

# Carers Outreach Service Newsletter

**Autumn 2017**



**For parents and carers of children with additional needs**

Carers Outreach Service received funding from the ICF learning disabilities and complex needs monies. The grant meant we could give additional support to parents and carers of children with learning disabilities and complex needs.

In December 2016 children with additional needs and their families were given tickets to a relaxed viewing of Aladdin at Venue Cymru.

In March 2017 we held information days for parent carers in each county to update them about all that is available for children with additional needs and also to provide specific information on what happens at the age of transition. We have brought together some of the information that was shared along with some inspiring stories from parent carers.

Relax, read and revive 😊

## Ways to stay in touch



Phone our hubs

**Bangor and Llangefni: 01248 370797**

**Colwyn Bay: 01492 533714**

**Penrhyndeudraeth: 01766 772956**



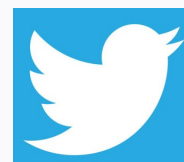
[help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)



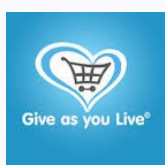
[www.carersoutreach.org.uk](http://www.carersoutreach.org.uk)



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NORTH WALES SOCIAL CARE AND WELL-BEING  
SERVICES IMPROVEMENT COLLABORATIVE



Translated into Welsh by  
Angharad Edwards

# Social Services and Wellbeing (Wales) Act 2014 ("SSWA 2014") by Julie Burton

Carers undertake a voluntarily role and now have the same legal rights and privileges as those they care for.

The definition of a **'carer'**: *'a person who provides or intends to provide care for an adult or disabled child.'*

New duties have also been introduced by the SSWA 2014. The act applies to adults, children and to **carers**.

The Local Authority are required to offer **assessments and services to meet the needs of carers**, if the person 'may' have a need for care and/or support.

The assessment for carers must include:

- How able and willing the carer is to provide care.
- What personal and wellbeing outcomes a carer wants to achieve.
- Whether providing support could contribute to those outcomes.
- Whether the carer wishes to work and whether they would like to participate in education, training, or leisure activities – it is up to the authority how it considers these factors. The authority need to decide what is 'proportionate'.

Also:

- A carer's assessment maybe combined with the assessment of the person they care for if the carer consents to it.
- Carers must be involved in their assessments and feel they are an

equal in their relationship with the professionals carrying out the assessment.

- There must be a written record of the assessment which is shared with the carer.

## Meeting needs – eligibility criteria for carers:

Having completed the assessment for the cared for person, if the authority is satisfied that the person has needs for care and/or support, then it must decide if any of these needs meet the eligibility criteria.

The carer support needs arise from caring for someone with eligible needs. These are needs as follows:

- Arising from physical or mental ill health, age, disability, drugs/ alcohol or similar
- The need relates to undertaking key activities - . ability to carry out self-care or domestic routines; ability to communicate; protection from abuse/neglect; involvement in work, education, or leisure; maintaining family/other significant relationships; developing or maintaining social relationships and community presence
- The person cannot meet the need with existing available support (carers beware – if too willing to care, no support will be "needed" to be provided by the local authority for the cared-for person)

## Social Services and Wellbeing (Wales) Act 2014 ("SSWA 2014") by Julie Burton

- The need cannot be met unless the LA arranges support.

Carers are eligible if they care for someone meeting criteria 1 and 2, and if the carer him or her self also meets criteria 2-4, e.g. they struggle to maintain social etc. relationships, or a community presence or cannot work because of their caring, and also takes into account what other forms of support are available to the carer and whether they are likely to achieve their desired outcomes without support from the local authority.

When a carer meets eligibility criteria, the LA has a legal duty to arrange support for the carer if required through a support plan. There is a discretionary power to impose a charge for carer support services.

For more information and for advice generally, please contact **Julie Burton Law – 01248 364750**.

Legal Aid **is** available for those who meet the strict means tests requirements (means tested benefits or similar level of income and low or no savings).

## Beth's story

### My Story

My name is Beth and I am 27 years old. I have Down's Syndrome. I live by myself in a very nice flat, and I have a job in Bangor University.

I have a Mum and a Dad and three sisters. My sisters are all grown up. Two live in London and one lives in Manchester. I always wanted to have an independent life, just like my sisters.

When I was younger I went to Friars School in Bangor. When I was 18 I went to Derwen College near Oswestry. I went there for three years.

### My Mum's Story

Beth's right, we're all very proud of the independence that she has achieved. But ten years ago, we didn't know whether any of this would be possible.

What Beth dreamed of when she left Derwen College wasn't really any different from what any young person wants when they leave college: to find a job and have a place of their own. But it was very different from what people with learning difficulties normally experience.

Most adults with learning difficulties live either with their family or in

# Beth's story

I learnt lots of independent living skills, and I trained to work in catering and housekeeping.

When I left college, my Mum worked very hard to help me find a job. I have been working in the University for nearly five years. I work in the restaurant, and I work in the housekeeping team too. Having my job makes me feel happy and professional.

My Mum also worked very hard to find me a place of my own. I have lived in my flat for four years. I have a Personal Assistant who helps me out. She helps me with shopping and cooking and doing my laundry. She takes me to places I want to go to. I love living by myself.

My flat is near Mum and Dad's house so I see them quite often. My Mum and Dad also help me if I have a problem. My Dad is very good at getting rid of spiders! I am very good at texting, and it's very easy to keep in touch with my Mum. She always wants to know if I'm okay.

I feel very proud of myself living independently. It is my dream come true. I know my Mum and Dad miss me sometimes. I tell them 'Don't worry, I am happy in my flat.' They are very proud of me too.



supported accommodation with other people who need support. Most attend day services. Very few people with learning difficulties get jobs, even though many of them want to.

But Beth has shown that these things are possible for people with learning difficulties, when they have the right support. Supporting people to live independently is not about how able they are, or how able we think they are. It's about finding out what they want to do, and how they want to live, and making sure they have the right support to make that possible.

Circumstances have been in our favour. A nearby flat became available at just the right time so we're always nearby if Beth needs our help with anything. She uses Direct Payments, which means she can choose her own PA to provide the regular support she needs.

Beth needs a bit of extra help from her colleagues, and she uses her Direct Payments to pay for the support they provide.

It wasn't easy and it didn't happen overnight. It's not without risk, or worry but against all expectations, Beth is living her life the way she wants to. Her dream really has come true.

~ Beth & Jennie



# A carer's story

We as a family would love to share our journey with other families who may find themselves needing something as we did 3 years ago.

When Ryan was 6 and Kieran 12 years old we found a very rare sport - wheelchair basketball. There are not many sports about for our disabled children on our beautiful Island of Anglesey, so we were thrilled when a local club started in Holyhead and that is where it all began for us.

The boys began training at the new club once a week and then both boys were approached by Mike Hayes to come over to Rhyl to join his established squad to train. This then got their dad hooked on the sport as well! He played for Wales at school level before his condition took hold. So all 3 became fascinated and loved meeting new people with similar disabilities. They felt included.

Over the last few years Kieran has thrived; he has represented Wales Under 15s and captained the squad in 2014. He's been selected for the Under 23s and Under 19s so travelling is part of our life at the moment - he's doing fantastic!

Ryan has a second passion at the moment; we attended Kirby for track wheelchair racing and whilst at the track he met up with Tracy Lewis a former Paralympian who won



medals back in the late 80s. Tracy was so impressed by Ryan she gave him her racing chair to help him progress with the sport. He was selected to attend Manchester in 2014 to race against his age group and won a bronze and a gold medal.

In the last few years we have been extremely busy. Dad plays basketball with Kieran in the National League and Ryan too has now signed up for the Under 15s! This year sees all 3 of my lads taking part in a high standard of sport across the UK.



Kieran takes part in another new sport as his school is now competing in a sport called IZB (inclusive zone basketball), Kieran helped to get this running along with his peers; the game includes able bodied players and wheelchair users. The competition is now in its second year.

I am very proud of my lads, they never moan, they work hard and I'm sure the exercise benefits them immensely in coping with the degenerative condition they have inherited.

~ Emma Jones



# A carer's story

## Over the Wall - a serious fun camp!

My son has recently returned from his second experience of an Over the Wall Health Challenges camp at Whitemoor Lakes, Staffordshire. His verdict is that he's had two of the best weeks of his life with this amazing charity. I would recommend it to any parents of a child affected by serious illness.

A key to success is that every 'camper' is assigned a buddy who helps them make the most of what's on offer. These buddies are amazing volunteers who give up their time to help the youngsters enjoy themselves. There are also medical staff on-site which gives parents wonderful peace of mind. The camp runs from a Sunday afternoon through to Friday morning, and is completely free of charge to the participants.

The camp itself is a heady mixture of outdoor and indoor activities. Last year my son attempted a climbing wall

with a new friend. The friend had no legs, my son has only half a heart, yet the precious memory of making it to the top together has been life-changing for him.

This year he was struck by the beautiful singing voice of a young man with major throat problems at the talent contest. His own contribution of Dad's Army theme on the cornet despite reduced lung power was well received. From archery to music, climbing to crafts, campfire to drama, there's something to suit everyone. Camp changes lives and builds self-esteem.




The application process begins in late Autumn for the following Summer. Details can be found on the national website. There are also camps for siblings. ~ Maggie Raja

**The Honeypot Children's Charity**  
Honeypot Pen y Bryn in Mid-Wales is a respite home that can offer respite for young carers and vulnerable children in Wales.

 01686 622 773  
 [info@honeypot.org.uk](mailto:info@honeypot.org.uk)  
 [www.honeypot.org.uk](http://www.honeypot.org.uk)



### Over the Wall

 <http://www.otw.org.uk>  
 02392 477 110  
 [info@otw.org.uk](mailto:info@otw.org.uk)



# Internet Safety Tips



## Keep it private

Check the privacy settings on all your social media accounts so that only people you want to share your information with can see it.



- Never send a picture of yourself to a stranger.
- Always be kind online.



snapchat

Tell an adult if anyone online asks to meet you.

Never give out your name, address, phone number, email, passwords or school name.



The internet is full of friendly people and amazing information. However sometimes people may say or write things that are untrue. Always think carefully before trusting what you see or hear.

- Always think carefully before you post online
- What goes online stays online!



Talk to your child about being safe online and ask them to show you what internet sites they like to visit.

## Useful sites

Think you know  
[Safer internet day](#)  
[Internet watch foundation](#)  
[UK safer internet centre](#)  
[North Wales Police cyber-crime advice and support](#)



# Directory of services

## Carers Outreach Service

☎ 01248 370797

✉ [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)

Contact Helen Parry if you would like more information or help with benefit claims, including PIP and ESA.

## Julie Burton Law

☎ 01248 364750

[www.julieburtonlaw.co.uk](http://www.julieburtonlaw.co.uk)

Specialist firm of solicitors working throughout North Wales dealing in Community Care, Mental Health and Special Education Needs Law.

## Epilepsy Wales

☎ 0800 228 9016

Provides advice and sign-posting for people with epilepsy, their families and carers. There is a local field worker and a network of self-help support groups.

## Create a smile

☎ 01745 344303

Offers family fun sessions and monthly support.

☎ 07824819088

✉ [asd.smiles@yahoo.co.uk](mailto:asd.smiles@yahoo.co.uk)

## Action for children

☎ 01248 353095

Provides emotional and practical support for young carers.

## Disability Sports Wales

☎ 0300 300 3115

<http://www.disabilitysportwales.com/>

## Tros Gynnal Plant

☎ 01286 238 007

Information about your rights, help to speak out, a listening ear.

## Mencap

☎ 0808 8000 300

Mencap Cymru is the voice of learning disability in Wales.

## The Rowan Organisation

☎ 02476 642 947

Provider of Direct Payments, Personal Budgets and Personal Health Budgets support services.

## Careers Wales

☎ 0800 028 4844

*'Thank you for organising and giving us the opportunity to learn and  
prepare for the future'*



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