



Herefordshire Disability United Network News

Spring 2017



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

Editorial:

Today's focus at our event is wide reaching as we try and keep you abreast of the ever changing face of adult social care and disability.



But first I would like to say, we have secured another grant from Awards For All (The Big Lottery Fund) to support the work we do in Herefordshire. We are very grateful for this grant especially at a time of cut backs across the board. We have been recognised for the endless hours our committee of volunteers provides, and of course their wide ranging personal experience which benefits others. Our AGM this afternoon will see them offer another year's service to achieve HDU aims of networking without boundaries to improve lives. I would like to personally thank them for supporting me as chair too.

Today's speakers will cover various aspects of social care and the availability of alternative provision in this county. With the shift to community care it's knowing what is available and in which location. Cost of care is foremost in the mind along with appropriate provision to suit each individual.

Assessments are causing much stress to individuals and care plans which follow are having a dramatic impact, not just on individuals but on support organisations too.

The dreaded words seen on one person's care plan ran something like this:

“The possible move to a care home might be seen as an option”.

The impact of this sentence was traumatic. It may not have been intended to create blood pressure to rise, and mental health to be affected, but this is precisely the outcome. So rather like policemen not being human just a number, service users are observed to being just a name, regardless of their professional standing and ability.

With cuts in funding from Hereford Council for both Crossroads Care, and Herefordshire Carers Support, the outcome of actual details is not to hand as this publication goes to press. I'm sure they will be available on their prospective websites, and during our event their representatives will advise us, but whatever the outcome there will be changes ahead.

You will find inside details of the outcome of the Home Care Provider contract, which unfortunately has yet to be awarded. Again the pressures put on Providers that sought to be awarded a contract, and service users wondering what will be happening to their lives is escalated. It's almost a BREXIT situation! Uncertainty for jobs, lives and the future.

Let's put a bright end to this editorial. Rural Media a (local company) has been working with the Hereford branch of the NAS and members of the Autism Partnership Board, to make a film based on seeking employment when on the Spectrum.

We hope to show it at our meeting on 29th March, but see for yourself via this link.

<https://vimeo.com/206232776>

The Editor

HDU newsletter contents and information

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Be prepared

in 2017 for
changes

Next HDU event

Check our website for
details

[www.herefordshire
disabilityunited.org.uk](http://www.herefordshire
disabilityunited.org.uk)

Also for consultations,
news and up to
date information

Herefordshire Disability United (HDU) 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.

HDU is run by people with disabilities for people with disabilities. It was started in January 2011, and has grown to be an acknowledged organisation representing service users, and their families fighting for a better future and understanding.

HDU take part in consultations to highlight issues that affect persons with disabilities.

Our networking is effective with representation via public sector officialdom, providers and the third sector, local and national businesses to improve their practices and policies.

We are a democratic, non sectarian, non party political organisation, stimulating discussion to improve outcomes for disabled people.

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 Red Cross support in times of crisis

Support in times of crisis

The British Red Cross helps people in crisis, whoever and wherever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies. We help vulnerable people in the UK and abroad prepare for, withstand and recover from emergencies in their own communities.

We have two Independent Living services in Herefordshire that support people who may have experienced a personal crisis in the form of an illness, hospital stay or bereavement. We aim to provide support that enables the individual to regain or maintain their independence.

The services are carried out in accordance with Red Cross fundamental principles and in line with the Society's equal opportunities and volunteer policies. We are totally committed to giving support without discrimination. Our responses are centred on the client's individual needs, and our aim is to reinstate independence. We actively seek comments from clients about the service they receive.



Herefordshire Assisted Discharge Service

This service can enable a safe discharge from hospital for those who live alone or have no support at home by transporting the person home (as long as they are able to get in and out of a car unassisted), settling in the individual so that they are warm and comfortable and ensuring they have basic provisions.

Our staff and volunteer team can also complete a basic shop and collect prescriptions and contact family or neighbours on their behalf to inform them of their return home. We will then contact 24-48 hours later to see how the person is getting on and whether any further support is required.

The Service Objectives are:

- ◆ To prevent people from being re-admitted to hospital because of inadequate support at home.
- ◆ To provide appropriate short-term support not recognised as the formal responsibility of the statutory agencies.
- ◆ To offer a client based, not task orientated, approach to the support of the client.
- ◆ To complement the role of all community support services.
- ◆ To signpost clients to other services where appropriate.

Support at home Service

This service has been funded through the Land Rover Partnership, with an aim to improve the lives of rurally isolated people facing crisis. By helping vulnerable people connect with their community, dignity and independence, we will enable people to take back control of their lives and better able to face the future.

Support at Home Service

The Support at Home Service is to provide practical and emotional support to people who may be experiencing a difficult time.

We provide appropriate short-term support not recognised as the formal responsibility of the Statutory Agencies, and/or to assist Statutory Agencies in the provision of a complex package of care for up to six weeks.

Any adult patient living in Herefordshire is eligible to access the service and we take referrals from any source, including; GPs, self-referrals, health and social care professionals.

We measure our success by achieving positive outcomes and work with the individual to identify the key objectives they would like to achieve. The client should, therefore, need assistance with one or more of the following living skills to remain independent:

- ◆ Feeling safe and secure
- ◆ Making more meaningful use of time
- ◆ Improved ability to manage paperwork and finances
- ◆ Improved ability to manage day to day activities
- ◆ Increased satisfaction with home environment
- ◆ Improved awareness of the access to further services
- ◆ Improved social networks and friendships
- ◆ Improved ability to cope in caring role

Our volunteers are able to support with shopping, accompanying to medical appointments, signposting to other organisations for example to complete a benefits entitlement check. We are unable, however, to provide any element of personal care.

Both services cover the county of Herefordshire and are free of charge. All referrals should be made by contacting us on:

Telephone: 01432 373020.

“After a lengthy spell in hospital which left me exceptionally weak, the Red Cross came to my rescue. They helped me to get out to appointments that I need to attend by providing me with transport and the services of staff and a volunteer, Colin. When Colin took me out I felt uplifted in spirit apart from the obvious practical assistance. We formed a good relationship during the time of the support and it helped me to move on with my life.”



“Think it’s wonderful what the British Red Cross do, especially putting up with me on the phone. Felt listened to and they calmed me as I was getting worried as everything was getting on top of me” JB

Home Care Provider tender update

Information from Martin Samuels, Director of Adult Wellbeing



I am writing to update you on the progress of the recent exercise to re-tender and realign the current HACS service, replacing it with a new Help to Live at Home model. We have been working for some months to develop a new approach to how we improve the wellbeing of Herefordshire residents, which is encapsulated in the council's blueprint within our recently adopted Adults Wellbeing Plan.

This places the individual at the centre of everything we do, supported by their family, friends and community, but able to draw upon public services as and when extra support is required. We are in no doubt that this represents a powerful way for us to think about what we do and our role in helping people to maintain the best possible level of wellbeing.

The blueprint must have a practical impact on the services that we deliver. We have therefore been seeking to re-design the homecare service, to ensure that care is provided in the spirit of enablement and that the delivery model ensures easy access to care when and where it is needed. The approach we are taking forward was developed through extensive engagement with providers, to ensure that it addressed their business needs as well as our care objectives and those of our residents.

I am therefore disappointed to announce that detailed evaluation of the tenders received has convinced us that the council should not proceed with awarding contracts under the current process.

Although several bids did meet the required standard, these were not sufficient to guarantee coverage or consistency across the county as a whole. As such, we concluded that overall service delivery might well be compromised if we were to attempt to proceed with awarding contracts for parts of the county.

The team will now completely review the commissioning, contractual and tender approaches, before undertaking additional engagement with the market, in order to develop and consider a range of alternative approaches for the future delivery of this service.

Whilst this review is in progress, we are urgently seeking the co-operation of all current providers to maintain our existing HACS framework arrangements to ensure continuity of service provision for our residents.

Could assistive technology help you live independently at home for longer?

Herefordshire Council's technology enabled care services (TECS) team will be at the Herefordshire Disability United open meeting on Wednesday 29 March.

The team will be available to discuss a range of different assistive technology devices, which can help people live independently in their own home for longer.

The devices can make a big difference to a person's quality of life and provide carers with peace of mind when leaving someone on their own for a short time.

We can offer a range of devices, including:
Medication dispensers

- ◆ Tracking devices
- ◆ Smoke alarms
- ◆ Epilepsy sensors
- ◆ Fall detectors
- ◆ Lifeline alarms

To find out more, please contact the TECS team:



**Herefordshire
Council**

01432 261650

telecare@herefordshire.gov.uk

**You never know when we might be useful.
Keep the number for future reference**

Help and advice with keeping warm



Keep Herefordshire
Warm

Keep Herefordshire Warm (KHW) is Herefordshire Council's affordable warmth and energy advice service.

Residents across Herefordshire can access free and impartial support to

help lower their bills and improve the comfort within their homes. Working with partners, the KHW team help support residents who may be struggling to affordably heat their homes. KHW provides advice, offers home visits, signposts to additional services and helps access grants and financial support.

KHW can currently offer free gas boiler services and home energy checks (including the installation of low cost measures such as energy saving light bulbs and draught excluders) to residents with long-term health conditions, a disability, or those on low incomes.

Throughout the year we can also help access grants for insulation work or towards the cost of repairing or replacing heating systems. Impartial advice on tariffs, suppliers and bills is also available.

We are happy to answer any query, no matter how big or small.

For more information, please call Keep Herefordshire Warm on 0800 677 1432 or email khw@mea.org.uk, or come and talk to us at the HDU event on at Hinton on the 29th March.

If you live in a “**Mobile or Park home**” there is a similar scheme to help, with eligibility requirements as follows:

1. The applicant buys their fuel from their park site owner and lives on the park site permanently (i.e. a full 12-month period)
2. Related to the above, the applicant pays, or is exempt from paying, Council Tax on their park home. **AND ONE OF THE FOLLOWING**
3. They or their partner is in receipt of Pension Credit Guarantee & Savings or Pension Credit Savings
4. They are in receipt of one of a number of means tested eligible benefits
5. They have a gross annual household income of less than £16,190 and the account holder is living with mental or physical disability or illness, or there is vulnerability within the home (children living in the house aged 5 or under or those of pensionable age)

They have a gross annual household income of less than £16,190 and spend 10% or more of household income on energy bills to heat the property. **Contact:**

Charis Park Homes hotline on 0330 380 1040.

Website for full details: www.charisgrants.com/park-homes

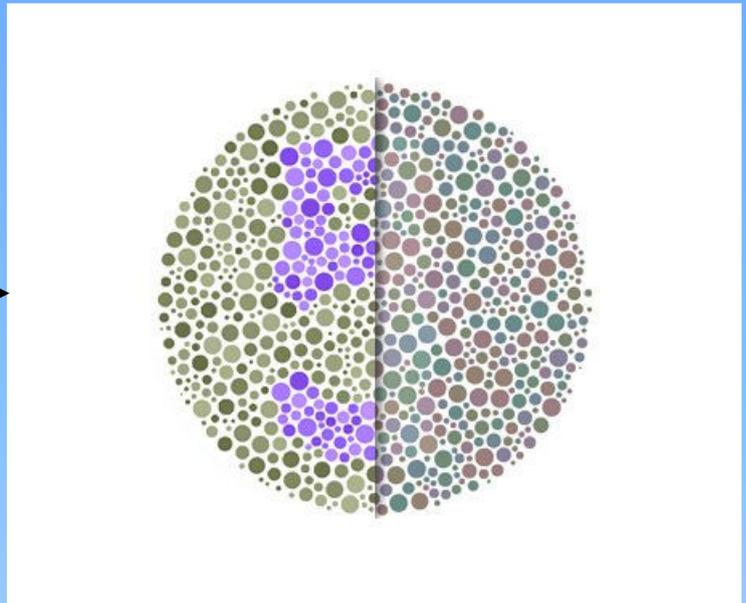
Colour Blindness and ENCHROMA

Colour blindness affects millions of people worldwide. It affects 1 in 12 men and 1 in 200 women.

The condition ranges from a variety of classes, red– green are the most common. Most people who suffer from colour blindness are not blind to colour, but have a reduced ability to see them,

Colour Vision Deficiencies (CVD) can be acquired but most are inherited genetically.

This demonstrates how red– green CVD sees the world. Their pigments have more overlap than normal making them unable to see different colours.



ENCHROMA found a way to alleviate this by creating a specialised lens to filter out certain colours.

In January this year the company **Enchroma** received an award at the White House (in the US A) for the small business of the year, for its exemplary innovative spirit and economic achievements in developing glasses for the colour blind.

Enchroma glasses contain a propriety spectral technology that is designed to help people with red– green colour blindness see an enriched spectrum of colour without compromising colour or balance.

While colour blindness is often seen as a mild disability, many colour blind people consider it a significant handicap.

Check out the Enchroma website where these details came from, and see the videos of those experiencing using these specialised “glasses” for the first time.

<http://enchroma.com/technology/>

New care facility for ad hoc respite

THE "GARDEN ROOM"

COFFEE, CARE & COMPANY

What Happens – when you get tired or need those few hours to yourself?

"CARERS NEED TIME OUT & SPACE TOO"

We have the answer!



Here at Gruneison Street
Whitecross, Hereford
HR4 0DZ

9-4 Mon to Fri
Full Days - ½ Days

1 or 2 hour ad hoc DROP OFFS
for adults

Something new & different for everyone.
To book contact: 01432 278435

This is a brand new property to accommodate ease of access and comfort for those in need of care, whilst their Carer pops off to a fulfil their own needs. It may be a dental/doctor's appointment, shopping or just some personal down time.

Launched as a separate project to the full time care homes the owners run, it is seen as a refreshing new idea to fulfil a much desired need.

Why not call Lyn Rushgrove to find out more?

The David Price Award, nominate someone



This award recognises a person who has, in an unpaid capacity, helped change the lives of a Herefordshire adult or adults for the better.

David Price was diagnosed with neurofibromatosis type 1 at the age of 13. It's a hereditary condition which causes multiple benign tumours on the skin, brain, spine and internal organs. It affects different people in different ways: David had the neurofibromas on his skin and spinal cord so that in his twenties he

was using a walking stick and then later in his thirties he became a wheelchair user.

David Price was a pioneer of disability involvement across the community. Supported by his loving family and dedicated personal assistants, he was instrumental in changing the public's perception of disability.

He championed the voice of local adult social care service users in Herefordshire and Worcestershire for

many years. This began around 1995 prior to him being the first recipient of a direct payment in this county in 1998.

David was chair of a small campaigning organisation "Group for Improved living for the disabled", where he inspired others to remain independent and in charge of their own futures. He also became involved in the Making it Real Board at a time when the council was extending and promoting direct payments: his contributions were greatly valued.

Sadly David passed away in May 2016. With support from Herefordshire Council, the Making it Real Board want to mark David's contribution with a new award for local people who go that extra mile to make a positive difference.

Nominations will be received and considered by the Making it Real Board, the voice of people who experience adult social care in Herefordshire.

Typical candidates may be a friend, an unpaid carer, a neighbour, support worker, member of a group or organisation, family member, colleague or volunteer.

Nominations should demonstrate, with examples, one or more of the following:

- understanding, respect and dignity
- made a positive difference to the life of an adult or adults
- championed concerns and challenged on behalf of others
- given up their own time

The person nominated can be of any age and have made a difference to an adult or adults in Herefordshire. Contact either email address for a nomination form:

makingitreal@herefordshire.gov.uk
sylvia.nicholls@btinternet.com or ring 07817 473813

Herefordshire NAS branch news



The Herefordshire Branch of the National Autistic Society (NAS) is a volunteer-led branch that aims to provide support to individuals of all ages with autism, their immediate families and carers, as well as to professionals. It campaigns for improved awareness and better local services for those living with autism in Herefordshire.

Supported by: →



What We Provide:

A range of social support and activity groups for children, teens and adults.

Puzzle Pieces is our monthly children's group for 2-12 year olds which runs during term times and Stay & Play is what we offer during the holidays.

Connections is the group we run on a monthly basis for teens aged 13-19 and Coffee & Chat is our support group for adults on the spectrum or parent carers.

Appointments /a drop-in service for information, advice and support.

The office is closed on Mondays, open for drop-in on Thursdays and the other days are appointment only.

A resource library for members with items such as books, DVDs, sensory toys and adaptive equipment for loan.

Signposting on to other appropriate services as required.

Training and education to people who have an interest in autistic spectrum conditions, such as educational and medical professionals.

Fundraising and awareness campaigns.

Please note:

We are unable to provide diagnosis of any autistic spectrum condition.

Room 9, Fred Bulmer Centre, Wall Street, Hereford HR4 9HP
01432 340072 or 07785 341494 Email: nas.herefordshire@nas.org.uk

The Alzheimers Society



The Alzheimer's Society has launched its' new brand.

Do you like our logo?
Have a look at our new website
www.alzheimers.org.uk.

There are lots of new updates and resources and news about national campaigns and research.

Locally we are delighted to confirm that:

- ◆ The Alzheimer's Society has made funds available to fund Leominster Meeting Centre until the end of August at which point it is hoped that the future for the service will be clear.
- ◆ We have been successful in our application to the Alzheimer's Society Innovation Fund to run a 12 month project 'Living well with dementia and learning disability'. More information to follow shortly
- ◆ From April we will be offering a group session on the second Tuesday of every month in Kington. A Memory Café and Singing for the Brain session will run on alternate months.
- ◆ We are planning for **Dementia Awareness Week from 15th May**. The theme this year is 'United Against Dementia'.
- ◆ A number of people who have dementia have formed a SURP (Service User Review Panel) in Hereford and will be meeting monthly from April to review and influence national and local topics and resources.
- ◆ 2gether NHS trust have extended our contract to provide the

Dementia Awareness Week begins 15th May

In the UK, there are about 800,000 people with dementia; it is estimated that around 400,000 people have dementia but do not know it. By raising awareness about this condition, it is hoped that more people will be diagnosed earlier, giving more time for them to come to terms with future symptoms.

In an advanced stage, a person with dementia may not be able to communicate and express themselves. People are encouraged to 'remember the person' behind the dementia; **the person is more than the dementia**.

<http://www.whathealth.com/awareness/event/dementiaawarenessweek.html>

WISH for information

WISH – Signposting to a Healthier, Happier and Safer Life



WISH is a free comprehensive one-stop shop for all your wellbeing enquiries. We can signpost you to general information about health, care options, support in living with a disability and keeping safe and comfortable in your own home. We also have details of over 800 local services, activities and support groups to help you stay healthy and enjoy the life you chose.

Information is available online, by telephone or in person. Come and see a WISH adviser at our full time hub in

Hereford Library, Museum and Art Gallery or at any of our regular pop-ups around the county.

Website: www.WISHHerefordshire.org

Email: info@WISHHerefordshire.org

Office opening: Telephone: 01432 383880

Mon, Tues, Wed and Thurs: 9.30am to 5pm
Fridays: 9.30am to 6.30pm Saturdays: 10am to 4pm

Visit our website and click on "Contact Us" for details of pop-up services near you.

WISH is delivered by Herefordshire charity, Services for Independent Living (SIL)

You can also join us at one of our pop ups:

Leominster Library, The Buttercross, Leominster on Thursday 6th and 20th April, 9.30am - 12noon

The Marches Surgery, Westfield Walk, Leominster on 13th and 27th April, 9.45 am - 11.30 am

Kington Library, The Kington Centre, Bridge Street, Kington on 11th and 25th April, 9.30 am to 12 noon

Alton Street Surgery, Alton Street, Ross-on-Wye on Monday 24th April, 9.30 am - 11.45 am

St Peter's Church, Hampton Bishop, Hereford on Tuesday 4th April, 10.00am - 12 noon

Patient Activation Measure in Herefordshire

Patient Activation describes the knowledge, skills and confidence a person has in managing their own health and care. Evidence shows that when people are supported to become more activated, they engage in healthier behaviours, benefit from better health outcomes, improved experiences of care and fewer unplanned care admissions.

Patient activation levels can be established through the use of a tool called the Patient Activation Measure (PAM) which is only available through licence. NHS England has agreed a five year licence to use the PAM tool with up to 1.8 million people through key NHS change programmes and Herefordshire and Worcestershire have been successful in a joint bid as part of the Sustainable Transformation Plan (STP) work programme.

The PAM produces a score which determines the level at which the person is currently engaged with their health care. By understanding people's activation levels, professionals can support people in ways appropriate to their individual needs. PAM was officially launched in Herefordshire in November 2016 and a number of areas are now using PAM with their patients, for example:

Pain Management in primary care
Dietetics in Primary Care
Epilepsy Specialist Nurse Service

Diabetes Prevention
Healthy Lifestyle Trainer Service
Practice Based Lifestyle Coach

Roll out to other areas will continue during 2017/8.

For further information please email the Clinical Programme Manager

Jacinta.Meighan-Davies@herefordshireccq.nhs.uk

Implementation Area	Organisation/Team
Pain Management in primary care	HCCG Medicines Optimisation Team
Diabetes Prevention	HCCG and Reed Momenta
Dietetics in Primary Care	WVNHST
Healthy Lifestyle Trainer Service	Herefordshire Local Authority
Epilepsy Specialist Nurse Service	WVNHST
Practice Based Lifestyle Coach	Fownhope Practice

Fasternet Herefordshire

Use of computers and the internet will virtually be a must in the next few years, so if you are nervous of technology or just need a bit of support: **Take a look!**

DROP-IN COMPUTER CAFÉ for the over 50s FREE

Thursdays 10am-11am

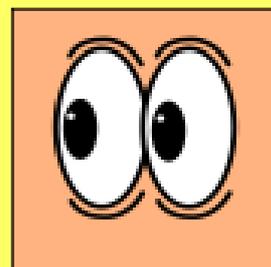
Venue: Community Room at Smallbrook Gardens, Ross on Wye HR9 7DU

Organiser: Age Concern Ross-on-Wye

Booking/info: 01989 567 165 (no need to book – just drop-in)

Bring your own computer, tablet or smartphone, or use the computers provided

No experience necessary. Learn the basics or improve your IT and computer skills. Also a chance for you to try a laptop or tablet if you don't have your own. Learn over coffee and a friendly chat.



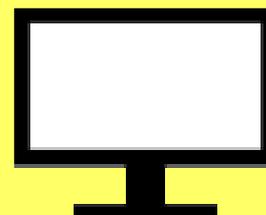
BASIC IT SKILLS FOR BEGINNERS £65 FOR 10 WEEKLY SESSIONS

Venue: Herefordshire & Ludlow College, Folly Lane, Hereford

Organiser: Herefordshire and Ludlow College

Booking/info: 0800 032 1986 www.hlcollege.ac.uk

Thursdays – 27th April to 6th July 2017 6.00—8.00 pm



No experience necessary. By the end, you will understand:-

How to use a computer and learn basic IT functions

Staying safe/ online deleting browsing history/ antivirus protection, parental Controls

Create an email account - how to create, send, receive emails and attach files

How to surf the web using search engines. Overview of social media sites

Draft letters, create a simple financial spreadsheet using Word and Excel

Using simple functions such as copy and paste, save, bold, underlining, change font colour, create a table, use auto sum

Create files, save documents and retrieve files. How to save data to memory sticks, etc.

How to delete files, pictures, and recover them if deleted by accident

College certificate in Basic IT Skills for Beginners at end of course

FREE COMPUTER COURSES TO ALL MEMBERS OF THE PUBLIC

Venue: The Learning Box, Brierley Court, Hereford, HR1 2JA (near Fire Station)

Organiser: Herefordshire Housing Ltd

Booking/info: 01432 266 763 or thelearningbox@hhl.org.uk

Basic IT and Word – Mondays starting 24th April 2017 for 7 weeks, 1.30pm-3.40pm

Basic Excel – Wednesdays starting 26th April 2017 for 4 weeks, 1.30pm-4pm

Design your own website – Fridays starting 5th May for 7 weeks, 10am-12.40pm

Social Media – Thursdays starting 11th May 2017 for 5 weeks, 1.30pm-3.30pm

Dates may change – call in or phone to enquire and book

Crossroads Care



CARE CHOICES FOR CARERS

Charity Registration Number: 1086841

A specialist charitable organisation who provide practical help, support & social opportunities to unpaid carers & those they support across Herefordshire.

Crossroads Care...here to help Carers

- Home visits to discuss support options
- Carers respite breaks
- Ladies and gents lunch clubs for those with support needs.
- Information drop in sessions
- Social trips for carers with or without the person they care for
- Carers training with onsite alternative care provided
- Active living groups for those living with Dementia.
- Specialist dementia and children & young adults teams



Telephone: 01432 355373

Email: info@crossroadshereford.org.uk

Visit: www.crossroadshereford.org.uk



Crossroads Care's charitable objectives are to relieve the stresses experienced by the carers of children, young people and adults who have care needs, as a result of disability, illness or age, by offering a respite service through the provision of community based support staff. They offer a flexible high quality service to meet the needs of carers and those needing care.

Synapptic Tablet for visual impairment



This is a wonderful piece of technology which enables me to make sense of so much more, as my sight has deteriorated significantly over recent years.

Diagnosed with Retinitis Pigmentosa fourteen years ago, I now have only 10% tunnel vision, registered blind for eight years, and have a brilliant guide dog, Pickles.

Luckily, I am young enough to embrace technology, and this tablet is virtually foolproof, with a large colourful display and ease of use. I want to live independently and manage my own life as much as possible, and this is a brilliant way forward. Perhaps I should explain!

The tablet has a touch screen, is interactive and speaks to me. You can't put your finger in the wrong place so you don't need to be computer savvy. Once you have loaded the apps you want it's very similar to a smart phone.

Let me just describe one aspect, such as making a phone call. (Obviously you need to have uploaded the phone numbers of friends and family). So select "Make a call", then "Address book" and finally "Speak to the tablet".

The same interaction exists throughout all apps, me being able to talk to the tablet, and its voice answers. I can also use the camera to take a photo of a document or letter. Once this is complete, I then ask it to read the document to me.

If I wish to search the internet, I tell it what type of site I want to research. It sets to work, reads the first few lines of each website found, then I have the ability to ask it to read further or move on.

The tablet is the right size and weight to be able to carry round with me in my bag. I need to keep my hands free for holding Pickles' lead, and harness.

One major piece of exciting news is that through HDU (and being a committee member) as part of a grant awarded from Awards For All (The Big Lottery) I am now able to purchase a synapptic smart phone. This will be so useful when wanting to be discreet with my technology, and attending meetings, I will be able to "read" paperwork immediately like everyone else.

Finally, at last I can get dressed knowing what I take from the wardrobe is reasonably matched. Yes, the tablet can even tell me the colour of clothes I'm wearing, or about to put on. Now that's real independence!

Check out this website: <http://www.synapptic.com/>

Spoken by Becky Bettington

NEW dementia support service

ROSS MEETING CENTRE

A new local service for people with mild/ moderate dementia.

Providing support for both people with dementia and their carers.

A person centred approach giving shared benefits.

The Ross Meeting Centre is based on a model of dementia care used in Holland for several years and piloted in Leominster and Droitwich in the UK.

The aim is for those with mild to moderate dementia to socialise and participate with their carers in a variety of activities, including mental and physical exercise, reminiscence, crafts, song and music, outings and preparing lunch which will be shared in the group.

In addition carers will have the benefit of socialising with other carers, as well as the opportunity on occasion to meet health care professionals and others who may be able to support them in their caring role.



The Ross Meeting Centre is supported by:

Dr Simon Lennane of Alton Street Surgery and the Community Dementia Nurses (2G), as well as the Ross Mental Health Steering Group.

When: Wednesdays from 11.00am – 3.00pm

Where: Christ Church, Edde Cross Street, Ross on Wye

Cost: £10.00 per session per member & carer
(includes simple lunch)

Contacts: Dr Simon Lennane, Alton Street Surgery
Community Dementia Nurses (2G)

Email: rossmeetingcentre@gmail.com

We are also looking for volunteers to help run sessions (exercise, drama, music, art, etc). If you would like to know more please contact the meeting centre through the above email address

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

Next HDU event details will be signposted on our website

www.herefordshiredisabilityunited.org.uk

We respond to current issues and need

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