

Learning Disability News

Southampton Mencap 187A Portswood Road, Southampton SO17 2NF Tel: 02380 584088

PIP TIPS FOR FAMILY CARERS



Are you a family carer of someone with a learning disability who is aged 16 or over? Do you want to know more about applying for Personal Independence Payment (PIP), which is replacing Disability Living Allowance (DLA)? This free half day session will give family carers the confidence and information they need to support their relative with their application for Personal Independence Payment.

This practical session will take place on: Thursday 16th January 2014 from 10.30am to 1.30pm at The Victory Centre, Portswood High Street, Southampton.

Come along for practical tips & information about:-

- preparing for the PIP application
- how the DWP assesses and scores people
- the new appeals process
- filling in forms
- preparing for the face to face assessment and more...

If you would like to attend, **please contact Jane Gleeson at Southampton Mencap on 02380 584088.**

This session is being run in partnership with the Family Carer Support Service (FCSS). For more information about the FCSS and its work, **go to: www.hft.org.uk/FamilyCarerSupport or call 0117 906 1751**

SOUTHAMPTON BUZZ NETWORK The Buzz Network is a group for Southampton parents/carers of children with disabilities/ special needs. It is open to children with any disability from ADHD to visual impairments, as long as they meet the eligibility criteria. For more information, please visit : www.youngsouthampton.org/parents-and-carers/disabilities/

SOUTHAMPTON A-BUZZ PARENT FORUM Disabled children/young people and their families consistently say that leisure and play, after school, in the holidays and at weekends, is the most important missing element in their lives. For more information about what's available during the summer, **please visit: <http://www.sotonabuzz.org>**

WHATS ON GUIDE Switch off the telly ... It's time to get out there and start having fun! There are 1,314 events for people with learning disabilities and autism taking place every week around the UK. For further information, **please visit: www.netbuddy.org.uk/events**

TAG (The Acting Group) Performing Arts for people with Learning disabilities. We meet on Monday nights from 7.30pm to 9.00pm at Freemantle Community Centre, Randolph Street, Freemantle. Cost £3.50 per session. **Contact Neil Maddock: Tel. 07737 287152**

SAILABILITY Sailing for people with disabilities. Monday evenings. **Contact Ali Selby 023 8091 5755**

PADDLEABILITY A fun scheme for people with disabilities on the lake at Woodmill. Instruction is provided and suitable boats and equipment are included. Thursday evenings. Contact Sarah Moorehead Tel. **80915746**

Solent Dolphin BOAT TRIPS (Alison Macgregor) Free boat trips for people with disabilities. For more information and booking form visit: www.solentdolphin.co.uk

GOV.UK For winter 2013 to 2014, you could get a £135 discount on your electricity bill through the Warm Home Discount Scheme. The discount won't affect your Cold Weather Payment or Winter Fuel Payment. Not everyone gets the discount - you have to qualify. The money isn't paid to you, it's a one-off discount on your electricity bill, usually between October and March. You can also qualify for the discount if you use a pre-pay or pay as you go electricity meters. Your electricity supplier can tell you how you'll get the discount if you're eligible. You qualify for the discount if on the 'qualifying day' (20 July 2013) your supplier was part of the scheme. Some suppliers can offer the discount to vulnerable people (e.g. those on a low income). Each supplier has their own rules about who else (known as the 'broader group') can get this help. **Ask your supplier for details.** If you qualify for the discount, you'll get a letter telling you. If eligible, letters will be sent between September 2013 and January 2014.

TRIAL AN IPAD FOR FREE

Southampton City Council (SCC) purchased a number of iPads with apps specifically developed to support the communication needs of adults with a range of disabilities. SCC is working in partnership with Southampton Mencap to provide a 'library' service to enable adults across the city to use the iPads on a trial basis.

The iPads have two specific apps, Proloquo2go and Scene & Heard which aim to improve communication; help with reducing challenging behaviour; improve independence; support a smoother transition process and equip service users to gain support in a more effective way and take ownership on how they want their support to be delivered.

As a result of borrowing an iPad, two people are looking into purchasing an iPad of their own. iPads are available to loan for 4 weeks. If you would like further information or to loan an iPad **please contact Southampton Mencap on 023 8058 4088 or email activities@southamptonmencap.co.uk**

PLANNING FOR THE FUTURE EVENTS

If someone in your family or someone you care for has a learning disability, you can take steps now to ensure that their finances are well looked after when you are no longer around.

We offer free information seminars on making a suitable Will or setting up a Trust. A local solicitor with experience of drafting Wills and Trusts for the benefit of people with a learning disability is present at all the seminars. These events are an ideal opportunity to ask any questions that you may have with regards to your family Wills.

LOCAL EVENT: Wednesday 18th September, 12.30pm – 2.30pm at Southampton Solent University Conference Centre, 157-187 Above Bar Street, SO14 7NN.

If you would like to reserve a place at any of the Planning for the Future events please use: <https://www.mencap.org.uk/webform/book-place-planning-future-event>

or contact Gina Collins, Wills and Trusts Team, Freeport WD3537, London, EC1B 1AA or Tel: 020 7696 6925

'All About Me' University Hospital Southampton NHS Foundation Trust

For children, young people and adults with learning disabilities coming to Southampton University Hospital NHS Trust

How many times have you been asked for the same information by health and social care professionals? 'Say It Once' has forms for you to fill in either on your computer or by hand. You can record key health and social care information and wishes that are important to you. Copies can then be given to health and social care professionals as and when needed. Go to the website for University Hospital Southampton and click on the 'Patients with Learning Disabilities' tab. If you are unable to access the form on the internet, **call Southampton Mencap on 023 80 584088. For further information, please visit: [www.southampton.gov.uk/Images/Hospital%20Passport%20June%202013%20\(Vers%202\)%20tcm46-326207.pdf](http://www.southampton.gov.uk/Images/Hospital%20Passport%20June%202013%20(Vers%202)%20tcm46-326207.pdf)**

AWARD FOR TEAM LEADER OF SOUTHAMPTON INTENSIVE SUPPORT TEAM

The BILD PBS Leadership Awards recognise good practice and contributions to the development of positive behaviour support practice and aim to raise practice by recognising work of quality. Jonathan Beebee is a Learning Disability Nurse, currently studying Positive Behaviour Support and Team Leader for the Southampton Intensive Support Team. The team compliments the work of the Community Learning Disability Team when additional support is required. Usually, this is when people with learning disabilities have behaviours that challenge, such as aggression, self injury, damage to property. The award was in recognition of how he has led the development of the team to meet people's needs. The team takes referrals from the Community Learning Disability team, who are also skilled in working with behaviours that challenge.

Anyone can refer to the Community Learning Disability team (via contact details below) and if it is felt that a more intensive level of support is needed they will ask Jonathan's team to get involved too. The Intensive Support Team has been running for 3 years now. The work has quite a high profile at the moment, particularly in light of the Winterbourne View scandal. The role of the team includes reducing the need for people to be admitted to hospitals that are far away, and might also be involved in helping people to be discharged from hospital.



Jonathan Beebee, RNLD.

Team Leader, Southampton Intensive Support Team, Southern Health NHS Foundation Trust

Thomas Lewis House. 236 Empress Road, Southampton, SO14 0JY

Tel: 023 8029 4420 Email: jonathan.beebee@southernhealth.nhs.uk

INCLUSIVE CYCLING PROJECT We have a range of cycles which are easy to ride, even if your balance, your use of limbs, or your ability to learn new skills is challenged. We have trikes, tandems, hand-powered trikes, a wheelchair bike combo and side-by-side tandems. Saturday drop-in Sessions: 10am-12pm. £2.00 p.p. Carers free. Group and individual sessions available Tues 10.30am, Wed 1.30pm, Thurs 11am, Fri 11.30am. **Call Daisy on 07790 873559 or Debbie on 07582 761572.** Pavilion on the Park, Kingfisher Rd, Eastleigh SO509LH

OASIS ACADEMY LORDSHILL COMMUNITY

PROGRAMME Courses in dance, exercise and fitness, photography, IT, learn to play a guitar, jewellery making, floristry, how to use the internet safely, shopping on the internet. For more information visit:

www.oasisacademylordshill.org or Tel. 023 8073 9797

MOTOR BOAT TRIPS (FULLY ACCESSIBLE)

River Hamble: Tuesday mornings 9.30 am -11.00 am and 11.00am – 12.30am. £15 per person. Support worker goes free. **To book phone 023 8040 4844. QE2 Activity Centre, Manor Farm Country Park, Pylands Lane, Southampton.**

SOUTHAMPTON MENCAP CLUB DATES first session back after

Summer holidays:

Junior Gateway	7th September 2013
Adult Gateway	Continuing through Summer
Teen Access2Leisure	14th September 2013
Access2Leisure	7th September 2013
Livewire 18+	4th September 2013
Livewire 25+	11th September 2013
Art4All	12th September 2013
Friday Youth Club	6th September 2013

OWN2 FEET 18—30'S GROUP

Course 1	Tuesday 3rd September 2013
Course 2	Monday 2nd September 2013
Home Kitchen	Friday 6th September 2013

PLAYSCHEMES

There are still some spaces available on the Mencap Junior & Teen Summer Schemes. For more information **please email: activities@southamptonmencap.co.uk or call the office on 023 8058 4088**

yPOD SUPPORT SERVICE has some availability throughout the Summer holidays for all mainstream playschemes and settings, **please get in touch with Eilly on 02380 294602** in order to discuss your child's support needs.

Both the Playschemes & yPod Service will be available during the October School half term



BOLLYWOOD MASQUERADE BALL raised over £10,000 for the benefit of local children, young people and adults with a learning disability

In these tough times when so many charities are looking for financial assistance to continue providing vital support, we're delighted to say that our current fundraising campaign, Building for the Future, was given a fantastic boost after the magnificent sum of over £10,000 was raised at a Bollywood Masquerade Ball held in May at the Novatel, Southampton.

On behalf of the people it supports, Southampton Mencap would like to thank everyone from the city's Asian community who so generously supported the event organised by Parita and Tarun Patel from Rishtaa Events and K.K. Banqueting. Thanks also to their crew of helpers - Usha Bhovon, Pria Raiyani, Anisha Majithia and Nina Phillips—Skandia and many other individuals too numerous to mention.

Cheers everyone – we really had a ball and your magnificent support has gone a long way to getting us started on our journey and dreams for the future with the Southampton Mencap's 'Building for the Future' campaign.



FUNDRAISING Anyone wishing to help us in raising our target of £50,000 can find details of fundraising ideas on our website:

www.southamptonmencap.org or call 023 80 584088 / email: admin@southamptonmencap.co.uk for a fundraising pack



BUILDING FOR THE FUTURE Our building for the future project to expand and improve the existing Mencap Centre is scheduled to begin the week commencing Monday 9th September 2013 until the end of January 2014. During this time in order

to maintain health & safety and in the best interest of our members, some of our clubs may need to relocate to alternate venues. Further details in relation to this will be issued nearer the time.



SUPPORT WITH CONFIDENCE Southampton Mencap are members of this Quality Standard Scheme which is managed through Southampton City Council's Trading Standards and Adult Health & Society Care. Feedback from users of our services is welcomed as part of the continuous monitoring process. If you have used any of our services since last February, when we were accepted onto the scheme, and would like to tell Southampton City Council about your experience there is a feedback form available from: www.southampton.gov.uk/business/tstandards/buywithconfidence.aspx.



RECIPE FOR SUCCESS A recent bake sale proved to be a recipe for success in raising money for charity.

Members of Mencap's Home Kitchen group cooked up a storm in Southampton, baking cakes, cookies and biscuits to raise money for a new extension to the charity's building.

Led by healthy lifestyle home cooking course leader Pula Popat, the group planned the event, baked the treats and helped advertise it in a bid to sell as many cakes as possible.

The sale raised nearly £200 and will go towards the 'Building for the Future' fund, which aims to provide better facilities including a new kitchen for future teaching programmes.

HOME VISITOR SERVICE

Do you have a learning disability and live in Southampton? Do you rarely have any visitors because you have no close family relatives or friends? Would you like to talk to someone about your life or interests?

If so, Southampton Mencap's Home Visitor Service may be able to help you. Call into the Mencap Centre (lane behind Natwest Bank) for more information or **phone us on 023 80 584088**



SOUTHAMPTON MENCAP CARER'S LUNCH

Meetings for the remainder of 2013 will be held at the Victory Centre, Portswood, on the following dates:-

- ◆ September 12th
- ◆ October 10th
- ◆ November 14th
- ◆ December 19th



Speakers for the above dates will be confirmed in due course.

Please note:- there will be no Carers' Lunch in August.