



Breaking point

In 2003 Mencap launched the Breaking Point report. This showed that 8 out of 10 families surveyed had reached crisis through not getting enough short breaks. Now, 10 years on from Breaking Point, Mencap has released a follow-up report which finds that the situation has not improved: 8 out of 10 family carers have reached, or are close to reaching, breaking point as a result of not getting the help and support they need.

Mencap wants this to change.

What we want to ensure

- No family carer is left to reach breaking point
- Every family that needs a short break receives one
- Money intended for short breaks is spent on providing them
- There is a more family-centred approach to short breaks provision
- Services are person-centred

- Information about local need for short breaks is collected more consistently

What you can do

- Email your local council and ask them what they are doing to protect short breaks
- Download the campaigns pack to get involved
- Read the easy read guide on the latest report
- Share your story with Mencap to highlight this issue
- Read Mencap's know your rights on short breaks guide

Contact Mencap by email on reallifestories@mencap.org.uk or **call Mencap Direct on 0808 808 1111**



INDEPENDENT LIVING FUND

A review has been launched to challenge the consultation on closing the ILF. Disabled People Against Cuts has written a press release to read and distribute to local press www.dpac.uk.net

AUTISM FRIENDLY FILMS

Dimensions' Autism Friendly Films are a great way for young people with autism to experience the cinema. For more information visit www.dimensions-uk.org/autismfilms



BEHAVIOUR SUPPORT

Positive Behaviour Support is an evidence based approach to teaching new skills to people with learning disabilities. The Positive Behaviour Support network provides the opportunity for those with learning disabilities, carers and professionals to share news, information and practical tips on how to use Positive Behaviour Support in day to day situations.

To get involved visit www.facebook.com/southUK.PBS or email southUK.PBS@facebook.com.



WORKING FAMILIES

Working Families is the UK's leading work-life balance organisation helping working parents/carers and their employers find a better balance between home and work responsibilities through in depth research. For advice on employment rights, benefits, tax credits, negotiating working hours and leave or discrimination please email

advice@workingfamilies.org.uk or call 0300 012 0312



SOUTHAMPTON CITY COUNCIL'S CHARGING POLICY CONSULTATION

The consultation period for the proposed changes to SCC's Contribution Policy for adults in social care services has now been extended to April 2nd. Southampton Mencap held a meeting for family carers attended by the Head of Care Provision, a representative from the Financial Assessment Benefit Team and a cabinet member for Adult Social Care to consult with them on the proposed changes. If you are a family carer for someone with a learning disability it is important that you are fully informed about the proposed changes which could impact on you and the person you care for by as much as £160 extra each month. You can attend one open meeting held at the Civic Centre in Committee Rooms 1 and 2 on 13th March 5pm-6.30pm, 14th March 2pm-

3 PEAKS CHALLENGE

This May, Southampton Mencap Manager Alex Iles will be taking part in the Three Peaks Challenge which involves climbing the three highest mountain peaks in England, Scotland and Wales within 24 hours. *"Despite having a fear of heights I want to take on this challenge to raise money and awareness for people with a learning disability and their families. Through personal and professional experience, I know that people with a learning disability and their families face challenges bigger than this on a daily basis and I believe they*

deserve the best support they can get." To help Alex to reach her goal of £1,000 to support Southampton Mencap please visit www.justgiving.com/AlexIles, text SoMe88 £AMOUNT to 70070, drop into the office or pop your donation into the post. (Pictured below: Alex with her daughter Fiona)



STAY CONNECTED

Sign up to Southampton City Council's e-alerts system to receive up-to-date information straight to your inbox on the subjects that interest you. Whether you want to hear about libraries, jobs, events and leisure, travel and transport, consultations or schools, just log on to www.southampton.gov.uk and click the 'Stay Connected' logo. Enter your email address and select the topics that interest you to keep informed.

OWN2FEET PROGRAMME

The second course in the Southampton Mencap Own2Feet programme started on Friday 1st March. Home Kitchen - Healthy Living is designed to develop catering skills, independence and healthy living through daily exercise sessions and group cooking activities. Pula Popat, course leader, said: "The first Home Kitchen session involved planning a meal, shopping for ingredients, cooking, tasting and evaluating the food, incorporating mental, physical and social stimulation. It was a

great session with lots of positive learning out comes." There are still a few places available on the course so if you or someone you know would like some more information then please **contact the Mencap office on 023 8058 4088.** (Pictured below: O2F students enjoying cooking)



QUALITY KITE MARK ACHIEVED

Southampton Mencap is pleased to announce that it has been approved by the Support with Confidence Scheme, a joint initiative with Southampton City Council's Trading Standards and Adult Health and Social Care.

What does this mean for Southampton Mencap?

Our efforts to provide user friendly, person centred

services, managed by appropriately trained members of staff has been approved via an audit.



What does this mean for you? Southampton Mencap will continue to be monitored through feedback from our service users to ensure standards are maintained. For more information about this Scheme visit www.southampton.gov.uk or **call 084 5404 0506**



THERAPY BOX

Southampton City Council has secured funding to purchase a number of iPads with apps specifically developed to support the communication needs of people with a range of disabilities. SCC is working in partnership with Southampton Mencap to provide a lending library service to enable adults across the city to use the iPads on a trial basis.

The apps will aim to support the following outcomes:

- Improve communication and family involvement
- Supporting healthy living choices
- Reduce Challenging Behaviours and improve adaptive skills
- Improve life skills and independence
- De-sensitise towards planned hospital, dental visits etc.
- Support a smoother transition process
- Equip Service Users to gain support in a more effective way and take more ownership of how they would want their support to be delivered
- Support inclusion in everyone's world with the use of current technology

If you or someone you know is interested in borrowing an iPad please contact Hannah Lawless by email on hannah.lawless@southampton.gov.uk or by phone **023 8083 3209**

INDIVIDUAL SERVICE FUND

Southampton City Council is launching a new service in partnership with Southampton Mencap promoting the benefits of Individual Service Funds.

This year long pilot project will be run by Southampton Mencap and aims to benefit people with a learning disability and their family carers to explore what personalisation could mean in a practical, structured and supported way. If you are interested in finding out more about the benefits of the ISF Project **call Southampton Mencap on 023 8058 4088**



FREE TASTER SESSIONS

Mayfield Nurseries is now offering places for horticultural training and activities to adults with learning disabilities and mental health issues in Southampton. The aim is to provide opportunities to learn all kinds of skills from working with plants to customer service. The nursery is offering free taster sessions every Friday from the 22nd March to the 26th July 2013 from 10am to 12pm or 1pm to 3pm. To book a place please email rhampton@mayfieldnurseries.org.uk or **call 023 8044 7743**

EASTER HOLIDAY SUPPORT

YPod, a free service which supports children to access a range of mainstream activities, will be available throughout the Easter Holidays. Whether your child enjoys play centres, sport or leisure activities, yPod can provide advice on local settings and support for your child to access them. For more information please **call Elly on 02380 294602**

You can also book a place on one of Southampton Mencap Holiday Schemes. The Junior Scheme will be running on The 2nd, 3rd and 10th of April and the Teen Scheme will be running on the 5th and 8th and 9th of April.

Did you know you can also book places on our play schemes for the rest of the year? For all booking enquires please **call Kat 023 8029 4606** or download an expression of interest from the website at www.southamptonmencap.org



SAFER PLACES SCHEME

Vulnerable adults in Southampton are able to seek help wherever they are in Southampton with the expansion of the Safer Places Initiative. A Safer Place is an organisation that has agreed to offer support if someone has a negative experience within the local community. Southampton Mencap have joined the scheme - just look for the Safe Places logo. For more info visit www.southampton.gov.uk/living/com/living/safer_places.aspx or **call Hilary Linssen on 023 8083 4854**



PERSON CENTRED PLANNING

The Person Centred Planning (PCP) team work with 58 young people, aged 14 – 25, to facilitate their PCP meetings, as well as 214 people who are aged over 25 years old. In the last year alone they have completed 111 Person Centred Annual School Reviews, with another 48 to be completed in the current school year. The PCP team also offer advice around accessing local activities. For more information contact **Pete Collins, Person Centred Planning Co-ordinator at Choices Advocacy on 023 8021 1076**