

“Keeping in touch”

The newsletter for Parent Carers.



charity registration number 1085491

September 2016

For more information about anything in this newsletter, to find out about support for carers or to have a say on issues affecting you as a carer of a child or young person with a disability, contact:

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maria.kiely@carersinherts.org.uk

Or Roma Mills,
Carers Involvement Manager.

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Making carers count



Welcome

Now that the summer holidays are over I thought it would be a good opportunity to tell you about what Carers in Hertfordshire and myself, Maria Kiely, Parent Carer Worker, have been doing to support Parent Carers and let you know details of upcoming activities and service updates.



Over the year there have been 11 events for Parent Carers including a singing workshop, first aid course and Family Picnic (*pictured above, I'm far right*). We have also run consultation sessions for carers on behalf of Hertfordshire County Council. Your voices have been listened to and we would like to say a **big thank** you to everyone involved for giving up their time.

I hope to welcome new and familiar faces to our future Parent Carer events as we like you **to get involved, to hear your views and to give you a voice** on the development of health and care services in Hertfordshire

In this newsletter you can find out about a review of PALMS (The Positive Behaviour, Autism, Learning Disability, Mental Health Service), get an update about our Carers' Passport and learn about events including a Mindfulness course and Picnic.

Our Annual Event for Carers takes place in September and a workshop will be presented by Andy Lawrence, Hertfordshire County Council's Head of Disabled Children's Services. It will focus on the new 0-25 Together Service for Disabled Children and Young People.

If there is a topic you would like covered in a newsletter or workshop or if you have any issues about services, please get in touch with me, Maria, on 01992 58 69 69 or email me at maria.kiely@carersinherts.org.uk

PALMS service review - your views wanted!

If you have experience of The Positive Behaviour, Autism, Learning Disability, Mental Health Service (PALMS) provided by Hertfordshire Community NHS Trust your views are being sought.

PALMS has been running since April 2015 and Hertfordshire County Council and the Health Service Commissioners are undertaking a review to assess how effective it is.

They want to know whether the service is providing:

- Improved and timely access to provision;
- High quality services;
- Improved outcomes for children and young people and their families.

PALMS supports families of children and young people aged up to 19 who have learning disabilities or an autistic spectrum disorder (ASD) and challenging behaviour or an emotional or mental health need.

It also helps the child or young people move towards attaining their ambitions and leading happy, healthy and fulfilled lives.

The service is provided by a range of professionals including speech and language therapists, psychiatrists and clinical psychologists. The support the offer includes workshops and therapeutic work.

Several parent carers have attended a focus group or responded to a telephone conversation about the service in July.

However, there is now a survey option to ensure that everyone can give their views. It is important that your views are heard so please do complete the survey at <https://surveys.hertfordshire.gov.uk/s/POCQD/>

Responses are anonymous and the survey is open until Friday 30th September.

To contact the service call 01727 891151.

The Annual Event for Carers

Thursday 29th September 2016

10am - 3.30pm

**The Fielder Centre, Hatfield Avenue,
Hatfield, AL10 9TP.**

If you are an unpaid carer please join us to:

- **Get information and advice from us and other organisations that support carers.**
- **Meet other carers and have a say in workshops.**
- **Help us celebrate our 21st birthday (free prize draw).**



Places must be booked by Friday 16th September 2016 via:

Phone: 01992 58 69 69

Email: contact@carersinherts.org.uk

Online at: www.carersinherts.org.uk

Invite to our 21st anniversary Family Picnic

As part of our events to celebrate the 21st anniversary of Carers in Hertfordshire we are hosting a Picnic for families with a disabled child or young person aged up to 19 and their siblings.

The free event takes place at the Specialist Play Centre at Aldenham Country Park in Elstree on **Sunday 25th September 2016**.

Mums and Dads can enjoy time with the child they look after who has a disability and any of their brothers or sisters.

You can use the centre's facilities and enjoy a picnic tea. The centre has outdoor adventure play equipment such as swings and a water/sandpit, and indoor sensory and soft play areas so there will be something to keep you amused whatever the weather.

The Picnic takes place from 2pm – 5pm and to book a place call 01992 58 69 69 or

email contact@carersinherts.org.uk

When booking please give the names of all those who wish to attend together with their age and special needs, where applicable. Places are limited so bookings will be on a first come, first served basis.

Preference will be given to those who did not attend a previous picnic either in September 2015 or June 2016, but you may still request a place. Parents/carers at the event will remain responsible for their children at all times.



Carers' Passport update

A new Carers' Passport Offers Book is now ready for collection from your local Hertfordshire library. All Hertfordshire libraries have stocks, just show the library staff your Carers' Passport discount card to pick up your copy.

We plan to have new and updated books available for collection every six months. However, in the interim we are developing a Latest Offers page in the Carers' Passport section of our website www.carersinherts.org.uk where you will be able to find out about fresh offers.

It is great that more businesses are joining this service to offer discounts, but we need to let you know that Boots has decided to withdraw the 10% off offer to unpaid carers. We would like to thank Boots for providing this popular discount over the last three years.

Hospital service review

People living in West Hertfordshire are being urged by local NHS organisations and Hertfordshire County Council to have their say on how hospital services in the area should be provided in the future.

The survey is for people and organisations in Dacorum, Hertsmere, St Albans and Harpenden, Three Rivers and Watford, and is part of the 'Your Care, Your Future' review of health and care services.

The survey is running until Wednesday 21st September and it can be found at <https://app.citizenspace.com/yourcareyourfuture/survey>

Responses will be analysed by the Council and NHS organisations including Herts Valleys Clinical Commissioning Group. They will form part of the findings that will be presented at a future meeting to consider the preferred option.

If you have any questions about the survey please call 020 3861 3818 or email info@yourcareyourfuture.org.uk

Useful contacts

Families in Focus

www.familiesinfofocus.co.uk

Provides support and activities.

01442 219 720

Hertfordshire Action on Disability

www.hadnet.org.uk

Provides equipment, transport, counselling and other support.

01707 324581

Hertfordshire Additional Needs Database (HAND)

Is a Hertfordshire County Council resource for parents/carers of a child up to 25 with a disability that has a substantial impact on their everyday life.

For details call 01992 556984 or email hand@hertfordshire.gov.uk

Hertfordshire Parent Carer Involvement Network

www.hertsparentcarers.org.uk

Organises parent carer forums.

07840 360245

KIDS Hub www.kids.org.uk/hub

Offers information and support to parent/carers of disabled children up to 19-years-old.

KIDS East Hub - 01992 504013

KIDS West Hub - 01923 676549

Mencap www.mencap.org.uk

Provides various support for people with a learning disability, and their families and carers. 0808 808 1111

SENDIASS

www.hertfordshire.gov.uk/sendiaass

A Special Needs and Disability Information, Advice and Support Service that runs Monday to Friday. 01992 555847

SPACE www.spaceherts.org.uk

Provides support for parents of children with Autism/ADHD and related conditions.

Welwyn: karenmirams@hotmail.com

Broxbourne and East Herts:

Clare Brillus on 07776 181749 or

email flicks78@hotmail.com

Events and Diary Dates

Mindfulness Course

Tuesdays 1st, 15th, 22nd and 29th November 2016
10am - 12pm noon

We have organised this four part course at the request of Parent Carers and following on from a successful one day Introduction to Mindfulness session held in Hemel Hempstead.

The course will take place at the Stanborough Centre, 609 St Albans Road, Watford, WD25 9JL. To book a place please contact us (details below). We ask that you are available to go to all four sessions.

Local Offer Morning

Wednesday 14th September 2016
9.30am for 10am start - 12.30pm

University of Hertfordshire Sports Village,
De Havilland Campus, Hatfield, AL10 9EU.

Hertfordshire's Local Offer Team that looks after a central online source of information for children and young people with special educational needs and disabilities (SEND) and their families is making a new website.

They want to make sure the website is comprehensive and easy to use and would appreciate your expert help to make sure all the information you want is there.

If you would like to share your views you can attend this morning consultation event. Just contact us (details below) and we will let Hertfordshire County Council know as they are responsible for this resource currently found at www.hertfordshire.gov.uk/localoffer

A light lunch will be provided.

We also have plans to hold the following courses or events for Parent Carers - relaxation, benefits/money advice, first aid and something about the 0-25 SEND Brokerage Team that is responsible for the packages of care agreed by Hertfordshire County Council's Disabled Children's Service.

The sessions have been requested by Parent Carers and we will keep you updated when they have been organised.

If there are any subjects or activities you would find useful for us to cover in the future please let us know.

To book your place on any of the activities:

☎ **01992 58 69 69**

@ **contact@carersinherts.org.uk**

🌐 **www.carersinherts.org.uk**

If you don't have your own transport and wish to attend please contact us to discuss travel arrangements.

We can also cover the costs of alternative care.