



187A Portswood Road,
Southampton,
SO17 2NF



A Southampton Mencap Service that helps with Education Health and Care (EHC) Plans

- ✓ Does your child have a statement of SEN?
- ✓ Is it going to be changed to an Education, Health and Care plan?
- ✓ If so we can help!

Southampton Mencap has a team of friendly 'Independent Supporters' to guide you through the change from a statement to an EHC plan.

We are **Independent**- we are not part of Southampton City Council.

We can provide **accurate** information and advice about EHC plans.

We can help you to **understand** what is being said in meetings and in letters.

We can help you with **paperwork** you might be asked to fill out.

We will make sure that **your voice is heard** during the EHC process.

All of our **support** is completely **free** and **confidential**. To speak to an **Independent Supporter** call **023 8055 7607** or email ias@southamptonmencap.co.uk

FairPlay Schemes – May Half Term and Summer Holidays

Southampton Mencap will be providing FairPlay Scheme Days for Juniors (age 6-11) and Teens (age 12- 17) in the May Half Term and the Summer Holidays. All scheme days run from 9.30am-4.30pm at the Mencap Centre in Portswood and cost just £10.50 each day. Further information can be found in our Activities Information Directory, which you can request from the office.

FairPlay Junior (ages 6-11):

- Wednesday 27th May
- During the school summer holidays, FairPlay Junior will run on the Monday and Tuesday of each week.

FairPlay Teen (ages 11-17):

- Thursday 28th May
- During the school summer holidays, FairPlay Teen will run on the Wednesday and Thursday of each week.

Access2Leisure Scheme (ages 18+)

- During the summer holidays, A2L will be running each Monday, Tuesday and Wednesday for three consecutive weeks from week commencing Monday 10th August

Existing members and new attendees are welcome but please note there is an application process for new applicants which will take approximately five working days from point of enquiry. Please note that all relevant information on activities can be found in the Activities Information Directory; to book a place please fill in the booking form you will find enclosed within the directory.

Alternatively, you can ring **023 8058 4088** or email activities@southamptonmencap.co.uk.

Southampton Mencap Activities Information Directory

We have a new 'Activities Information Directory' which is intended to make your life easier when it comes to booking Mencap activities throughout the year. For example if you are interested in booking your son or daughter onto the Access2Leisure, FairPlay Junior or FairPlay Teen scheme over the summer it can easily be done through the Activities Information Directory which will contain all the dates and information, as well as a booking form that can be completed and returned to the office.

Copies have been sent out with all club members and we also have copies available here at Southampton Mencap; please either pop by or phone us on **023 8058 4088** for a copy. The Activities Information Directory can also be found on our website: www.southamptonmencap.org.



USEFUL INFORMATION

Age UK's befriending services

To tackle the problem of loneliness among older people, Age UK has developed befriending services. The service works by **assigning each older person a befriender**, who provides friendly conversation and companionship on a regular basis over a long period of time. Many local Age UKs provide befriending services, some **by telephone** and some **where a volunteer visits the older person at their home**. This vital service provides a link to the outside world and often acts as a gateway for other services and valuable support



Age UK also provides a **telephone befriending service called 'Call in Time'**, which consists of a regular daily or weekly phone call. The relationship is structured so that each befriender makes the call at a regular pre-agreed time. All befrienders are volunteers, who freely give up their time to help lonely older people. Find out more about Age UK's telephone befriending service : by **calling Age UK Advice on 0800 169 6565**

Will you be affected by the changes over the day services available in the city?

If so, come along to Southampton Mencap and Southampton City Councils?



NEW OPPORTUNITIES EVENT

**Monday 8th June, Drop In session, 1pm-7pm,
Mencap Centre, 187a Portswood Road, Portswood, SO17 2NF**

This is your opportunity to:

- Meet a range of voluntary, independent and private providers of services for individuals with a learning disability.
- Ensure that individuals have the opportunity to get the most out of their lives by finding out more about the choices that are available locally
- Get support from organisations during this time of change

No need to book just drop in.

CARERS WEEK 8th – 14th June 2015

Southampton Mencap will be holding a Carers Lunch **on Friday 12th June 12 12pm – 2 pm**

Lunch will be cooked and served by students from Southampton Mencap's Home Kitchen Day Service.

In addition to a delicious lunch there will be a number of mini pamper treatments available.

The lunch is being generously sponsored by 'Right at Home Solent'

To book a place Call **023 8058 4088** or e-mail **admin@southamptonmencap.co.uk**



Choices Advocacy
MAKING CHOICE A REALITY



SELF-ADVOCACY is about speaking up for yourself and what is important to you. Self-advocacy groups discuss issues that are being talked about at the Partnership Board and talk about things such as, transport, health, support and getting a job. Group members tell the Partnership Board what people have said. This ensures people with learning disabilities are included in the development of their local services. Group members also take part in training, conferences, consultations and work which tells people about the views of people who have a learning disability.

The Busy People group meets every week and are members of the **Southampton Learning Disability Partnership Board**.

We also have HUB groups running: one for anyone with a learning disability and one specifically for parents.
visit: <http://www.choicesadvocacy.org.uk/advocacysouthamptoncity.html>
for **The Hub leaflet** or Tel: 023 8072 1234

We support the Parents Hub for parents who have a learning disability. Parents can find out information about their rights, support and legal processes.



LOCAL UPDATES

ActiveAbility – Helping People With Disabilities Get Active!



Sailing, skiing, swimming, badminton, cricket and kayaking are just some of the sports that are available as part of Active Nation's exciting new activity programme for disabled people aged 14+.

The ActiveAbility Programme Southampton 3 year programme, funded through Sport England, has been developed to ensure everyone taking part has the opportunity to try a range of sports and activities that might not have been accessible to them before.

For more information and to sign up, please contact Robert on info.aps@activenation.org.uk or by calling **023 8070 7802**.

The Blue Lamp Trust

The Bobby Scheme is a practical service providing FREE home security, long-life smoke alarms and peace of mind for the vulnerable and elderly within Hampshire. Established to promote and enhance community safety in Hampshire. One of their functions is The Bobby Scheme. You may qualify for the Service if you are vulnerable due to age (over 60), circumstance, registered disabled, victim of burglary, crime or domestic abuse. Referrals can be made by a wide range of agencies and members of the public. At the earliest opportunity, a visit from one of our trained fitters is arranged. They carry out a full crime-prevention survey, fitting as appropriate: Locks, Spy-Holes, Door Chains and Smoke Alarms. The Bobby Fitters are uniformed police vetted and carry ID cards to reassure the clients. The Fitter spends time with each client, giving both general reassurance and specific crime-prevention advice to improve the safety of their homes.

If you are unsure if somebody meets the referral criteria, please contact the team by writing to bobby@bluelamptrust.org.uk or phoning **030 0777 0157** or visit: https://www.bluelamptrust.org.uk/?f=/Bobby_Scheme

PEOPLE'S PANEL

Would you like the opportunity to raise awareness to the needs of residents with Learning Disability?

The People's Panel is a group of residents who are interested in taking part in consultations and other opportunities to express their views on council services, health services and living in the city. The results will be used to inform future decisions and services. We will also track resident's views over time to see how changes in the city affect their opinions and experience of the city. Members of the People's Panel could be asked to take part in various forms of activity including surveys, quick polls, interviews and workshops.

How do I join in?

You can join the People's Panel by filling in the sign up survey on the council's website: <https://www.southampton.gov.uk/council-democracy/have-your-say/peoples-panel.aspx>

If you need any more information on this please email people.panel@southampton.gov.uk - *The people's panel is a joint project between the city council and Southampton City Clinical Commissioning Group, with support from the University of Southampton.*



Choices Advocacy
MAKING CHOICE A REALITY



Choices Advocacy is working in partnership with Solent Mind as Advocacy South to deliver all advocacy services in Southampton. Download a leaflet on the website by following the link: <http://www.choicesadvocacy.org.uk/advocacysouthamptoncity.html> - **Community Advocacy**.

We provide independent 1:1 advocacy for adults aged 18 years over in Southampton 'who meet eligibility criteria to access and support service.'

Advocacy empowers people to speak up and have their views and wishes heard. It helps people access their rights and be included as members of their community.

For more information or to make a referral please call **023 8020 8956** or email advocacysouth@solentmind.org.uk or visit Advocacy South at www.solentmind.org.uk

Southampton Mencap Carers' Lunch

MONDAY JULY 13TH

**12pm to 2pm at the Mencap Centre,
187a Portswood Road, Portswood SO17 2NF**

SPEAKER: RICKY ROSSITER

Ricky is the Service Manger from the Peoples Directorate of Southampton City Council. He will give an update on the proposals for Southampton Day Service and Kentish Road Respite Centre. He will also provide information on Direct Payments.

A buffet lunch will be provided.



ANNUAL HEALTH CHECKS

In April 2014, a new enhanced service was introduced, to extend eligibility to young people with learning disabilities aged 14 and over, and to require participating practices to produce a health action plan linked to each person's health check.

People who have been assessed as having moderate, severe or profound learning disabilities, or people with a mild learning disability who have other complex health needs, are entitled to a free annual health check.

How do you get an Annual Health Check?

Adults with learning disabilities who are known to their local authority social services, and who are registered with a GP who knows their medical history, should be invited by their GP practice to come for an Annual Health Check. If not, contact them and ask for one.

Click on the link below for more information:

<http://www.nhs.uk/Livewell/Childrenwithalearningdisability/Pages/AnnualHealthChecks.aspx>



MAKATON NEWS

Makaton Charity provides information and advice to families that use Makaton to communicate. They are pleased to announce their first ebook – The Core Vocabulary Book of Signs £9.99 – which means you can now take you Core Vocabulary signs with you wherever you go on tablet or Kindle! For details

<https://www.makaton.org/shop/shopping/browseStore/cvEbooks>

Also released is The Collection 2015 which contains all of the signs and symbols from the single topic Vocabulary Collections and various other published resources for £299.99 (reduced if you already have a previous edition £49.99). For details call **01276 606789**.

For more information about Makaton or to receive their newsletter, visit their **website** www.makaton.org/; **Call 01276 606760** or **Email** info@makaton.org.

YOUR DIRECTION



Your Direction Ltd provide holidays for adults with support needs. They have a new 2015 brochure, which can be downloaded at:

<http://www.yourdirection.co.uk/2012-holiday-programme/>

If you are after a hard copy of the brochure, or have any questions/ queries you would like to discuss about any of the holidays, **Call** Your Direction on: **015 1203 5758**.

Please note that this is for information only and not an advertisement or endorsement of the company.

CARERS ALLOWANCE EARNINGS LIMIT

The Government has increased the Carer's Allowance earnings limit from £102 to £110 a week from 6th April 2015. The earnings limit is the amount that a carer can earn before their Carer's Allowance has to stop.

INDEPENDENT HOME VISITOR SCHEME

If you or someone you know has a learning disability and live in supported living or a residential setting and have no close family relatives or friends, the Independent Home Visitor Scheme may be able to help by providing a Home Visitor who can visit you at your home on a regular basis. **Call** into the Mencap Centre for more information or **Tel:** 023 8058 4088.

Independent Home Visitors Volunteers wanted!

If you consider yourself reliable, sensitive, understanding and a good communicator, we would like to hear from you even if you have as little as two hours a month to spare. Call us for further information or check our website www.southamptonmencap.org for further information on volunteering

Disclaimer

Notices of publications, events, services and articles included in this mailing do not necessarily carry an endorsement by Southampton Mencap

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