

Spring 2010

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Chair's Chat

The long spell of winter weather has made getting around difficult for everyone, but like me, I'm sure you would like to pay tribute to all the care workers and PAs who braved the snow and ice to reach us.

The local care agency I use did not let me down once and all my PAs braved the weather to support me. One of them, Christine, could not get her car out of her driveway but walked 4 miles through the snow from Bookham to Ashted to arrive on time! It is times like this when we really appreciate the dedication of our support workers. I hope you will find this edition of the newsletter informative and interesting. Once again we are enclosing a questionnaire to ask if you want to continue receiving the 'Liberty Link' or if you would rather read it via email? So **PLEASE FILL IT IN AND SEND IT BACK TO THE SILC OFFICE** as we want to provide the best service without wasting money on sending stuff to those who do not want it.

Things SILC are progressing - We are in the midst of producing a DVD to demonstrate our growing services which we hope to have available at the beginning of May. Working with Richard, our Operations Manager, we will be involving more disabled people who use Direct Payments in the training of Social Service staff and we will also be giving more presentations to other Organisations to link in with the Personalisation programme across Surrey.

We are working with Surrey Coalition of Disabled People, North West Surrey Association of Disabled People, Action for Carers and Surrey County Council to set up the CITIZENS HUB in Epsom. More news about this can be found in our special insert.



In partnership with SID (Social Information on Disability) we are working on setting up an 'Activity Finder' to add to our very successful 'PA Finder' web site which is linked to the main SILC web site. Further updates will follow shortly.

Of course if you don't have access to a computer all of our information is produced in paper leaflets or by just talking to one of our Independent Living Advisers.

We are here to support you, so do get in touch!!

Brenda Griffiths – Chair of SILC

Kilimanjaro Challenge

Hi all, My name is Barry and I'm a user of Direct Payments living in Camberley.

I was planning to climb Africa's Mount Kilimanjaro in September, but unfortunately I have to go into hospital and have my remaining leg operated on to have a replacement knee joint, so that has put an end to any climbing for the near future. I am still going along on the trip to give my support to the other climbers. Ray Edwards (who has been a total inspiration since I had the amputation of my right leg in April 2008) is a quad amputee (all 4 limbs) and is one of the organisers of the climb. Ray is the person who talked me into the climb, over a few bottles of wine on his birthday last year and I think the conversation was something about us raising money for amputees, I didn't quite get all of the conversation until I had said "Yesh ovv course". When I was told that we were going to climb up Mount Kilimanjaro I didn't even know where it was but it was too late I had already agreed to climb it. The climb will take us up the "Lemosho" route, which can be very rocky and very muddy, going through extremes of temperatures from -40 degrees to



Ray Edwards

minus 40 degrees, the climb will be very difficult for anyone, let alone a quad amputee such as Ray Edwards. I have to admit that I am more than a little upset at the thought of not being able to do the climb, but I'll still be at base camp and will most definitely give the other climbers all the support that I can. The expedition has been named "Living the Dream" by Ray, as this is going to be the Dream he has always wanted. To raise the funds we have been holding several functions and the next major event before the climb is the Amputee Vs Celebrity football match

fund raising and awareness evening at Carshalton Athletic FC's ground on Thursday 20th May. Amputees and Celebrities will be playing against each other and there will also be entertainment, a raffle and an auction. Gates open at 6pm and we kick off at 7.15pm. So book a date in your diary, entrance fee is £5 at the gate with under 10s free if accompanied by an adult, (unaccompanied children £3). The funds that are raised from the climb and the football venue will help the limbless community throughout the UK.

Barry Perrin (base camp support)

Surrey County Council's Testing New Supported Self Assessment

15 Service users and carers attended a workshop to go through the updated Supported Self Assessment form and to test it out for its accessibility and relevance. Eighteen months ago the same group tested out an earlier version of the form which resulted in a number of

changes being made. The purpose of this latest testing was to make sure that the revised form would work for everyone. People spent four hours going through the form and giving their very helpful views which will be taken on board to finalise the documentation to be

used when Self Directed Support is rolled out across Surrey from May this year.

By Jason Vaughan



Children's Social Care

Hello Everyone,

I am writing to introduce myself to those of you who don't know me.

My name is Sue Taylor and I work part-time in the Children's Commissioning and Development Team on a project supported by "Aiming High for Disabled Children" funding.

The picture below shows some members of our Commissioning and Development Team when we volunteered to do some decorating for Surrey Association for Visual Impairment (SAVI) in February. Read all about this on the SAVI web page: <http://www.surreywebsight.org.uk/pages/news-information/>



There isn't room here to tell you about all the work our team is involved with, but part of my new role is to listen and respond to your views about Direct Payments for Children with Disabilities. Thank you to those of you who responded to Pam Quilter's and Justine Loggenberg's survey last summer and to those of you who came to either of the Parent Focus Groups hosted jointly with Partnership with Parents more recently.

You have told us about things that work well, what you would like to change, what areas you need support with and we are working on some of the

changes you suggested. I hope to give you more news about developments in future editions of Liberty Link. We are lucky to have Jonathan Wilson, (far left in photo), who also recently joined the team. He is busy working 2 days a week on your Quarterly Monitoring Returns and the other 3 days he is in our team.



If you need help or advice with your Quarterly Monitoring Returns Jonathan's contact details are
Telephone: 01372 833679
E-mail: childdps@surreycc.gov.uk
Children's Direct Payment Support,
Quadrant Court, Guildford Road,
Woking, GU22 7QQ.

You can always ask SILC for advice or for a member of their team to complete your quarterly monitoring return.

AGM

We are planning to hold our AGM on Tuesday 27th July at the Leatherhead Leisure Centre from 11am to 3pm.

We are awaiting confirmation of the venue's availability and will confirm the details as soon as possible.

If you have any general comments about Children's Direct Payments my contact details are

Tel: 01372 832226
E-mail: sue.taylor@surreycc.gov.uk

Direct Payment Project Officer
Aiming High for Disabled Children,
First Floor, Fairmount House, Bull Hill,
Leatherhead, KT22 7AH.

I look forward to meeting some of you soon at an Aiming High for Disabled Children event.

Sue Taylor

SPONSORSHIP

SILC Trustee Eric Knibbs will have his long hair and beard shaved to raise money for much needed funds for We're Going 4 It – Surrey.

So come and see Eric have his head and beard shaved at 3 p.m. on Saturday 5th June at 40 Degreez, Dogflud Way, Farnham. If you wish to sponsor Eric please contact him at eric.knibbs@ntlworld.com.



SPOTLIGHT ON

Sarah Mitchell - Surrey County Council's Director for Adult Social Care



1) Have you always worked in social care?

Mostly although I have also been a nurse and a civil servant at the Department of Health and have worked as a hospital cleaner, a waitress and a home carer.

2) What made you decide to have a career in social care?

I wanted to make a difference to people's lives - I studied sociology at university and wanted to do something about the circumstances in which some people live. The abuse of power in our society leaves many people vulnerable who would never have been otherwise and social work can be a way of empowering people again.

I started in children's social work and remember vividly some of the children I had on my caseload - I would love to know what they are doing now and if indeed I did make a difference to their lives.

3) Can you give me a brief outline of what your job involves?

I manage a gross budget of 375 million pounds a year which pays for the care of vulnerable adults in Surrey. This means I have to make sure the money is spent properly so we can meet as many people's needs as possible.

I have management responsibility for 2,200 staff providing assessment and care for people who may have a learning disability, physical disability or who are older and need care and support so I need to make sure all the staff are trained and supported so that they can work to the best of their ability to work with people who may be in crisis or difficult situations.

I also need to make sure that Cabinet and other Members at the County Council are fully briefed about what we are doing.

All this actually means I spend most of my day talking - something everyone knows I like doing.

4) What is your vision for the future?

I believe people know what they need to meet their needs. Through self assessment, empowerment and the right support at the right time they can live their lives in the way they want to - whatever their disability or vulnerability and it's my job to make that happen in Surrey. I also want us to work much more closely with all our partners in the NHS, voluntary sector and District and Boroughs to make sure we co-design and co-produce services.

5) When you are not working, what do you like to do in your leisure time?

I have two boys aged 10 and 12 so I spend a lot of time watching them play football and other sports. We live five minutes from the sea and my favourite evening is having a barbecue on the beach.

6) If you had one wish what would you wish for?

Peace, seriously I am continually appalled by world leaders' willingness to go to war.

We're Going 4 It - Surrey

We're Going 4 It – Surrey was started in August of 2008 after a bunch of like minded friends got together and saw that there was a gap in provision for a social club for the disabled in South West Surrey.

After many meetings and much planning we had our first meeting on 31st January 2009.

We started with monthly meetings in Godalming, but quite quickly discovered that meeting once a month was not sufficient to fulfil the aim of bringing people together for friendship and peer support.

In October of 2009 we moved to '40 Degreez'; a club in Farnham where we were able to meet once a week on a Saturday.

Since moving to '40 Degreez' we now meet every Saturday afternoon between 1pm and 5pm. We are very grateful to Jeremy Hunt MP who has kindly agreed to be our sponsor and has attended a number of our functions including the re-launch which was held on 10th October 2009.

At club meetings we do a variety of activities, most of which are decided by the members at a quarterly meeting, so if someone has a particular craft or form of entertainment that they would like to try all they have to do is ask, and if it is possible we will put plans into place to have a go.

Some of the things we have done are: painting a pet rock, playing bingo, designing and making cards for all occasions, watching videos, playing games and karaoke just to mention a few. We have also had a few days out, one of which was a day trip to Brighton.

So if you like what you see and would like further information please contact Jo or Alice on 01252 501948, or alternatively just drop in for a chat on a Saturday afternoon at '40 Degreez' Dogflud Way, Farnham.



Spreading the Word

At SILC we have discovered a problem! Not enough people know about the work we do or the support we provide so we need to find more ways of getting the word out about us.

So if you know of any methods that we could use to publicise what we do please let us know.

You can write to me at the SILC office or contact SILC by phone (01483 – 458111) or email (kate@surreyilc.org.uk) with your suggestions, all of which would be gratefully received and investigated to find out what works best.

We look forward to hearing from you with your ideas.

Eric Knibbs

Our Amazing Holiday by Mandy Peponis



SILC helped organise a Carers Direct Payment from Surrey County Council so that Ron and myself could enjoy a "normal" Christmas, that otherwise would not have been possible. Ron suffers from post traumatic stress disorder and we are both registered physically disabled and as his carer I needed a break away. Planning our break had a positive influence from the moment the Direct Payment cheque arrived from SILC and we decided to take day trips to London throughout the Christmas season. Both Ron and I share a love of art, so we decided to enjoy the major art shows, including the Treasures of India, Auerbach, Epstein, the Royal Academy and Turner. We lingered afterward in the local cafes discussing the shows before

heading to Hyde Park for a picnic lunch. We drove around the West End to view the festive lights, shop windows and the Christmas tree in Trafalgar square. Happily exhausted, we split a New York burger at Ed's Diner with a chocolate shake and apple pie. On Christmas Eve we went to the opening of the 3D film Avatar at the Odeon, Leister Square. It was memorable – especially as we had not been to the cinema in years. Guildford College offered a Christmas dinner prepared by the students, accompanied by carols performed by the staff. This was followed by therapeutic treatments in the salon. It was lovely to be pampered. After so many adventures in London we spend Christmas day at home. It was a triumph. We exchanged gifts, a jumper for Ron and a bracelet for me. He was well enough to help me prepare the traditional meal. The whole house was illuminated by candle light and we fell asleep, totally content by the twinkling Christmas tree in front of a crackling log fire. Boxing Day was cold turkey,

gammon, chocolates and pastries and this was followed by a much needed special guided walk through Shere where the village pub had been covered with artificial snow and looked magical. For New Year we went to a meal at Carluccios in Esher which was a positive beginning to what we hope will be a great new year. This wonderful Christmas was only possible because of the financial support of the Carers Direct Payment and the help from SILC, without which our prospects would have been bleak. In the past anticipating a hopeless situation made the months leading up to the festive season depressing. This year it was different and the happy memories I have of Christmas are a defence against the adversity of caring alone for someone you love who suffers with their mental and physical health. In 2010 I feel refreshed and able to continue my voluntary work. Maybe Ron will regain his motivation to paint at art therapy. Direct Payments and SILC enabled us to share a dream holiday and everything seems more positive, after all, who knows what the future may hold?

Mandy Peponis (Carer)

Wheelchair Accessible Caravan



Fancy some time away in the West Country? One of our readers would like you to know about a Wheelchair Accessible Caravan. It is purpose-built for disabled people with a wet room and two bedrooms. The main bedroom has one electric single bed and another single bed which is slightly raised; it also has a flat screen television. The second bedroom has two single beds and there is a pullout double bed in the lounge.

The caravan is situated near the main complex of a Haven site with facilities including restaurant, bar, evening entertainment, fishing lakes and indoor and outdoor swimming pools. The site itself is within walking distance of the promenade, seafront and town. Plenty of restaurants in the town are wheelchair accessible and equipment can be hired from the local Red Cross. Weston-Super-Mare is about 20 minutes away with Bristol about three quarters of an hour and Bath approximately an hour away. Prices range from £150 to £450 depending on when in the season you want to go.

For more information contact Sharon on Mobile: 07932 459044 or Email: sharon.elliott50@ntlworld.com

The Accessible Property Register

We thought you might like to know that, for 2010, The Accessible Property Register has significantly increased the number of wheelchair accessible properties advertised for sale and rent throughout the UK.

The same applies to high specification wheelchair accessible holiday accommodation.

Residential property and holiday accommodation can be viewed at www.accessible-property.org.uk.

Staff Profiles

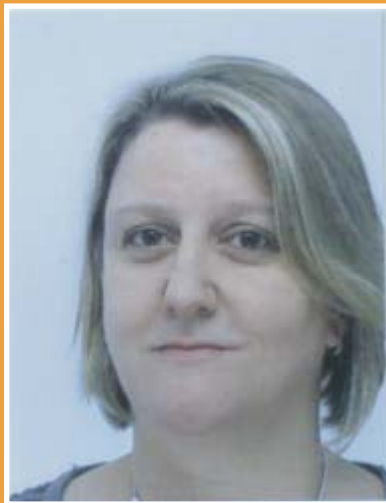


Wendy Nevin

Finance and Administration Officer

I joined SILC at the beginning of March after spending ten years as a school secretary in an infant school. Before that I worked for a Building Society, a magazine subscription service and in the defence industry having left school to become a Radar Operator in the Women's Royal Naval Service.

I applied to work at SILC because I felt it was time for a new challenge and am really looking forward to going out and helping people with their direct payments. I will be working on Mondays Tuesdays and Wednesdays. I am married with a 21 year old son who is at university and in my spare time, apart from the housework, I love walking, socialising with friends and going to shows and concerts.



Laura Swinerd

Independent Living Adviser

I joined SILC in March this year as an Independent Living Adviser (ILA). I previously worked in the travel industry for over 20 years, specialising in Legal and Customer Services matters such as litigation, arbitrations and personal injury/illness claims.

I am mum to Jamie, 13 years and Amber, 7 years whom I adore and who do their best to keep me busy outside of work! Jamie has special needs as he is Autistic and has been a recipient of Direct Payments for 6 months now, with which we employ two PAs who take Jamie out and about into the community for a few hours at the weekend. Direct Payments have been one of the best choices we have ever made for Jamie as it allows us flexibility and gives him independence and choice in what he does with his PAs. It also gives my husband and I quality time to spend with our daughter Amber.

I hope, given my personal experience of Direct Payments, that I can be a positive role model to others and effective in my role as an ILA and as an advocate of Direct Payments.

In my spare time I am a Parent Governor at Jamie's school and heavily involved in the fund-raising efforts for the school's charity. Personally, I enjoy going to the cinema and theatre and out to dinner with our friends, beats cooking any day!

Puzzle Answers

Tuna, Mineral Water, Tomato, Cider, Mango, Toast, Champagne, Stew, Salt, Orange Juice, Tea, Chocolate, Lager, Custard, Spaghetti, Peach, Apricot, Scones, Trifle, Curries

SILC DVD

SILC are in the process of creating a brand new DVD which is aiming to show what Direct Payments are, how to go about getting them and some ideas as to what Direct Payments can be used for.

Along with Richard Hellawell from Small Cog, Kate O'Brien and Laura Swinerd went out and about to film people going about their daily lives and asking them questions about their experiences of Direct Payment.

We saw Matt at the gym, Brenda with her PA, Margaret and Valerie in their homes, Jason down the supermarket and Barry getting help with his Financial Monitoring forms.

We'd like to thank everyone who gave their time to assist us in the making of the DVD and it's all over to Richard to put in the hours in the editing suite to produce an exciting and informative DVD from the hours of film we took.

We hope to have first version in the next few weeks and have the full version by the end of April and hopefully one of the first official showings will be at our stand at the Surrey County Show on Bank Holiday Monday – 31st May.

Personalisation and Self Directed Support Update

The county wide rollout of Self Directed Support begins this month starting with the council's learning disability social care teams. From July the rollout will involve the council's other social care teams area by area.

Surrey County Council's staff within the various social care teams will be receiving full training in Personalisation and Self Directed Support and there will be locally based information session and engagement events for service users and carers along with organisations involved in or interested in providing social care support and services.

We have been actively involved in the development of Personalisation and Self Directed Support in Surrey and will continue to be involved in all aspects of the rollout.

For more information please contact Richard Davy at our offices.

EMERGENCY SMS SYSTEM

Now text messaging could save someone's life.

A new national system is being trialled that allows people who can't hear, or those who can't speak, to contact the emergency services by texting 999.

Once registered, all you have to do if you need to contact the emergency services is text three pieces of information:

- What emergency service you need (Fire, Ambulance, Police or coastguard)
- What the problem is and
- Finally where you are.

Your text will be treated with the same importance as a phone call and you should get a reply within 2 minutes.

To register with the Emergency SMS service go to their website: www.emergencysms.org.uk

Puzzle

Answers on page 7

Food and drink anagrams

AUNT (4)	CHANGE MAP (9)	CAR DUST (7)
RAW INERT MEAL (7, 5)	WEST (4)	PAST EIGHT (9)
A MOTTO (6)	LAST (4)	CHEAP (5)
CRIED (5)	RE A JOG ON ICE (6, 5EAT (3)	A TROPIC (7)
GO MAN (5)	COOL CHEAT (9)	CONES (5)
STOAT (5)	REGAL (5)	FILTER (6)
		CRUISER (7)