

Self Directed Support Peer Mentor training success

In the summer of 2010 three of our Board members with lived experience of managing Self Directed Support (SDS) worked very hard to produce a comprehensive SDS Peer Mentor Training package for disabled people and their carers. Its aim was to enable individuals to effectively manage their own support arrangements, as well as pass on the knowledge and information to their peers.

The first wave of the SDS Peer Mentor Training delivery took place over three evenings in September & November in Huntingdon (Hunts Forum), Cambridge (Orchard Park Community Centre) and March (Trinity Church). We had 8 trainees in Huntingdon, 9 in March and 4 in Cambridge. This was followed by further day time training over two short days in Cambridge in October (Orchard Park Community Centre), attended by 14 trainees.

The thought of taking on SDS can be daunting and overwhelming for disabled people and their carers. However, we are very pleased that our training has equipped 35 individuals with the skills and knowledge they need to take on this important next step with confidence.

“...it has helped demystify the jargon and has given me the confidence to start planning for the future.” (SDS Peer Mentor training graduate)



Debbie Drew, ULO Board Member, training SDS Peer Mentors in Cambridge

“Our daughter has only recently acquired SDS and the training has enabled us to tackle some of the problems we have come up against.” (SDS Peer Mentor training graduate)

Our training has also brought groups of disabled people and carers together to share their experiences, as well as build supportive relationships with peers.

“Very informative and useful and it has been really good meeting with other people in the same or similar situation.” (SDS Peer Mentor training graduate)



Kadie Chapman, ULO Board Member, training SDS Peer Mentors in March

“Undertaking the training with other disabled people and their carers has given me a real lift. I no longer feel alone and realise that there are people out there who really do want to help you.” (SDS Peer Mentor training graduate)

At the end of our training delivery, all 35 trainees signed a pledge to pass on their learning, as well as actively raise critical issues. As a SDS Peer Mentors, who will be receiving regular contact support over the coming months. This work will help enable us to bring issues and needs to the fore, helping to shape and influence services, including our own, in direct response to what users and carers need. We will also be supporting this work by establishing countywide SDS peer support forums where people can come together, access information and support, share their experiences and highlight critical issues. Further information about these forums will be posted on our website shortly.

We are currently planning to deliver further SDS Peer Mentor Training in September 2011. If you are interested please do get in touch by email: info@cambsulo.org.uk or phone: Tel: (01223) 811664, Mobile/Text:

Amanda Price, Development Officer, Jan 2011

Personalised approach to social care means *It's all about us!*

A new film by a group including service users, carers, support workers, and social care staff is demonstrating how giving people choice and control over the support they receive really can change lives.



It's all about us! shows how despite age, disability or ill health Self-Directed Support is enabling Tim, Annie, Darren, Fran, Ushka, Steve, Malcolm and Mick to lead lives as fulfilled as possible. “It’s quite unbelievable really”, says Mick, “the things that I can do now I never even dreamed of I’d be able to do again. It’s like being back before I was ill. It’s given me a new lease of life.”

The film was premiered to an invited audience at the Arts Picturehouse in January. Speaking after the screening the County Council’s Chief Executive Mark Lloyd said the film: “powerfully illustrates the benefits people are gaining from the switch to Personal Budgets and Self-Directed Support.”

You can loan a copy of the film from your local library or watch online at: www.cambridgeshire.gov.uk/social

DIGITAL TV SWITCHOVER

Television in the UK is going digital!



Anglia will be switching to digital TV in early 2011, when the transmitters will no longer transmit an analogue signal. The result of the switchover will be a stronger and better signal and at least 16 TV channels.

When is Digital Switchover happening?

There are three main transmitters located within Anglia, and will switch to digital in three phases.

- **SANDY HEATH:**

Main Switchover - 30th March 2011

2nd Switchover - 13th April 2011

- **SUDBURY:**

Main Switchover - 6th July 2011

2nd Switchover - 20th July 2011

- **TACOLNESTON:**

Main Switchover - 9th November 2011

2nd Switchover - 23rd November 2011

On the Main Switchover date BBC 2 analogue signals stop and BBC 2 digital signals start. On the date of 2nd Switchover the other analogue signals are switched off and all the Freeview digital channels become available.

To check which transmitter you are currently receiving a signal from, use the Post Code Finder at www.digitaluk.co.uk

Where can I find help?

The Help Scheme and Digital UK are here to help

- Digital UK offers independent and unbiased advice and information about Switchover. For more info, ring 08456 505050 or visit www.digitaluk.co.uk
- The BBC is running a Help Scheme for those who need most assistance.

- You are eligible if you are 75 or over OR have lived in a care home for more than 6 months OR are entitled to certain disability allowances. The Help Scheme service is in the process of writing to you to say if you are eligible for this Scheme.

For more information ring 0800 40 85 900 for free or e-mail info@helpscheme.co.uk

You can also get more information at www.helpscheme.co.uk



COVER Community Outreach Programme

COVER is providing a Grant programme to enable local organisations and groups to increase awareness of the Switchover. We target organisations working with:

- Older people OR
- People who are socially isolated OR
- People with sensory, mobility or dexterity impairments OR
- People who have mental health conditions OR
- People with English as a second language OR
- People with learning difficulties

We can book presentations and training for staff, helpers, carers and volunteers; provide information leaflets in different formats and languages; and can answer most questions or find the answers to your queries about digital TV switchover.

For more information contact Rachel Farr at Rachel.farr@i-trust.org.uk or ring 01223 861760.

Our website is in the process of being updated

Despite all the hard work that our team of volunteer Board Members and our part time Development Officer have been putting in to Cambs ULO our website remains to be updated. We apologise for any inconvenience this may have caused.

However, we are pleased to announce that this is now work in progress and the website will be fully updated by the end of February.

VoiceAbility

Advocacy Partners and Speaking Up, two leading advocacy organisations, merged on April 1st 2010 to form Advocacy Partners Speaking Up. Their new name VoiceAbility was chosen because it directly related to their vision .of a society in which everyone's voice can be heard loudly and clearly, in which everyone's rights are understood and respected, and in which each of us is able to lead a full and enjoyable life.

The Cambridgeshire Youth Parliament

The Cambridgeshire Youth Parliament meets four times per annum and consists of 18 Youth MPs with learning disabilities who represent their peers aged 14 – 25 years. Examples of topics Youth MPs have covered include: Feeling Safe, Transition and Moving On and Leisure Opportunities. The youth MPs have put together a DVD show-casing their work.



The FREE Rough Guide to Accessible Britain (Edition 3) is out now!

The guide contains lots of information about accessible days out across the UK,

If you hold a Blue Badge or a Disabled Persons Railcard then the Accessible Guide is FREE.

All you need to do is tell them the name of your Blue Badge issuing authority, or your Railcard number, when you place your order.

The Guide is £6.99 (inc p&p) for everyone else. You can order now online <https://www.accessibleguide.co.uk/> or call 0800 953 7070 – lines are open 8am to 8pm daily. If you wish to pay by cheque, simply download form and send it back to them. For a large print or Braille version of the Guide, please call us on 0800 953 7070.

Audio version available to download for FREE

The next Youth Parliament is in May (6th May - to be confirmed). Young people have chosen 'getting a job' as their next theme to discuss. For further information please contact: Kat Izzard, Youth Parliament, Senior Project Worker .

Email: kat.izzard@voiceability.org Tel: 01223 555860 01223 555860

The Cambridgeshire Adult Parliament

The Parliament meets four times per annum and consists of 25 MPs drawn county-wide with the aim of representing people with learning disabilities and giving them a voice. Over the last year the topics at Parliament were: Feeling Safe, Personal Budgets and Health and Housing. The High Support Needs Committee functions within the Adult Parliament, specifically looking at the requirements of others with high support needs.

The next Adult Parliament is on 11th March where they will be discussing work and employment.

For further information please contact: Imogen Ridler is the project worker for Participation & Influencing Team (East). Cambs Adult Learning Disability Parliament. Email: imogen.ridler@speakingup.org Tel: 01223 555863

Disability Cambridgeshire

Disability Cambridgeshire is an advice and information service for disabled people and/or older people and their carers. They work to help maintain and improve the quality of life of disabled people and carers. They do this mainly by providing them with information and advice about their opportunities and entitlements.

Activities and services

The level of activity and range of services depends on the funding available at the time. Typically they offer:

- Free, confidential and impartial advice on disability issues on a five-day a week advice line, and at drop in sessions at various locations.
- Free support and representation on the claiming of disability, sickness and carers benefits.
- Free support and representation on matters relating to a range of statutory services for disabled people and carers including community and residential care, education and housing adaptations.
- Free factsheets and other local information.

Go for it!

You can find an extensive handbook for young disabled people living in Cambridgeshire on their website.. This book is for you if you're aged somewhere between 14 and 20. It's about your move into adult life. It's about having fun too, and about coping when you're having problems . [Click here to open the Go For It! Handbook](#)

Advice line

The Disability Cambridgeshire advice lines are open Monday to Friday 10 to 12.30 and 1.30 to 4.00 pm (answerphone outside office hours):Tel: 01480 839 192

Meet a Disability Cambridgeshire adviser

Addenbrooke's Hospital Information Centre

Staff and volunteers visit Addenbrooke's at regular intervals they have a regular drop-in service: Tuesday 1 pm to 4 pm; Friday: 1 pm to 4 pm. Address: Hills Road, Cambridge CB2 2QQ (South of Cambridge City Centre)

Any willing Provider?

Since the Secretary of State for Health, Andrew Lansley, launched his White Paper last July his plans are set to create the biggest revolution in the health service's in 60 years.

The plan is to transfer control of £80 billion NHS spending to GPs in order create an 'open market' for healthcare. At the heart of the plan is the concept of **"Any Willing Provider."** This a model already used in the USA, that provides healthcare for patients, so that they can select who provides their care from a list of those willing to offer it and that meet certain standards.

The idea is that once a tariff has been agreed, the NHS and private firms can compete to offer their services to GPs. Taking 'price' out of the competitive forces, it is anticipated that companies will be forced to compete on quality and waiting times. The worry is that Patient care may suffer because providers could be encouraged to cut costs in order to win contracts in a competitive environment.

The model is already used for pre-arranged, non-emergency care, but the plan is to roll it out to as many services as possible, which represents a move away from the previous government's 'NHS as the preferred provider' policy.

Andrew Lansley's vision is to give patients a choice from a list of providers. when and where they are treated. But anecdotal evidence shows that given a choice, patients will chose the service provider nearest to them or that has a shortest waiting time.

An example of this outsourcing was announced recently in the local press. The NHS Cambridgeshire awarded a contract to Specsavers Hearing Centres, creating a

partnership between Cambridge University Hospitals, the NHS Foundation Trust (Addenbrooke's Hospital) and Hinchingsbrooke Health Care NHS Trust.

In a recent newspaper article. Tasso Papadopoulos, Specsavers NHS services manager said

"This partnership symbolises a breakthrough for NHS hearing services joining forces to improve care locally and this model could benefit more NHS trusts nationwide. The system is simple, cost effective and provides positive outcomes for both patients and the NHS." [weblink](#)

This example shows that the result of these changes may be a NHS that looks utterly different from what we have at present. In place of a directly managed system of hospitals and GPs all provided by the NHS, we may end up with a regulated industry in which BUPA, Boots, Specsavers and other private organisations compete to run hospitals and clinics, and even GP surgeries, providing care to NHS patients.

Critics worry that as private providers compete with the NHS, they will take away the money that should be spent on patient care, in order to make profits. The NHS may become little more than a brand as a multitude of companies seek to provide services under the NHS logo.

Meanwhile, commissioners will no longer be able to benefit from selective contracting and discounts by providing a large volume of patients. This will mean that overall the NHS will be spending more not less. As health care provision moves out of the NHS, in the long-term this could undermine the founding principles of the NHS

True Vision - hate crime reporting website



A new website, called True Vision, has been launched across the UK to enable witnesses and victims to report hate crime online. The website includes a secure online reporting form which automatically distributes to the relevant police force.

As well as providing the facilities to report, there are also pages of information about what hate crime is and the different ways you can report it, including through the website.

The police service believes True Vision will help increase the reporting of hate crime by

building confidence in victims and offering a range of reporting options for those who may not wish to talk directly to the police.

The Government's Hate Crime Advisory Group will be examining hate crime data in the forthcoming months and years to better understand the extent of hate crime and to challenge where performance does not meet the high standards that the public rightly demands of the criminal justice agencies.

The website can be used to report all types of hate crime, but there are some pages

Cambridge ULO and ECDP on Social Care Institute for Excellence's Social Care TV

Making personalisation happen –

ECDP is fortunate to have been chosen as an example of a User-Led Organisation (ULO) contributing to SCIE's Social Care TV series, "Making personalisation happen". The film is featured on Social Care TV's website and our Chairman Andrew Gardner introduces the idea of User Led Organisations, The film is designed to show that:

- ULOs support people to have independence, choice and control over their lives
- ULOs are experts in the care needs of people who use services because they are managed by people who use services

- By drawing on the experience of their members, ULOs can help to shape local authority policy and practice

- Carers of disabled people are also involved in the work of ULOs.

- They can provide invaluable support to other carers.

The film was created and narrated by Social Care TV. A fully accessible version of the film (with subtitles) is available on SCIE's website.

<http://www.scie.org.uk/socialcaredtv/video-player.asp?guid=bbf37b86-c52f-4dcd-8a4a-716119afe217>

Take action against scams

February is Scams Awareness month. The campaign is run by the Office of Fair Trading and aims to make people aware of the latest scams and how to avoid being duped.

Most scams come by post, email, text or phone and try to con people into parting with their cash.

Last year, nearly one in twenty people in the UK lost money in a scam and many were victims of a money transfer or advance fee scam. These scams dupe people into handing over their bank details or paying an up-front fee. Common scams include

- making you believe you're entitled to an inheritance
- donating to a fictitious charity
- helping to release money from a corrupt country.

Scammers often deliberately target older or vulnerable people who may be embarrassed to tell friends or family what has happened.

To avoid being duped, remember the following tips:

- If something sounds too good to be true, it probably is
- Don't send money off or give out bank details to someone you don't know, even if their approach sounds genuine
- If you've been personally selected for an offer, remember thousands of other people will have been chosen too

If you're not sure about an offer, speak to family, friends or Consumer Direct. You can also contact your local Citizens Advice Bureau for advice.

You can find information about this initiative and more information about consumer rights at www.consumerdirect.gov.uk.

To find your nearest Citizens Advice Bureau, go to www.citizensadvice.org.uk.

You can also report scams to Action Fraud by calling 0300 123 20240 or go to www.actionfraud.org.uk.

Best 8 disability sport festival

Members of Cambridge Sport Network and Cambridge City Council are currently planning a disability festival for 15 May 2011 at Chesterton Sports Centre.

They are working with local sports clubs from around the region to promote their club

and player pathways for adults and young people with a disability.

If you have any queries related to disability sport, please email the Sports Development team at sportsdevelopment@cambridge.gov.uk or telephone 01223 457532 or visit their [website](#)

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