“Excellent. A wealth of information.”

“Good range of ideas. Lovely helpful people.”

See more on the fair inside on pg 8
Chair’s Remarks
Welcome to SILC’s Summer Liberty Link newsletter!

Surrey Independent Living Fair 2015

What a brilliant day the Surrey Independent Living Fair was! According to our visitor survey, everyone said they would definitely come again.

I thought the entire day was really well organised, and I would like to say a very big thank you. Not only to all our staff, but to all the exhibitors, those who ran activities and of course, all the people who visited the fair. The atmosphere was absolutely amazing, and we’re hoping to have another one next year!

Staff changes

I would like to say a fond farewell to one of our ILAs, Lynda.

Since joining SILC in 2011, Lynda has been a great asset to the ILA team.

Thank you for your significant contribution to SILC’s mission and goals. Sorry to see you go, but we all wish you well in the future!

On another note, I would like to welcome David Smith who joined us in May as our Community Employment Specialist for our brand new pilot, the Journey to Employment project.

Jason Vaughan, Chair of SILC on the SILC stand at the Fair
This new project is funded by the Department for Work and Pensions (DWP) with the overall aim of improving specialist employment support both for disabled people and those with long term health conditions.

The project (primarily focused in Guildford) will deliver a friendly peer support social job club that offers a mix of activities enabling individuals to:

- make the journey to employment,
- increase confidence levels,
- obtain and improve work ready skills,
- participate in the local community, and more.

The project started in April 2015 for one year. To find out more about it, you can email or call our Community Employment Specialist, David, on:

Tel: 07719 554 487
Email: d.smith@surreyilc.org.uk

Looking for trustees

I am delighted to welcome Labna to the board of trustees. We’re still looking for more trustees to join the board and sub-committees. If you are registered as disabled, or a registered carer, and would like to join the SILC Board to make a difference to other disabled people and carers in Surrey, please get in touch with Richard Davy who is our CEO.

Tel: 01483 458 111
Email: r.davy@surreyilc.org.uk

Dominic Webb

Trustees and staff at SILC were very sad to learn that Dominic Webb passed away recently.

As chair of DisCASS (the disability information service in Godalming), Dominic paved the way for much of the work now done by the Surrey Hubs.

He died much too soon, but thankfully peacefully at home. He will be missed by all his friends and colleagues.

Jason Vaughan
Page 5
DANS Annual Conference
The Disability Alliance Network is hosting its 2015 Annual Conference in September.

Page 6
My Experience at Aerobility
Our very own Natasha was invited to the Aerobility open day at Blackbushe Airport in May.

Page 8
Surrey Independent Living Fair 2015
We welcomed over 1,000 people to the Surrey Independent Living Fair on Thursday 25 June 2015 at Epsom Downs Racecourse.

Page 12
Healthwatch Surrey
A focus on what Healthwatch has been up to over the last few months.

Page 13
Sutton and East Surrey Water launches its new Water Support Scheme
Could you be saving 50% off your water bill?

Page 14
Pugsley’s Patch
Stephen’s back with Pugsley’s Patch, with carers in mind!

Page 18
Remap - Making things possible
Remap is a national charity working through local groups of skilled volunteers to help disabled people achieve independence and a better quality of life.

Page 20
Journey to Employment - Good news story
Our first course, which started on 6th June has already seen one of the participants gain employment!

Page 24
FREE Training available
A lot of free training is available including, but not limited to: 6-Day Support with Confidence, ‘Good Boss’ training, specialist one-day courses, and more.
Disability Alliance Network
Annual Conference 2015
For People with Physical, Sensory and Cognitive impairments in Surrey

On Wednesday 23rd September 2015
‘Getting There and Getting In’ - Access to Buildings, Transport and the Environment

Presentations and interactive workshops on:

- **Buses, Trains and Taxis**

- **Let’s Loop Surrey – making life better for hearing aid users**

- **Access to the built environment**

Visit a variety of information stands during lunch.

Come along and visit the SILC stand!

Dorking Halls, Dorking RH4 1SG
23rd September 2015, 10am – 3.30 pm.

To register contact Yasmin Broome on:
Phone: 01483 517294
SMS text: 07812 104490
Email: yasmin.broome@surreycc.gov.uk
My Experience with flying with a pilot and co-pilot at Aerobility open day by Natasha Hall

I was invited to the Aerobility open day at Blackbushe Airport on Saturday 23rd May 2015 by Bridie Collins who I was introduced to at the Surrey Heath Show. I arrived at the open day at 9.30am where I met the volunteers from Aerobility.

I participated in making model aeroplanes and having a flying competition where some of our aeroplanes landed either on the road or on the hedges!

After lunch, one of the Aerobility volunteers asked me if I would like to go flying in the Piper PA32–G-CHFK aircraft. I was very excited to be asked and agreed to have a go!

The more I was waiting the more I was getting nervous and changing my mind.

Eventually the time came where my team had the chance of flying. The pilot showed me how to close and open the door.

As we all jumped in the plane, the pilot spoke to the airport controllers to let them know how many of us were on board.
It was time to leave the airport. The pilot and co-pilot flew over Basingstoke and Reading before heading back to the airport. We all congratulated the co-pilot as it was his first time flying an aeroplane.

Back at the airport, we had a presentation where I was handed my flight certificate.

Maybe next time I go to their open day I will be brave enough to fly the plane!

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**Puzzle time!**  
Answers to this puzzle can be found on Page 22. Good luck!

Using the BrainTracker grid on the left, how many words can you find?

Each word must contain the central P and no letter can be used twice, however, the letters do not have to be connected.

Proper nouns are not allowed, however, plurals are.

Can you find the nine letter word?
We welcomed over 1,000 people to the Surrey Independent Living Fair on Thursday 25 June 2015 at Epsom Downs Racecourse. This event showcased the diverse variety of care, support, employment and leisure opportunities and choices now available to disabled adults, children, older people and carers in the county.

Would you visit a future Surrey Independent Living Fair? **100% said YES**
Held across three floors, visitors were able to get information from 75 exhibitors and attend a selection of interesting workshops, covering areas such as the Care Act, Personal Health Budgets and how to avoid scams.

There were also more than 40 exciting sports and leisure activities to take part in, with no experience necessary. People could try out anything from gardening to gymnastics, and had the chance to hear live music, watch drama productions, relax in the Surrey Choices sensory room and much more.
Out of the attendees surveyed at the Surrey Independent Living Fair, 63% of them rated the fair as excellent and 35% as good. Visitors commented on the ‘very good range of well-presented and relevant services, with the opportunity to meet new contacts.’

“It has a lot of useful information and I think it’s beneficial to organisations and individuals.”
Richard Davy, Chief Executive of SILC, said: “We are delighted with the response we have received to the Surrey Independent Living Fair. The event gave disabled adults, children and older people an excellent opportunity to find out what is available to support them to lead an independent life and we hope to be able to run a similar event next year.”
With the increased demand, Healthwatch Surrey grows ever bigger and stronger each quarter, and last quarter was no exception! We’d like to focus on the highlights of how our beloved Healthwatch has benefited people between April and June (inclusive) this year:

1009 people benefited from Healthwatch’s information and advice services,
5% accessed the free Healthwatch Surrey NHS complaints advocacy service,
24% shared a story about their health and care service,
88% were provided with information, advice and signposting,
12% were signposted to other support services and organisations,
1,319 views and experiences have been shared with us this quarter. The top three service areas talked about most were: Primary Care and GPs, Community Mental Health and Residential Care Homes, 44% of these experiences were negative, 8% positive.

‘Working in Partnership’
Fed evidence in to the CQC inspection programme of GP surgeries in the Surrey Downs Clinical Commissioning Group.
Participated in the Social Care Quality Assurance Task & Finish Group as a ‘Critical Friend’.
Presentation on the Forward Plan 2015/16 to the Wellbeing and Health Scrutiny Board.

Tel: 0303 303 0023
Text (SMS): 07592 787533
www.HealthwatchSurrey.co.uk
Sutton and East Surrey Water launches its new Water Support Scheme

Could you be saving 50% off your water bill?

Sutton and East Surrey Water (SESW) is continuing to ease financial worries for customers with the launch of its new Water Support Scheme.

Last year the company signed up more than 2,500 customers to its pilot scheme. The pilot was fully funded by the company and gave a 25 per cent discount off water charges to all eligible customers. From April 2015, the Water Support Scheme offers a 50 per cent discount and the company has set a target of signing up 5,000 customers by March 2016.

“Our Water Support Scheme provides an opportunity for the company to help some of our customers most in need of financial support.”

“We would encourage anyone who thinks they may be eligible to apply straight away.” said Customer Projects Manager, Nicola McCormack.

To fit the criteria customers must be in receipt of certain means tested benefits such as income support or pension credits.

Alternatively they must have a household income of less than the HMRC’s low income threshold (currently £16,105) and either be over 62 years of age, have a disability or parental responsibility for a child under five.

Customers who think they may be eligible are invited to apply, either online at: www.waterplc.com/watersupport

or by calling the Customer Services team on 01737 772 000 to obtain a form.
Sleep Deprivation

I have been reading a great deal about a major problem for many Carers - **Sleep Deprivation**.

I have had the privilege of talking with thousands of Carers over the past 4 years (Yes! That many - as the GP Carer Prescription Programme has referred some 8000 Carers over this time!). My brilliant colleagues and I talk to Carers about THEIR health, which has uncovered an interesting fact!

My personal experience is that only a fraction of Carers ever mention sleep deprivation as a health problem - yet it is! It is only when I mention their sleep pattern do they confirm this IS a problem. Tiredness, exhaustion from disturbed sleep patterns.

We all need appropriate ‘rested’ sleep and new research by the National Sleep Foundation advises on the amount of sleep required (in various age groups) to **maintain good health**.

Sleep deprivation may be caused by having to carry out caring needs during the conventional ‘night’ but also by suffering stress, anxiety which causes wakefulness.

Another article (from Sorbonne Paris Cite University) states that ‘NAPS’ - a half hour snooze - will “repair damage to health” and will help relieve stress and bolster the immune system.

There is no doubt ‘Sleep Deprivation’ places additional risks to a Carer’s health and well-being.

**Please think about it.**
Carers recognition in law

On April 1st 2015, the Care Act 2014 was implemented in Law and became statute. Why is this important? Because it is the clearest law yet that recognises Carers and formulates certain obligations upon the Social Service Departments of Local Authorities.

There are different published figures on the number of Carers who come into this legislation arena - but I will settle for 5.4 million adults, who provide unpaid care for a friend or family member - in England alone.

For the first time, clearly, these Carers are now placed upon the same footing as those they look after. Carers can now be assessed to receive the support they need for themselves.

A Government report advises that:

- **69%** of Carers have less time for leisure activities
- **32%** of Carers are too tired to go out
- **23%** of Carers are unable to go on holiday
- **20%** of Carers state that they recognise the impact of caring has an effect upon their own health

The Care Act provides the right to support, further to assessment. Check out: [www.gov.uk/careandsupport](http://www.gov.uk/careandsupport) or call your local Social Services at Surrey County Council. You are also able to request your GP to refer you through the Carers Prescription Service - all they have to do is ‘tick a box’ on your behalf, and you will receive pro-active contact.

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**Free First Aid training for carers**

The Royal Surrey County Hospital, in conjunction with the British Red Cross, run regular short training sessions (between 2.00 and 4.30pm) in First Aid.

To find out more call: 01483 571122 Ext 4346 or email faywright@nhs.net

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*Pugsley’s Patch*
I had the opportunity to attend this year’s Young Carers Conference, held on 27th May at the Leatherhead Leisure Centre, and as always, it was enlightening, enjoyable and a major learning experience.

The day was led by two Young Carers, Lucy Warren and Abbie Barwick, who were eloquent, articulate and very committed.

There were keynote presentations from Virgin Care, NHS CCG consortium, Surrey Social Services, and the NW Area Manager for Education at Surrey County Council.

What moved me most was a play (with professional actors) presenting a thought provoking sequence of events highlighting the challenges faced by a Young Carer.

I am always amazed at the Young Carer statistics. One in Eight Young Carers are under 10. There are an estimated 14,000 Young Carers in Surrey.

Only some 60 are registered with their GP as ‘Young Carers’. There were only 16 Young Carers referred by their GP for an NHS Carer Support Payment (from 2100) in 2014/15.

These statistics are very valuable. They also worry me.

There is to be a real effort to carry a greater enlightenment into GP Surgeries. Young Carers NEED universal recognition.

If you would like to know about just ONE Young Carer in Surrey – take a look at “SURREY MATTERS” a free magazine available in most public places. In this current edition Lucy Warren agreed to be interviewed. Her story, her dedication and commitment are an inspiration.

Thank you Lucy and Abbie and all the Young Carer Team for a brilliant day.
Well this is just amazing! A ‘ROBOCAT’ that could soon be available on the NHS Prescription Services? However, this is a very interesting article:

A robotic cat that purrs, meows and even ‘breathes’ could soon be available for dementia patients.

JustoCat offers ‘comfort, pleasure and peace of mind to sufferers, its makers claim. The device, which is about the same size and weight as a real cat, comes in grey or black-and-white. It looks like a cuddly toy and its fur is detachable so it can be machine-washed. However, it does not move apart from its gentle ‘breathing’.

Lars Aplund, the Swedish professor in computer science who created it, said the project began with a study of people with dementia and interviews with their carers.

"The caregivers used JustoCat as a tool for relaxation, to calm down the patient to help deal with agitation that might disturb other patients" he said.

The cat encourages and stimulates communication - she allows the patients to recall memories of their own cats and distracts repetitive behaviour.

For more information, you can check their website: www.justocat.com
Remap is a national charity working through local groups of skilled volunteers to help disabled people achieve independence and a better quality of life.

Remap do this by designing and tailor making equipment for their individual needs. This helps them carry out essential daily tasks without having to ask for assistance, or take part in leisure occupations or sports that would otherwise be impossible for them.

Remap gives people with disabilities the joy of independence and everything is given free to the person it helps.

Every year Remap panels make thousands of pieces of equipment. They’ve even helped our very own Lorna here at SILC with a ball throwing device for Eli!

Computer games whizz kid Brendon lost the ability to play when his muscular dystrophy progressed and he didn’t have the finger strength to use a standard computer keyboard. Remap volunteer Martin Harman from Southampton developed a special keypad and mouse mat to get him back online.

When it was done, Brendon was overjoyed, as he would once again be able to compete on equal terms with others. In the world of online gaming, nobody knows if you have an impairment like muscular dystrophy which has such an impact in daily life offline. Brendon commented: “Now I can get back to thrashing those able-bodied kids!”
**Athlete’s throwing seat**

The International Paralympics Council sets the rules for seated athletic events, so to participate in these sports, disabled athletes need well-designed throwing seats that conform to these strict regulations. When athletes from Cheltenham approached Remap Gloucestershire for help, volunteer Peter Vielvoye stepped in.

Peter’s seat design is based on a frame of aluminium tubing with a pole for the athlete to hold onto while throwing. Gareth Picken has experienced tremendous success with the new seat.

Representing the South West at the School Games in Manchester, he won gold in two events and was given a most improved athlete award.

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**Wheelchair camera mount**

Mounting a camera on a wheelchair is more complicated than it sounds. The camera needs to be free to move easily, yet stay still and steady for the photograph. Remap volunteer Austin Hughes enjoys this sort of challenge in his work with the Leeds branch of the charity.

The specifications set by photographer Richard were high indeed, but the solution provided did meet the requirements, allowing a full range of photographic activity, including taking pictures in both portrait and landscape.

**Can Remap help YOU?**

Tel: 01732 760209  
Fax: 01732 760204  
Email: data@remap.org.uk  
Twitter: @remapuk  
Website: www.remap.org.uk
Good news, everyone!

We have great pleasure in sharing with you some good news from our J2E course. Our first course, which started on 6 June, has already seen one of the participants leave after just 6 weeks due to gaining employment.

On joining the course, Mary had been an Employment Support Allowance claimant with a long term health condition. Mary had very low self-esteem, her confidence was rock bottom and she hadn’t worked for several years.

Mary participated during the first few weeks, missing only 1 session due to sickness. Due to her health condition, Mary needed to find a job where she could have the flexibility of either sitting or standing and also couldn’t do any very physical or heavy manual work.

Due to Mary’s personal circumstances, she was also only looking for a part-time job (up to 16 hours per week).

We very quickly established that Mary had several years’ experience of working for a large supermarket but had left due to her ill health. She felt that there were some elements to this role that she could do but several that she couldn’t.
She was a perfect candidate for a smaller retail outlet and had some excellent transferable skills to support her in this area.

Mary informed us that she had put her name forward for a job at a local newsagents and had an interview at the job centre the following week. We were able to offer a drop in day for anyone that had missed one of the 3 training days from course 1, and Mary took this opportunity to gain further support with preparing for her interview.

We spent some time with Mary, looking at the newsagent’s website and picking out some facts about the organisation. We discussed the job and some of the tasks that she might be expected to do. Finally, we discussed the interview and thought about some of the questions that they might ask. We supported Mary with thinking about her previous experience from the large supermarket and how this might transfer to a smaller newsagent.

Mary left feeling energised and full of confidence and said that the day had really helped her with being prepared for the interview.
A few days after the interview, Mary heard back and was offered the post. They agreed to the 16 hours (job had been advertised as 21 hours) and informed her that, as soon as a position became available, that they would transfer her to her local store.

I called Mary after finding out the great news and she told me “I couldn’t have done it without you” and “You gave me the confidence I needed to get the job”. She was brimming with confidence, her voice was more animated than usual and I could tell she had a smile on her face just from listening to how she spoke.

Dave Smith, 
Community Employment Specialist, SILC

Puzzle answers
If you missed it, the puzzle is on Page 7.
Otherwise, you’re here for the answers aren’t you?

adep, aliped, alp, ape, aped, aplite, apt, cap, cape, caped, caplet, caput, cep, clap, clapt, clept, clip, clipt, clupeid, culpa, culpae, cup, cupel, cupid, dap, depict, dip, dipt, dup, dupe, duplicate, elapid, epact, epic, epical, lap, leap, leapt, lept, lepta, letup, lip, pa, pac, pace, paced, pact, pad, padi, padle, paid, pail, pal, pale, paled, palet, pat, pate, pated, pe, pea, peal, peat, pec, peculia, ped, pedal, pelt, pet, petal, pi, pia, pial, pic, pica, pical, pice, picul, pie, pied, pieta, pilau, pile, pila, piled, pit, pita, piu, place, placed, placet, placid, plaice, plaid, plait, plaited, plat, plate, plated, plaudit, plea, plead, pleat, pled, pleiad, plica, plicae, plicate, plicated, plie, plied, plutei, puce, pud, pudic, pul, puli, put, taliped, tap, tape, taped, taupe, teacup, tepa, tepal, tepid, tip, tulip, tup, up, update, uplit.

...and the nine letter word is: DUPLICATE
A quick reminder of our online services
Along with our main website www.SurreyILC.org.uk, we offer:

**Facebook** and **Twitter** which we post to on a daily basis.

**PA Finder** which is a free service provided by us, helping you to find and recruit the right Personal Assistant (PA) for you.

![PA Finder](image)

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**The Hub Redhill**
41 High Street, Redhill, RH1 1RX
Independent Living Shop

From reachers, to large print scrabble, to fold-away walking sticks, the Hub Redhill Independent Living Shop has a huge selection of equipment for sale!

**Would you like a free catalogue?**

Phone: 01737 761614
Text: 07704 288772
Email: info@thehubredhill.org.uk
Twitter: @HubRedhill
FREE Training available via SILC

A FREE course for people who employ a Personal Assistant(s).
Places are limited, so book early!
The next 3 Day Course is on:
- **Fri 9th Oct** (Day One)
- **Mon 19th Oct** (Day Two)
- **Fri 6th Nov** (Day Three)

Some messages from previous attendees:
- “So useful to learn of other attendees experiences, good and bad, positive and negative and the ways and means to turn negatives into positives and enabling and empowering for future use”
- “It has changed my life”
- “It has helped me grow in confidence”
- “The group was a safe non-judgemental environment”

6 Day PA 'Support with Confidence' Training
SILC’s NEW ‘Support with Confidence’ 6 Day ACCREDITED Course for existing Personal Assistants (PAs) and people wanting to become a PA.
The course consists of 2 sets of 3 days which are held approximately 2 weeks apart.
The next free course is on:
- **Part one: 6, 7, 8 Oct**
- **Part two: 20, 21, 22 Oct**

Specialist One Day Courses and more information
SILC has a massive amount of specialist training available for PAs and their employers.
These include but aren’t limited to: First Aid, Health and Safety, Dementia training, Autism spectrum disorder training... and many more...
You can see ALL training on: [www.PAfinder.org.uk/training](http://www.PAfinder.org.uk/training)