For more information visit www.preston.fm or call 01772 880791.

Free Wills and Trusts Advice from Mencap for carers of people with learning disabilities. Aarti Gupta, Mencap's in-house solicitor can be contacted for advice at aarti.gupta@mencap.org.uk or on 0207 696 5533.

Support Brokerage Training: 5 Day Course in St Helens. £25 for individuals with limited free places. For more information contact the Step by Step Living Network on 0151 430 2740, or email on believe@livingnetwork.org.uk. More information may be found on their website: www.livingnetwork.org.uk.

The Department of Health has published a document aimed at social care providers about self-directed support. **Putting People First: Planning together** – peer support and self-directed support, may prove a interesting read if you are considering self-directed support and individual budgets under the personalisation agenda. It is available online at www.dhcarenetworks.org.uk/Personalisation

The Autism Act 2009 has led to the development of the first ever **Adult Autism Strategy**. This is due for publication towards the end of February and will address how local services should be improved to meet the needs of people with autism.

Peace of Mind 4 Carers is a service offered through Preston Carers Centre. We will work with the Carer to put together a contingency plan. If the Carer was in an emergency situation and unable to provide care the plan would be activated to provide support for the person they care for. The support could come from another family member or friend or through a replacement care agency for a period of up to 72 hours during the emergency situation. For more information on this service or to put a plan together, contact Liz Schofield, Carers Support Officer (Emergency Planning) at Preston Carers Centre on 01772 200173.

Contact Safiyyah


Preston Carers Centre
28 Church Street
Preston PR1 3BQ

Telephone: **01772 200173**

Email: Safiyyah@prestoncarers.org.uk

Website: www.prestoncarers.org.uk

Supported by

Central Lancashire 
Primary Care Trust



The Princess Royal Trust
for Carers
Network Member

Themed Drop-ins for Carers of People with Learning Disabilities

Safiyyah is arranging monthly drop-in sessions on various themes for carers.

These Drop-ins will take place between 10am and 12pm at Preston Carers Centre

Provisional dates are:

Planning for the Future and Moving On:

Tuesday 23rd February 2010

Personalisation:

Tuesday 23rd March 2010

Social Care:

Tuesday 13th April 2010

Employment for people with learning disabilities:

Thursday 27th May 2010

Respite:

Tuesday 29th June 2010

Day Services:

Tuesday 31st August 2010

Health:

Thursday 23rd September 2010

Person Centred Planning:

Wednesday 27th October 2010

Themes for the following sessions have still to be confirmed, suggestions for topics are welcome.

Thursday 18th November 2010

Thursday 9th December 2010

Please note that all these are provisional dates and may be subject to change, **check the monthly Dates for Your Diary** for confirmation. They are an opportunity to come in and have a chat, meet with other carers and/or raise any concerns and issues about your caring role.

I hope this bulletin has been helpful for you. For future bulletins I welcome any feedback you have on this and/or articles and information which you feel would benefit other Carers.

If you have any queries about caring for a person with Learning Disabilities please contact me, Safiyyah Patel, at Preston Carers Centre (details are on the bottom of the front page). Or if you are having difficulty with something, need extra support or would like to share a particularly good or bad experience you have had, I would like to hear your views and help you to try and resolve any matters.

I look forward to hearing from you,

Safiyyah

Safiyyah Patel
Carers Support Officer for Carers of people with Learning Disability

