

**Herefordshire
Disability
United**



Network News

May 2013



Can "Green therapy" improve your state of mind?

**Mental health
issue**

Thoughts from the editor: The seminar on 23rd May highlighting mental health issues is a slight diversion from our usual meeting format, but a subject we felt should be addressed. Usually swept under the carpet, mental health is a topic often isolated as are the people it affects. We felt that by opening up the picture in our county, and showing where services are in place might be useful to those wishing to get a better understanding. There are numerous therapies to be accessed, often by voluntary groups and these need better exposure. So much is hidden which should be on show, for the benefit of all.

You may be interested too in our next event "Mind the Gap" on 10th July. I suppose in reality it should read "minding the gap" as we will consider those disappearing public services and voluntary groups which are suffering cuts, and hopefully highlight how things will carry on. Further details will be on our website as speakers confirmation evolves.

You may find there are slight American overtones in this issue as I have been to Texas where my family located with work earlier this year. What would you think of this idea, seen on a vehicle in Texas? This seems a much better idea than the "blue badge" used in the UK. It is permanently on the car showing that the occupant is disabled and therefore entitled to use a disabled bay to park.



Don't forget, we welcome articles from individuals and organisations to promote their stories or interests too. Please contact the Editor..... details on the back page.

How about this idea for your local shop? Why not tell them?

This Window Touch Alerter was designed to incorporate all the advantages of a sign and a wireless door bell combination, which is simple to fit and vandal proof.

This unique product is placed on to the inside of the shop window or door and when touched from the outside of the glass operates by ringing a wireless bell, indicating that assistance is required by a wheelchair user or disabled person.

One of the main features of the unit is that it takes 30 seconds to install it, without the need of drilling holes or calling out an electrician.

The signage has an adhesive pad on it, and when peeled off can be securely placed onto any glass surface.

Cost: About £220 including vat@20%



Size: H140mm x W90mm
Batteries: 2 x size C 1.5v



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.

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Herefordshire Mencap group provides support to adults and children with learning difficulties. Contact Rose Hunt: 01885 400257 or email rosehm@hotmail.co.uk
Also on Facebook and Twitter

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.

Useful information on the web

Turn2us website

Log in / Register



Search: **GO**

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I'm helping someone
find out about
benefits and grants

I'm looking for help
for myself about
benefits and grants

I'm from a grant-giving
charity interested in
Turn2us services

Welcome to Turn2us

We are a charitable service which helps people access the money available to them – through welfare [benefits](#), [grants](#) and other help.

Our free, accessible website has been designed to help you find appropriate sources of financial support, quickly and easily, based on your particular needs and circumstances.

Turn2us is a part of Elizabeth Finn Care.

Latest News

[Ask an Expert: Benefit Changes - April 2013](#)

Submit your questions to our experts on any aspect of the recent and forthcoming benefit changes.

[Benefit cap: extra funding for pilot London councils](#)

Trials start 15 April.

[Blackpool to be worst hit by welfare cuts](#)

According to a new study by Sheffield Hallam University's Centre for Regional, Economic and Social Research.

Have you discovered this website, Turn2us? It is very useful for providing up to date information on the essentials for those with disabilities and others who need to access the likes of benefits, or for those who might find grants for the individual an asset. On-line there is even an easy to use "benefit's calculator". I found the site purely because it was mentioned in the magazine which Kent County Council provide for its past employees who have now retired.

It appears that this charity can offer grants to individuals instead of organisations which may be those who just can't find the financial resources anywhere else.

There is also the opportunity to ask questions from their experts on the recent and on-going changes to the benefit system, which frankly is a minefield to the best of us.

Give it a try!

There is a free phone line for those without computer access. It is 0808 802 2000, available Mon-Fri 8.00am– 8.00pm. You can even have face to face contact using face to face contact with one of their partner organisations.

Citizen's Advice

We all know of the work which Citizen's advice do to help many in their hour of need, and this is why HDU invited them to be part of the Mental Health Seminar on 23rd May at Hinton Community Centre, especially where debt is concerned

HDU has been lucky enough to secure a speaker who responded to the request to their local site, asking for someone to deliver information regarding mental health and debt. This subject is one many would shy away from, but being realistic it is something all too common with many people who have mental health issues. Unfortunately debt and bankruptcy occur when the realistic approach is lost, causing further hardship and heartache for families trying to come to terms with the issues affecting their loved ones. When this in turn means losing a home if the mortgage terms are not honoured, being unable to balance daily needs of food and heating, or just causing a further split between loved ones due to the stress and pressure of mental health, money worries are something we all can relate too especially in this current economic climate affecting our daily life.

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Adviceguide
self help from Citizens Advice

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Debt and money

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See also

[▶ Debt FAQs](#)



Debt and money

Dealing with money issues can sometimes be off-putting, but if you don't understand how things like credit or mortgages work, you could end up losing out financially or getting yourself deep in debt.

The following pages will give you the information you need to make the right choices, including help to deal with your debt problems, how to avoid losing your home and how to get your finances back into shape.

This content applies to England

- ▶ [Northern Ireland](#)
- ▶ [Scotland](#)
- ▶ [Wales](#)



Popular links

- ▶ [Debt relief orders](#)
- ▶ [How to sort out your debts](#)
- ▶ [How to deal with your creditors](#)
- ▶ [Bankruptcy](#)
- ▶ [Budget sheet](#) [PDF 41 KB]
- ▶ [Sample letters to creditors](#)

[Help with debt](#)

[Mortgage problems](#)

The Citizen's Advice Bureau is always busy, and you need to book appointments, so if possible why not check out their on-line facility to see if you can find the answer you are seeking. It may be quicker and save further anxiety. Don't forget they do far more than just debt advice, and are heavily reliant on volunteers too.

Depression.....how it affects different people



In a UK study involving more than 300 elderly people who had been discharged from hospital, 17 % were found to have previously undiagnosed depression and of that figure, 7 % died within two years of leaving hospital.

The study also showed that 41% of elderly people who have depression are often later re-admitted to hospital with other illnesses, possibly a result of not receiving appropriate treatment for their depression. The participants, all aged over 75, were interviewed regularly over a two-year period following discharge from hospital.

Factors including physical illness, breathing capacity and social activity were found to impact on the prevalence of depression and consequently the likelihood of re-admission to medical care and early death.

This research has been published in the [International Journal of Geriatric Psychiatry](#).

Undiagnosed depression

Why depression continues to go undiagnosed and untreated in primary care

STEVE WILKINS, MPH | CONDITIONS | APRIL 28, 2011

What medical condition is the most costly to employers? I'll give you a hint. It is also a medical condition that is likely to go unrecognized and undiagnosed by primary care physicians.

If you guessed depression you are correct. If you mentioned obesity you get a gold star since that comes in right behind depression for both criteria ... at least in terms of cost and the undiagnosed part.

Four out of every ten people at work or sitting in the doctor's waiting room suffer from moderate to severe depression. Prevalence rates for depression are highest among women and older patients with chronic conditions. Yet despite its high prevalence and costly nature, depression is significantly under-diagnosed (<50%) and under-treated by physicians.

I have identified what I believe to be the central reason why depression continues to go undiagnosed and untreated in primary care. The reason is that physicians are uncomfortable talking to patients about it. Even when patients provide "cues" suggesting evidence of depression in the opening statement ("I haven't been sleeping well," or, "I haven't been myself lately"), evidence suggests that physicians are likely to simply not recognize or ignore the cues. Physicians themselves admit that their training predisposes them to be more comfortable dealing with biomedical versus psychosocial issues

Is the new system in Herefordshire going to improve matters for those with depression?

An active teenager coping after her accident



At the beginning of 2013, my family and I moved to the USA, Houston to be exact, where we were to start our new lives. However there was one thing I was planning to continue across the pond and that was trampolining.

I've always been known for two things: one - being a complete clutz (accident prone), and two - being the 'trampoline girl'. Not the best combination but it meant that we weren't surprised on the 21st of February, when I had my accident in the gym.

After many tests at the hospital, I had torn my ACL and MCL ligaments on either side of my knee, and sprained my lateral meniscus which left me on crutches for weeks and awaiting an op! Also I had to wear a stupid hinged brace that looked slightly robotic - hence the name 'Robot Bec!' and have physio twice a week in preparation for my operation on 10th May.



Every Friday, my mum and I would go food shopping at any three of the top supermarkets; Walmart, Target or H.E.B. I promised mum that I would hobble around Walmart with her a day after my accident, as long as we went round slowly!

To my surprise, lined up outside Walmart, there were half a dozen red mobility scooters. All of them were fully charged and in good condition. Of course I decided to use one of these scooters as my hands were killing me from my crutches! The mobility scooters were not only easy to use, they could easily fit down every aisle in the store.



Compared to when I was in the UK, there wasn't an option to use these mobility scooters, so people on crutches had no choice but to get sore hands and struggle with their food shopping.

I definitely would recommend the main supermarkets, such as Sainsbury's and Tesco's to invest in a few mobility scooters to help their disabled customers around their stores.

Becky Lloyd aged 17 years

Problem.....map out the solution

Draw a mind map

The concept of “mind maps” were developed in the 1960s by the Educator Tony Buzan when brain storming was a new idea, although the term now ousted for “thought showers” so as not to offend has superseded it. The principal still remains the same however, to create one central thought from which to radiate ideas becoming a focal point emanating a process of super ideas which grow.

So is a mind map useful for creating productivity for everyone, not just those who are in the business world, but for others who need to take control of their lives? Why not find out?

Take a piece of paper (yes even in this age of technology) and turn it sideways, adding one central thought bang in the centre. This could be a word or a thought or even an image if this is your forte. Using colourful pens/ create curving branches from your thoughts and see what develops.

The Mental Health Foundation...podcasts

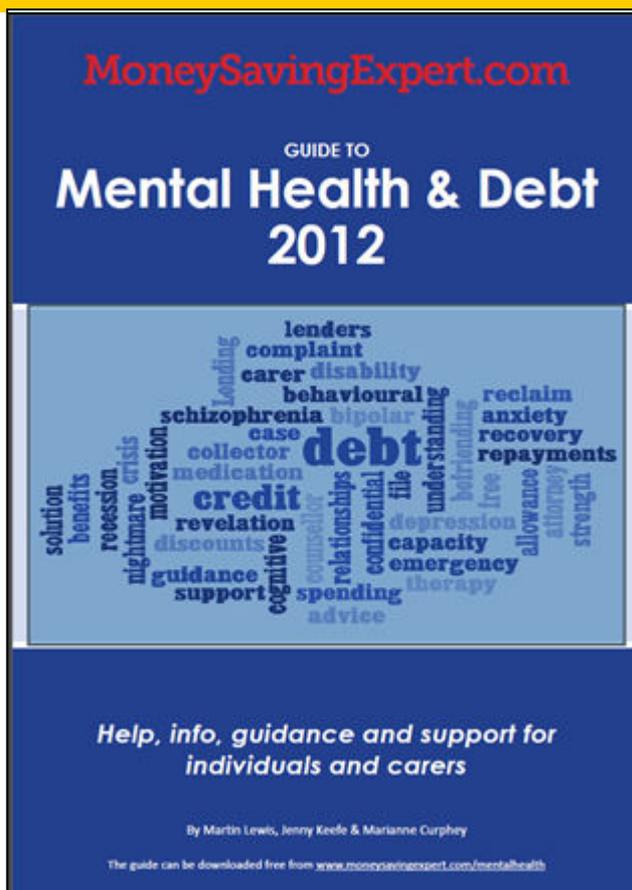
Are you aware that the Mental health Foundation has some wonderful podcasts to download which can help you relax and improve your sense of well being? They're designed to fit around your lifestyle and provide an introduction to the skills and techniques that can help you live a mentally healthier life.

These podcasts are available to listen or download via **iTunes**. Titles available are:

- ◆ Wellbeing and sleep.....intended for use in bed to relax before sleep
- ◆ Stress & the mind....for use anywhere, breathing exercises and quick relaxation
- ◆ Stress & the mind...how to use positive emotions and imagery to relieve pressure
- ◆ Wellbeing and positive thinking...positive thinking to relieve anxiety
- ◆ Wellbeing and nutrition....how diet can help mental health
- ◆ Wellbeing & relaxation...a short easy form of meditation effective to reduce stress
- ◆ Progressive relaxation for better sleep..... A technique to improve sleep
- ◆ What is Mindfulness...an introduction to Mindfulness and its benefits
- ◆ Mindfulness....a 10 minute practical exercise
- ◆ Exercise and mental health...how to look after your mental health with exercise
- ◆ How to overcome fear and anxiety.....outlines ways to overcome these aspects
- ◆ Stress & relaxation.....quick breathing activities to calm mind and body
- ◆ Wellbeing & sleep....quick fix relaxation to use before going to sleep
- ◆ Stress & relaxation.....stress management techniques reduce daily life pressure

Website: www.mentalhealth.org.uk

Mental Health and Debt... a guide to help you through



This booklet was produced last year in an attempt to help the many people with mental health issues that find themselves in debt. Its not just the individual but often their family that have to overcome not only hardship but the stigma which debt and bankruptcy causes too.

The moneysavingexpert.com guide was written with the help and guidance of the following organisations:

Citizen's Advice. Mind, Rethink, Christians Against Poverty, The Money Advice Service and The Consumer Credit Counselling Service. Each of these organisations have their own advice and support contacts so if you need to speak to anyone then the phone numbers are in the booklet.

If you feel unable to speak to anyone about your issues then try a free online debt tool as seen on page 18 of the guide:

“Free online debt help tools

Debt counsellors don't have special powers. Creditors take them far more seriously than they take individuals acting alone though, so speaking to a debt counsellor is usually the best idea. But if your condition means talking to someone may be very stressful, free online tools can help you do it yourself.

The Consumer Credit Counselling Service's Debt Remedy tool suggests what action to take, based on your circumstances. It takes about 20 minutes to complete, and is completely free and anonymous. Go to <https://debtremedy.cccs.co.uk>

It automatically screens for depression and anxiety, and those with mild symptoms will be able to proceed its free online behavioural therapy tool, e-couch. It advises severe cases to contact GPs.

See www.moneysavingexpert.com/debtproblems for more online debt-help tools.”

This 44 page guide offers so much more advice, from spotting signs of depression in your friends and relatives, to where to go for all types of financial difficulties.

The writers of the booklet also recognise that admitting to having a financial problem is hard, and speaking to someone about it is even more difficult. They try to set out ways of approaching the issues, and for some just the realisation that others are in a similar situation can be the kick start that's needed.

Don't feel you're the only one in debt. Take heart from the advice provided.

Battle Buddy dogs... info from the Editor



This is Balto, a happy go lucky rescue dog being trained to serve as a service animal for a soldier suffering from Post Traumatic Stress Disorder. In late April this year Balto was an emaciated wretch at an animal shelter, but if all goes well he will eventually become a “battle buddy” for an active or former member of the military with PTSD. Each dog in this process will be adapted to the needs of the particular veteran, and unlike regular service dogs will actually have greater physical contact with their companion. This is essential for both parties as the dog has not been welcomed into a family before and needs love, and the veteran is in need of a friend who shows unconditional love regardless of their appearance after war has disabled their body.

Train a Dog, Save a Warrior is an organisation which started in 2010, and has placed 110 dogs (most of them rescue dogs) and has another 200 in training all over the country at the moment. It is hoped that the high rate of suicide amongst ex-military personnel will be reduced by use of these battle buddies.

Now I’m sure you are thinking I’ve never heard of this organisation, and that’s because its something prevalent in the USA. However I thought that by introducing the topic in this current magazine dealing with mental health issues, it may prompt someone to believe it would be a great scheme to introduce in the UK too!

Barton Hill Farm Therapy Centre..... Contact Julie Milsom

Most people are aware of the use of dogs to assist people with physical or sensory needs, but there is a long history of the use of other animals for their therapeutic Qualities and at Barton Hill Farm we offer animal assisted therapies.

Just being around animals and caring for them can be hugely beneficial both physically and mentally It is now well documented that holding and stroking animals can reduce blood pressure and alleviate feelings of tension and anxiety.

Animals are non– judgemental and give unconditional love, and for the survivors of abuse can often be the first form of “safe touch”.

They are an excellent aid to communication, and are always a good talking point, but they are also useful for assisting non-verbal communication, and have produced good results when working with people with autistic spectrum disorders and attention deficit disorder. Animal assisted interventions can assist people in finding alternative coping strategies to face challenges and support personal growth.

Therapeutic horticulture in promoting physical and mental well being. It can alleviate depression and promote confidence and self esteem.

Contact Julie Milsom @Barton Hill Farm

01432 279860 or 07971 423817

Or email: info@equine-animal-assisted-therapy.org.uk



The Mystery of Autism...a research programme

This information is taken from an article in the Houston Chronicle on 23rd April 2013.

“It doesn’t sound like much: A tiny bit of skin, plucked from the arm of a child and placed in a dish. But in a Houston lab, the skin cells in that dish may be the key pieces to solving the puzzle of autism...what cause it, and how to diagnose it and eventually how to treat it.

Studying brain disorders can be tricky...after all you can’t cut into the brain and examine it directly. But now from their 12th-floor lab in the heart of the Texas Medical Centre, this team is using a patient’s own cells to recreate human neurons from outside the body. Growing cells in a dish allows you to see how they operate. Scientists observe which pathways go wrong, and design new, better therapies to intervene. In the brain of a child with autism there is a composition that is different from a healthy child. They are looking for ways to diagnose autism much earlier in a child’s life, which will help children get earlier therapy. They also want to learn what causes autism in the first place.

Earlier diagnosis will come first. Dr Maletic– Savatic wants to move up the time-line for diagnosing autism, using brain scans to detect the disorder in a baby’s earliest days. “We are trying to generate a composite biomarker that can help us diagnose autism earlier. The brain has more plasticity in the first two years of life than it will ever have again. Immediate therapy can help a baby develop better speech and communication, and perhaps create what is often missing in children in autism a capacity for imaginative play”.

For many years autism has been diagnosed by behaviour. A child will exhibit three core symptoms...difficulty communicating, abnormal social interaction and repetitive behaviour. Autism is a set of symptoms, but probably a hundred causes eventually lead to these symptoms. In autism research there is an overwhelming emphasis on genetics, but only 15-20% of cases have a clear genetic cause in such syndromes such as Rett, Fragile X and Angelman.

The process found in this research uses science that won the Nobel Prize last year, the discovery that the cells in the body can be reprogrammed as completely different types of cells...Stem Cells. Skin cells can be programmed back to their embryonic stage to develop as neurons just like the ones in the child’s brain. This is currently in the very early stage and has ten years funding hoping that research will help the treatment and cure brain disorders”.

In 2009 the “Autism Act” received Royal Assent with the government producing an autism strategy by April 2010. The Secretary of State issued statutory guidance for local authorities and local health bodies to implement supporting the needs of adults with autism to follow by 31st December 2010. Statutory guidance is a legal obligation which authorities must follow.

What is happening in Herefordshire?

If you would like to contact a professional organisation for autism then try the National Autistic help line: 0808 800 4104 Mon-Fri 10.00 – 4.00, not bank holidays.

Green Care.....an approach to mental well being

Have you heard about
Orchard Origins?

ORCHARD ORIGINS



Green care as an approach to mental well being is a therapy being established by Orchard Origins - a collaboration between Herefordshire Nature Trust and Mind

www.herefordshirewt.org/orchard_origins.

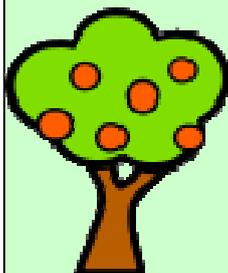
The website says:

“The Trust has teamed up with [Herefordshire Mind](#), providing support where it is needed to allow people to participate in managing orchards, harvesting and preserving fruits and selling our wares at events celebrating local food. We always need people to [volunteer with us](#) and offer training and experience in return, as well as a chance to make a practical contribution to conservation. We will be launching as a social enterprise later in 2013 to continue the work started with our project funding.

Orchard Origins is using unwanted fruit, including rare and traditional varieties, to make a range of delicious [products](#) which showcase Herefordshire’s orchard tradition and enable us to fund [our mission](#). We offer people the chance to learn about orchard management, fruit production and preservation.

Of course, orchards were planted for the fruit they provide, but they also provide terrific habitat for a great variety and quantity of wildlife. We believe that to help orchards thrive in the long term, we need to show that conserving this traditional habitat is as good for people as it is for other species”.

For further information contact:



Orchard Origins,
Herefordshire Nature Trust,
Lower House Farm,
Ledbury Road,
Tupsley,
HR1 1UT



01432 356872

Email: enquiries@herefordshirewt.co.uk

Mental Health Reference Group



Mental Health Reference Group (HEREFORDSHIRE)

If you have an interest in Mental Health
either as
a Carer, Service User or a Professional Clinician
- come and join us. Make your voice heard.

We form the Mental Health 'Triangle of Care'.

MEETINGS

*Our meetings are held monthly between 2:00pm and 4:00pm
at:*

*The Kindle Centre, ASDA Superstore,
Belmont Road, HEREFORD, HR2 7JE*

THE DATES OF OUR MEETINGS DURING 2013 ARE:

Monday 24 June	Monday 29 July
Monday 19 August	Monday 23 September
Monday 28 October	Monday 25 November
Monday 16 December	

Also "Independent Hugs" evenings of friendship & support
4th Tuesday of every month 6-8pm
The Friends Meeting House, Kings Street
Hereford

FOR MORE INFORMATION PLEASE CONTACT DAWN LEWIS:

Address: 78 Holme Lacy Road, HEREFORD, HR2 6DA
Telephone: 01432 508801
Mobile: 078 5569 8535

Email: DawnLewis001@yahoo.co.uk

Website: www.MentalHealthReferenceGroup.org

Tomcat Trikes.....bespoke tricycles for adults and children

Why not check out their website?



I wonder how many of our readers have heard of Tomcat Trikes? I hadn't until I picked up a free paper in Gloucester and found a two page spread endorsing their products which have won a Queen's Award for Industry.

Obviously its good to share information which will help disabled people, not only children but adults too, as these individually tailored machines are made unique to the needs of their user. The logo and information below is taken from their website:

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<http://www.tomcatspecialneeds.co.uk>

- Every Tomcat is Custom Built to order
- Average 4 to 5 years lifespan
- Lightest UK special needs trike
- Disassembles – reassembles in just 3 seconds
- Lifetime support (for growth or disability changes)
- Supported by many of the UK's best local and National Charities
- Easily converts from trike to trailer (optional system)
- Can be fitted with Carer Control or Carer Braking systems
- Full range of customised accessories
- Customised gearing to suit each rider
- Two Piece frame system makes it easy to store or transport.
- High quality engineering makes it easy and intuitive to pedal

Commands a very high resale value

Carer Control was invented by Tomcat's M.D, Bob Griffin, for his son Tom who had Angelmans Syndrome; a condition, typified by severe learning difficulties and poor balance.

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When you look at the website you will see an array of vehicles being ridden by smiling individuals all pleased to be active and full of energy. There aren't any prices for the machines on the site as each one is unique.

There is even a hand powered trike for people with no use of their legs.

If you are interested then contact the company direct. They offer a free assessment to see what type of trike is most suitable and if any special features need to be added. Call Bob or John at their Gloucester office to make enquiries or book to have an assessment (01452 616900).

Don't be at risk of social isolation.....try acsyl

A circle supporting you for life



Do you know anyone who is at risk of social isolation? They could benefit from a new organisation serving Herefordshire and its adjoining counties.

ACSyl (pronounced 'axle') is family-led and empowers vulnerable individuals by building lifelong circles of advocacy and support around them. Each circle is designed to suit the person's particular interests, talents, aspirations and needs. As these needs and wishes change over time, the circle adapts. This gives the person a good life even after his or her parents have passed away.

Every circle is built and maintained by a Community Connector, working with the family and the person to identify suitable individuals who could be intentional friends. ACSyl also helps parents with their financial planning: wills, trusts etc.

ACSyl has started building its first two circles in Herefordshire, and a third family has expressed a strong interest in joining the programme. "Our service brings peace of mind to families," says Rob Gorle, ACSyl's Managing Director. "We all want our relatives to be happy and well, but families who have vulnerable members often worry about how they will cope once the family is no longer there to stand up for them."

Although new to this area, the concept is well-established elsewhere. It began in Canada in the 1980s as PLAN: Planned Lifetime Advocacy Network (<http://plan.ca/>). The initial impetus came from elderly parents wanting to ensure a good life for the lifetime of their disabled sons and daughters. The concept has since spread to the USA, Australia and Europe. The Scottish organisation, Equal Futures, started in 2004 (www.equalfutures.org.uk).

ACSyl has been several years in the making. The PLAN concept came to Herefordshire through Plan Federation UK, a national group that had obtained start-up funding from several local authorities. Herefordshire Carers Support provided meeting space and administrative support for the WyePlan Steering Group: the inaugural group of interested parents. After many discussions and much learning from the Canadian and Scottish organisations, ACSyl was born and registered as a limited company in 2012.

For further information, go to www.acsyl.co.uk

Tel: 01989 555 006 E-mail: info@acsyl.co.uk

Useful Contacts

NHS Herefordshire Patient Advice and Liaison Service

Franklin House
4 Commercial Road
Hereford
HR1 2BB
Office Tel No: 01432 260263
Mobile Tel No: 07971 315709
Email: enquiries@herefordpct.nhs.uk

Equality and Human Rights Commis- sion

Freepost RRLG-GHUX-CTRX, Arndale
House,
Arndale Centre, Manchester, M4 3AQ
Tel: 0800 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 Here- fordshire

Social Services Adult Duty Desk
Office hours 9am - 5pm
Office Tel No: 01432 260000
Email:
[LocalityAccess-
Point@herefordshire.gov.uk](mailto:LocalityAccess-Point@herefordshire.gov.uk)

**“Mind the Gap” Meeting
Wednesday 10th July Hinton Community Centre**

**Who is minding the gaps which cuts in
public services have opened up?**

Find out more and book a place via the website

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.**

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