

**Herefordshire
Disability
United**



**Network
News**

Social Care debate edition

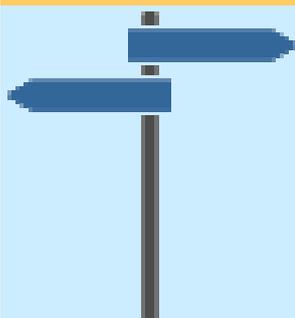
June 2015



Is social care on
the right track?

We welcome articles from individuals and organisations to promote their stories or interests.
Please contact the Editor..... details on the back page.

Editorial: So what's new?



Previously we had a “Sign posting service” at Hereford Council, but back in March 2012 it was decided to dispense with the service as part of the cuts which were taking place. Now that’s about to change, all due to the Care Act 2015, with the rebirth now called **The Information and Advice Service (IAS)**

As of 1st April 2015, the local council needed to make sure that information is available to all of its residents about:

- ◆ how the social care system works in the area
- ◆ the types of care services and the providers available locally
- ◆ how to access services (including housing services and benefits)
- ◆ how to raise concerns over the safety or wellbeing of someone with care needs
- ◆ how to get independent financial advice (about benefits, household budgets, and regulated financial advice if you are thinking about how to pay for your care need now and in the future)
- ◆ support available for people caring for a friend or family member.

The aim is to keep people up to date to make informed choices about their care and support, and get the right advice early which can be tailor made to the individual. The IAS service contract has been awarded to SIL (see page 7), with suitable premises in the City being sought by Hereford Council. Find out more at our Disability Roadshow.

No use having an inaccessible shop for disabled people, there are enough of those premises already with business owners unwilling to change or have the clout to seek advise on how to proceed. Still that’s their loss as the “Purple Pound (£)” goes to other establishments that have seen the light.

I hope you are able to come along to the Disability Roadshow at the Three Counties Hotel, Belmont Road in Hereford on 1st July. (See page 13 for details). It will be a unique opportunity to speak to those who run public services, support organisations and other charities, all under one roof. There will be information stands too as well as representatives from the CCG who are seeking feedback on various topics such as, diabetes prevention, cardio vascular disease, and care planning to support people with long term conditions. There will also be demonstrations too. The site is very flat with plenty of parking, and quite easy to find.

HDU will then take a break for the summer with the next Open Meeting planned for 9th September at our regular venue, Hinton Community Centre. We do appreciate that parking can sometimes be an issue here, but as all our activities are funded by grants we need to keep costs down. Also at Hinton Community Centre, being able to utilise the services of Life Skills students from Herefordshire & Ludlow College for our networking lunches, (who follow their course at the venue) endorses HDU’s commitment to truly support disabled people.

The Editor



About

Herefordshire Disability United

Herefordshire Disability United is an organisation that has developed to voice the concerns of disabled people and to provide a platform where disability issues can be raised and policies developed.

Herefordshire Disability United (HDU) is an organisation run by people with disabilities for people with disabilities. It was started in January 2011 and its objectives are:

To promote the interests, welfare and social inclusion of disabled people living in Herefordshire by facilitating the following:

- Fostering understanding among policy-makers and practitioners of the needs and aspirations of disabled people.
- Taking part in consultations to make aware issues that affect persons with disabilities
- Raising awareness and debate on disability issues, stimulating the engagement of disabled people within that debate.
- Providing a platform where matters of concern to disabled people can be raised and policies developed.
- Making representations to public sector organisations, voluntary sector organisations, local and central government and local and national business to improve their policies and practices.
- Exchanging information with organisations providing services for disabled people, co-operating with but independent of such organisations.
- Providing information and sources of advice to disabled people.
- Combating discrimination on the grounds of disability by promoting equality of opportunity and a positive image of disabled people.
- Being a democratic, non sectarian, non party political organisation.

HDU newsletter contents

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Date for your diary!
 Wednesday 1st July
 Disability Roadshow at
 The Three Counties,
 Belmont Road, Hereford
 HR2 7BP

Editorial or advertising queries: Contact the editor on 07817 473813 or email info@hdu.org.uk

Contact: Herefordshire Disability United welcomes any feedback on Network News, or any of the services it provides.

Disclaimer: The views expressed in Network News are not necessarily those of Herefordshire Disability United.

The Care Assessment

The actual assessment.

During your needs assessment, the social worker must talk to you about whether you are able to achieve certain 'care outcomes'.

These include being able to:

- prepare and eat food without help, and get enough to drink
- wash yourself and clean your clothes
- use a toilet and manage all your toilet needs
- dress yourself properly
- move around your home safely
- keep your home clean and safe
- have enough contact with other people
- take part in activities like volunteering, training or learning
- use local services, such as being able to use public transport and get to the shops
- carry out any caring responsibilities you have for a family member.

The social worker should ignore any care that you are being given by a friend or family member when looking at which care outcomes you are able to achieve. E.g. If you get help to dress from a family member, they should still mark this as being one 'care outcome' that you cannot achieve without assistance.

The person carrying out your assessment with you should also consider and discuss with you what impact your care needs are having on your wellbeing, and whether there are suitable support services which can help you achieve what you want (such as equipment to help you get around inside your home so that you don't need to move out). If you do want to move, the council should take into account what your preferred accommodation is.

Support during your assessment.

You are able to have a friend or family member with you at the assessment if you want to. The Care Act states that the council must arrange for you to have an independent advocate with you at the assessment if:

1. You don't have anyone else (like a friend or family member) to support you and
2. You have 'substantial' difficulty doing any of the following:
 - ◆ communicating what you want to say
 - ◆ understanding the information given to you, or remembering it
 - ◆ weighing up the information you are given in order to make decisions about your support.

An independent advocate is a trained professional who can help you to get your voice heard at the assessment, and make sure that the end result reflects your wishes and rights.

Criteria for social care support

Thanks to the Care Act, there is now national eligibility criteria which all councils must use.

There is one threshold over which people qualify for support from their council, rather than there being four 'bands' of eligibility. When using this new national criteria, councils cannot just prioritise people's personal care needs (such as needing help with getting washed and dressed), but also have to look at their general wellbeing and any other sorts of help that they might need, such as help with housework or any housing needs they have.

Even if the council won't provide this help (because the person does not have high enough care needs to meet the eligibility criteria), they should support people to identify the help that they need and to plan how they might get it.

So who qualifies for support from the council under the new criteria?



You only qualify for support if your needs assessment shows that the answer to **all three** of the questions below is '**yes**':

1. Is your need for support because of a physical or mental impairment, or an illness?
2. Are you unable to achieve two or more of the 'care outcomes' (explained on previous page)? In other words, do you have a lot of care needs?
3. Could this have a significant impact on your wellbeing?

Useful to know

You are assessed as unable to achieve the outcomes if:

- ♦ you are unable to achieve them with or without support or prompting
- ♦ you are unable to achieve them even with support
- ♦ you can actually achieve them without support but doing so causes you significant pain or anxiety, puts you or another person's health and safety at risk, or it takes you a lot longer than it would normally take to carry out this kind of task.

Complaints and appeals

From April 2016, people getting social care support will have a new right to appeal a decision about their care, and for this to be independently investigated. This could include the council's decision about whether you qualify for support, or what your personal budget should be to meet your care needs if you do qualify, for example. The new appeals process will only cover key care and support decisions to begin with the existing complaints procedure will cover every thing else.

These key decisions could be about:

- ◆ your assessment
- ◆ your eligibility for support
- ◆ care planning (the support seen as suitable for you)
- ◆ direct payments and personal budgets
- ◆ deferred payment agreements for paying care home fees
- ◆ independent advocacy support.



The aim is to help resolve this kind of dispute with the council more quickly than they have been in the past. The appeals process will be an alternative to the legal routes for challenging decisions which people have had to resort to in the past, which often take a long time and are very costly. The details of the new appeals process are currently being finalised, but it is likely to be a three stage process:

1. **Early resolution** – if you ask for an appeal of a decision, the council must acknowledge this within 3 working days. They will then arrange for you to meet with them to discuss the situation, with the aim of improving communication and coming to a mutual agreement quickly. This should take place within working 30 days of acknowledging your appeal, and should not involve the council officer who made the original decision.
2. **Independent review** - if an early resolution to the problem has not been possible, the council must appoint an Independent Reviewer to look at the decision taken by the council and make a recommendation about whether they think the council's decision was right. They can look at all the relevant paper work for your appeal, and ask to meet with you and the council if necessary. This review must take place within 30 working days, and the Independent Reviewer then has 10 working days to tell the council what their recommendation is
3. **The council decision** – the council must then make a decision about how to resolve the matter, considering the recommendation from the Independent Reviewer. The council will have 5 working days to do this once the Independent Reviewer has informed them of their recommendation. The council's decision on the appeal is final –there are no further stages in the process to dispute or appeal this.
 - ◆ You have 12 months from the date the council made its original decision to lodge an appeal, and someone else such as a friend, family member or independent advocate will be able to ask for an appeal on your behalf.

Information on pages 4-6 taken from "Independent Age" fact sheet, "What does the Care Act mean for me". For the FREE 53 page publication ring 0800 319 6789.

Information and Advice Service

HEREFORDSHIRE'S NEW INFORMATION, ADVICE AND SIGNPOSTING HUB SOON TO OPEN IN CITY

Services for Independent Living (SIL) has been awarded the contract to deliver a new information, advice and signposting service in Herefordshire. SIL, which is based in Leominster, was chosen by Herefordshire Council as the provider of the new service which will enable residents to access information about health, social care and community activities.



This new initiative is to bring the Council in line with Care Act requirements, in which local authorities are required to provide services that help people live independently, and not only promote services provided by the council.

The new information, advice and signposting hub will open in late summer and operate out of premises in Hereford City. As well as being able to talk to someone face to face, the hub will also help people find what they need via a new website being developed especially to support the Service or by phone.

At the heart of the new Care Act is the belief that offering individuals choice and control is fundamental in improving people's quality of life. SIL was founded on this core belief and for over eighteen years has been providing valuable advice and support to adults on a range of issues, particularly around health and social care.

Euan McPherson, Chief Executive of Services for Independent Living, said: "This is an exciting service which will help Herefordshire people find the right support to help them maintain their independence and engage in their local communities"

"We are looking forward to working with the local authority and other organisations to create a service that meets the needs of people in Herefordshire."

SIL is currently recruiting staff to work out of the hub and looks forward to welcoming you through its doors later this year.

For more information about any of our services, or if you'd like to apply to become part of the SIL team, call us on 01568 616653 or email: contactus@s4il.co.uk

**Visit www.s4il.co.uk and like our FB page
Follow us on Twitter @S4ILiving <https://twitter/S4ILiving>
We look forward to hearing from you!**

We're a local, not for profit organisation that has been providing support to disabled and older people in Herefordshire for over eighteen years.

Professional outlook of the Care Act

The following information is taken from: The College of Social Work Guide to the Social Work Practice Implications of the Care Act 2014, and is available on the Internet at: <http://www.tcsw.org.uk/uploadedFiles/TheCollege/Policy/2014>

Social work and the wellbeing principle

The College of Social Work has consistently argued that the wellbeing principle is the Care Act's most radical innovation. The Act outlines that in exercising the promotion of individual wellbeing:

- ◆ a local authority must have regard to factors such as the need to protect people from abuse and neglect
- ◆ an assumption that the individual is best-placed to judge their own wellbeing,
- ◆ the importance of participation
- ◆ regard to all an individual's circumstances
- ◆ and the importance of achieving balance between the individual's wellbeing and that of any friends or relatives involved in their care.



How this relates to the Act:

The Act's definition of wellbeing is broad and includes:

- ◆ physical and mental health and emotional well-being;
- ◆ participation in work, education, training or recreation;
- ◆ social and economic wellbeing;
- ◆ domestic, family and personal relationships;
- ◆ suitability of living accommodation.

The Act stresses the need to ensure decisions are taken with regard to all the individual's circumstances. It also underlines the need for a balance between the individual's wellbeing and that of family and friends contributing to their care.

Empowering people to do things for themselves

In working with adults, the social worker's aim is generally not to do things to people, or for them, but to enable and empower people to do things, take decisions, and manage their lives, including risk, for themselves.

How this relates to the Act:

The Act requires the local authority to begin with the assumption that:

- ◆ the individual is best placed to judge their own wellbeing
- ◆ to recognise the importance of the individual participating as fully as possible in decisions affecting them
- ◆ to provide them with the information and support they need to participate

Protecting people

Social work, together with other professions and services, has become steadily more aware of the incidence and diversity of adult abuse, and the need to develop knowledge, skills and strategies to work with adults in need of protection.

Just a glimpse from the 10 page booklet

Social Workers' Implications of the Care Act

How this relates to the Act:

The Act's definition of wellbeing includes protection from abuse and neglect; and refers to the need to protect people from abuse and neglect. The Act also provides for Adult Safeguarding Boards to be placed on a statutory footing.

Social work, assessments and individual wellbeing

Under the Care Act, a needs assessment must be carried out, involving the individual, carer and any other person they choose, where it appears that an adult may have needs for care and support. It will include:

- ◆ whether the individual has care and support needs
- ◆ what those needs may be, and their impact on wellbeing and outcomes
- ◆ whether other factors, including the person's own resources and networks, could play a role in their achieving outcomes they want
- ◆ whether the needs are "eligible", i.e. such as to place a duty on the local authority to meet them
- ◆ what information on community services will help meet their needs
- ◆ whether preventive interventions might reduce, delay or remove needs

A key for social work is to bring all these factors together, involve the individual and carer in weighing the options they offer, and make judgements with them about the route forward that constitutes 'best fit'. It is also essential that the individual, carers and others are fully involved with the social worker in developing the care and support plan, identifying priority outcomes, assessing risks to be managed, suggesting informal resources that may complement and help to personalise state provision.

The care package has too often been seen in the past as a solution to addressing an individual's needs. However, a failure to identify and address broader issues means that despite the desire to effect change, the individual's quality of life will remain low. Significant but subtle issues may not have been acknowledged, rights overlooked and the person's strengths may not have been recognised and reinforced. Poor assessments will not empower people to live active lives in the community.

Case Co-ordination

Situations where people have complex needs generally will also have involvement from other statutory, voluntary, private and community agencies.

Social Work and Carers

The Act provides for the carer's assessment to be carried out separately from the individual's, or if they agree, to combine both assessment processes. It also creates the flexibility for the assessment process to judge whether in any given situation, support is best offered direct to the carer, or by increasing the care and support to the individual, or a combination of the two. These are some of the instances where it may be necessary to involve the social worker's knowledge and skill in considering, and resolving, complex and sometimes competing interests.

The Royal National College for the Blind

Concession Membership is available to those who are Registered Disabled and their carer



- ◆ £19.00 per month
- ◆ Accompanying carers go FREE!
- ◆ No joining fee, no tie-in contract
- ◆ Membership includes Gym, Spa and Group Exercise Classes
- ◆ Fully accessible facilities
- ◆ Experienced, qualified staff
- ◆ Dedicated car parking spaces
- ◆ Assistance dogs welcome

Mon - Fri: 06.30 - 21.30 : Sat - Sun: 09.00 - 14.30

01432 376 376

Venns Lane, Hereford HR1 1DT

enquiries@thepoint4.co.uk www.thepoint4.co.uk

Please note this discount is for ALL disabilities not only those with sight loss

SubPac...what is that!



SubPac is a patent-pending tactile audio technology – it transfers low frequencies directly to your body and provides you with a new physical dimension to the music experience.

- Feel the boom of a kick drum, the warmth of an 808, the organic expression of a bassist and the richness of soundscapes.
- Transports you to a club or festival experience in the comfort of your own studio, home, coffee shop, or wherever you go – anytime. Any place.

- Experience intense bass without damaging your hearing.

- A combination of tactile speaker technology, polymers and electronics in a light, compact form factor.

Details from the SubPac website found at: [The SubPac.com](http://TheSubPac.com)

Now you may wonder why I have included this information, but I discovered it when reading an article about someone who had severe hearing disabilities as a child, in fact it's Radio 1 DJ Jameela Jamil. As an avid music fan she felt completely left out when younger and wished this product had been available for her. Although SubPac was developed for music producers and DJs it has benefits for those with hearing loss too, as they can feel the vibrations in their bodies via the chest, lungs, stomach and I suppose their soul.

Jameela has in fact encountered many disabilities in her young life apart from hearing issues. She was paralysed from the waist down after being run over by a car when 17 years old. Her spine was damaged and the doctors thought she would not walk again, but has proved them wrong. She was diagnosed as coeliac when 12 years old, and at the age of 21 got mercury poisoning from the amalgam in her fillings. Last October she discovered a lump in her breast, and with three women in her family who died of breast cancer she thought the worst. Having now got the all clear she has moved on again, but is determined to do more for disabled people.

On 1st July <http://whynotpeople.com> will be launched with a concert in London, but their website is available now. Membership is free and with the backing of many of today's top young stars, and companies it looks to be off to a great start. Disabled ambassadors include Hannah Cockcroft, Ade Adepitan, Alex Brooker and Martin Dougan. Jameela said "I take very seriously the fact that things can change at any moment, and I don't want to waste a second".

All in the Mind

I'm sure many of you are aware of podcasts which the majority of radio stations produce in order that programmes missed can be listened to at a more convenient time, or several times over if the subject is really of interest to you.

I have discovered that the BBC has over 40 editions of "All in the Mind" apparently available indefinitely from Radio 4.

All in the Mind examines how we think and behave. It's presented by psychologist Claudia Hammond. She investigates the latest techniques being used by mental health practitioners, speaks to people with psychological issues and uncovers all the most recent research from the world of the mind. Every year there are 2 series of 8 episodes of All in the Mind, in the spring and autumn. Each programme is 28 minutes long, and these are downloadable as podcasts right now.

A recent edition late April covered:

- **Mental Health in the Manifestos; Depression; Cannabis addiction; Paracetamol and emotion**, with topics including:

"As the general election approached, Claudia Hammond finds out who said what about mental health; Matt Haig's book about his recovery from depression; A new trial to treat cannabis addiction; Why Paracetamol can affect your emotions"

Another edition considered:

- The distraction of using a mobile phone while driving; A 7-day intensive treatment for Post Traumatic Stress Disorder; Two potential new drugs to target symptoms of psychosis.

The topics really do delve into the diversity of mental health, whether we actually regard them as such is of course down to the individual. Themes discussed may open our eyes to the complexity of mental health.

Take for example these ideas:

"Emotional brain training"

- The statistic that 1:4 people can experience a mental health problem in any given year has formed a core part of campaigns to reduce stigma and discrimination. But does it work?

"Radicalisation bystander effect"

- Claudia Hammond explores new research into radicalisation. She finds out why being depressed and socially isolated makes people more likely to sympathise with terrorist actions.

To see the whole range of podcasts which are available from BBC Radio 4, visit:

<http://www.bbc.co.uk/podcasts/series/aitm/all>

New Disability Road Show 1st July

Text Box

Disability Roadshow

1st July 2015



**The Three Counties Hotel, Hereford
 Wednesday 1st July 2015
 11.00am—2.30 pm**

At the time of going to press at the beginning of June we have 35 stands booked for our Disability Roadshow. Some are seen as on the poster above, and more are yet to confirm. This will be a brilliant opportunity to speak to representatives all under one roof. Its FREE so join us please. Contact 07817 473813 for more details.

Book this date in your diary

**Wednesday 1st July
 11.00 am– 2.30pm
 Three Counties Hotel
 Belmont Road, Hereford
 HR2 7BP**

The Stranger on the Bridge

Mental health is an issue we hear much about, and unless it concerns a member of the family, a close friend or us personally it is very easy to be off hand and dismissive. But, Channel 4's programme "The Stranger on the Bridge" cut through the stigma which mental health brings, and showed in great depth the complexities of the issue.

On 14th January 2008 a month after being diagnosed with Schizoaffective Disorder, Jonny Benjamin walked on to Waterloo Bridge in London ready to take his life. As he said, "The pain in my head was so intense, I felt there was no alternative but to jump and end it all". He was just 20 years old.



At 17 he first went to the GP about his mental health, but waited months and months for an appointment with a specialist, and gave up without seeing one. The problems persisted, but help seemed beyond reach.

The programme opens with Jonny standing on Waterloo Bridge handing out flyers six years later, determined to find the guy who successfully talked him down. A media campaign on Twitter and TV both here and abroad was launched to "Find Mike", the name Jonny had given to the mystery man who had saved his life. Jonny could remember very little of the event, it was a huge blur, but he felt that after six years he needed to thank "Mike" personally, and try and take control of his own life.

When the media campaign began so did filming. This adds a very poignant aspect to the whole programme. Members of the public who had seen appeals on breakfast TV came up to him on the bridge and shook his hand, congratulating him on his personal goal of raising awareness of mental health problems. After all, Jonny appeared to be a regular guy. There was little from his exterior to say "I have voices in my head, and I need help". But then that's the problem. To many if they literally can't see a crisis, it doesn't exist!

Virtually every stage of the campaign to find his saviour, Jonny was filmed. He received plenty of calls, photos, emails, tweets, many of which were from genuine people trying to assist. Open discussions documented the highs and lows of the situation, with Jonny ever hopeful of finding "Mike".

One stranger came forward, a Dr Mike, who actually had talked down a guy on Waterloo bridge, but it wasn't Jonny whom he had saved. Although Jonny couldn't remember the face of his rescuer he knew Dr Mike wasn't the one.

One email Jonny received did make him decide to meet its writer. She was a 27 year old lady whose twin (her brother) had committed suicide on their 27th birthday. She had never been able to get her head around the action, nor understand why it had

Why talking helps

happened. Jonny met up with her and they discussed their feelings. Jonny was able to explain what had pushed him to the limit and why he had attempted suicide. She was able to ask questions of Jonny that she would have welcomed the opportunity to ask her twin. They therefore saw things from both sides of the mental health situation from which she managed some closure.

Social media is so much part of the current generation and finally "Mike" was found. It was however Neil Laybourn who eventually greeted Jonny and the turmoil was over. On seeing each other there was instant recognition from both parties, and they immediately hugged each other. As Neil related the incident, Jonny slowly remembered key aspects and his memory was partially restored. It wasn't easy, after all Neil took twenty five minutes that initial day to stop Jonny from taking his life. They had much to talk about and understand. A wonderful rekindling of feelings from one knight in shining armour to the wounded soldier before him.

A bond had been made, with Neil and Jonny finding true friendship. This has remained and grown since that day. In fact they have both become Ambassadors with "Rethink Mental Illness". Last year having been invited by American TV to bring closure to the original media campaign, they appeared together on a chat show in Dallas.

The Channel 4 programme concluded with what appeared to be a happy ending, but after researching on the internet I discovered more. You see since last October Jonny has relapsed with suicidal thoughts again and been hospitalised twice. However having discovered that sharing his thoughts and difficulties with others via YouTube, he is able to cope better. Jonny has spent time writing blogs sharing his true feelings. Being open and honest instead of pretending everything is ok, he is actually helping to heal not just himself, but show others the way too.

If you are interested in following Jonny's progress or finding out more of how to cope with mental illness then just type "Jonny Benjamin" into the search bar on your computer/ laptop/ tablet. There is much to discover.



If you would like help from Rethink, then email: advice@rethink.org or ring 0300 500 927

Of course you can also seek help from the Samaritans too

Email: jo@samaritans.org
 Ring: 08457 90 90 90
 Local number: 01432 269000



Hereford Council's statement

The future of adult social care planning a new journey together

Help people take care of themselves better

by asking you what you need, then helping you make that happen (we won't do it for you, but we'll help you do it for yourself)



Support communities and help them grow

so that they can support you better



Change people's expectations

so that you can be realistic about what is available, who will provide it and how it will be paid for



A proposed change in our approach

Now

Expecting to move into a care home

The council decides for you

Support plans put together for you

You move out of the county as there isn't housing or support available to meet your needs

Outcomes that matter to health and social care staff

Experts design services

Workforce = care professionals

The future

Staying at home with some support from your family, friends and local community

You decide what you want and professionals help you make that happen

Creative support plans are put together with you

You have a choice about where you live

Outcomes that matter to you and make your life better

Services are designed with the people who will be using them

Workforce = personal assistants, carers, families, friends, neighbours, communities

Personal health budgets and mental health

Key points from Think Local Act Personal Website

The question is no longer whether to implement personal health budgets in mental health, but how to do so and for whom.

- ◆ People in receipt of NHS continuing healthcare and children receiving continuing care already have the right to have a personal health budget, and from April 2015 people with long-term conditions who could benefit should have the option of a personal health budget. Mental health clients will be among the groups who could be offered personal health budgets.
- People who have mental health problems whose needs cross health and social care boundaries may be able to have integrated budgets across health and care.
- ◆ There is evidence that people can achieve better outcomes with personal budgets in mental health. These outcomes are dependent on how well personal health budgets are introduced. The evidence is growing.
- ◆ For personal budgets to work well in mental health, a fundamental change in culture is necessary, from a service-based to a person-centred approach.
- ◆ The many areas that have been offering personal health budgets for years, and social care colleagues, can share useful learning on implementation. It is crucial to keep sharing learning as widely as possible.
- ◆ People should start now, rather than wait for perfect systems and processes to be developed, and start small, learning as they go.

NHS England's policy is that personal health budgets operate within the NHS Constitution and will always be optional for patients.

The NHS Confederation's Mental Health Network and the Centre for Mental Health jointly published a report on how personal budgets could support recovery in mental health:

www.centreformentalhealth.org.uk/pdfs/Recovery_personalisation_and_personal_budgets.com

NHS Nene Clinical Commissioning Group has written about their experience of implementing personal budgets in mental health. See Personal health budgets for mental health: the experience in Northamptonshire, available at:

www.neneccg.nhs.uk/personal-health-budgets

Social Care Institute for Excellence has produced a guide to integrating personal budgets for people with mental health problems.

See: www.scie.org.uk/publications/guides/55-integrating-personalbudgets-for-people-with-mental-health-problems

Project Linus UK

Project Linus UK is a volunteer organisation. We aim to provide a sense of security and comfort to sick and traumatised babies, children and teenagers through the provision of new home made patchwork quilts and knitted/crocheted blankets, and give volunteers across the UK the opportunity to contribute to their local community.

Project Linus began in America in 1995 when Karen Loucks saw a newspaper article showing how much a comfort blanket had helped a child cancer victim and decided to organise blankets for her local children's cancer unit and started spreading the word. Since that time over 4 million blankets and quilts have been delivered worldwide. The organisation began in the UK in March 2000 as a result of a quilter's desire to help children in need. We now have a large network of volunteers across the UK who donate their time and skills to create beautiful blankets and quilts.

Our volunteers deliver about 2,000 quilts and blankets to sick, disabled or disadvantaged children across the UK each month. We cannot reach out to every distressed child but we can help to provide them with tangible evidence that someone cares, along with the physical reassurance that comes with being snuggled up in a quilt. We always try to deliver quilts and blankets to children who are local to the makers.

Once a quilt is received by Linus, it is checked and prepared for delivery. A Project Linus label is sewn onto every quilt. The quilt is then given to a child to keep.

Made with tender

Loving care for

Project Linus UK

If you can't sew or have no time to offer the charity, why not donate supplies such as cotton fabric, which will help the organisation to run smoothly?

To learn more about the 2015 project visit their website: www.projectlinusuk.org.uk (where this information is taken from)

Email: project:linusuk@hotmail.co.uk

**The local co-ordinator for south Herefordshire is:
Mary Wood, in Much Birch. Ring Mary on 01981 540 412**

The total number of quilts donated to date is: 234,389

In 2014 it was 27,073

In 2015 so far it has reached 5223. Can you help them increase their numbers?

Can you help?

Project Linus UK

Poster designed by Mary Birch



***A Quilt is a Hug
you can keep***

Can you help us provide comfort and security for babies, children and teenagers who are sick, disabled, distressed or disadvantaged?

Useful Contacts

NHS Herefordshire

Patient Advice and Liaison Service (PALS)

The County Hospital, Hereford

Mon-Fri 8.30-4.30

Office Tel No: 01432 372986

Mobile Tel No: 07825 681801

Email:

makingexperiencescount@wvt.nhs.uk

Equality and Human Rights Commission

Freepost RRLL-GHUX-CTRX, Arndale House,

Arndale Centre, Manchester, M4 3AQ

Tel: 0808 800 0082 Website:

www.equalityhumanrights.com

RADAR, now at Disability Rights UK

12 City Forum, 250 City Road, London, EC1V 8AF

Tel: 020 7250 3222 Minicom: 020 7250 4119

Email: enquiries@disabilityrightsuk.org

NHS Direct Tel: 111 (free service)

Wye Valley NHS Trust

The County Hospital

Union Walk

Hereford

HR1 2ER

Tel: 01432 355444

Wye Valley NHS Trust

Community Health

Vaughan Building

Ruckhall Lane

Belmont

Hereford

HR2 9RP

Tel: 01432 344 344

Herefordshire Council and NHS Herefordshire

Social Services Adult Duty Desk

Office hours 9am - 5pm

Office Tel No: 01432 260101

Out of hours: 0330 1239309 adults

01905 768020 children

Our next event to be held at

Wednesday 1st July

Three Counties Hotel, Belmont Road Hereford

A Disability Roadshow

Check out website for details

www.herefordshiredisabilityunited.org.uk

Network News is produced by Herefordshire Disability United,

c/o 39 Lea Villa Residential Park, Lea, nr Ross-on-Wye, Herefordshire, HR9 7GP.

Tel: 07817 473813 Email: info@hdu.org.uk

Website: www.herefordshiredisabilityunited.org.uk

HDU is registered with the Charity Commission. Charity number 1154349