

**Herefordshire
Disability
United**



**Network
News**

Making it Happen!

September 2015



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?

There seems to be so much going on in adult social care at the moment in which HDU are involved that its difficult to know where to start. Following our Disability Roadshow in July we gathered feedback from our many exhibitors which from the majority was very positive. So much networking with a huge variety of participants, that we shall have to consider the possibility of repeating it again next year.

Some of you may have heard about the disability discrimination issued we raised with Herefordshire City Council when we applied for grant funding to finance the road show. Without getting down to the nitty gritty if you read the article on page11 it will explain our actions.

The change of Director of Adult Well Being at Hereford Council, will by this publication being in print have been undertaken. Information about Martin Samuels, being in post, and departing message from Helen Coombes is included in this issue I would also personally like to thank Helen for working with HDU and providing some basic funding to aid our mutual working.

There has been some delay with the new Signposting service WISH.....Wellbeing, Information and Signposting Herefordshire, due to the necessary alterations to premises before being truly accessible. Services for Independent Living (SIL) who were awarded the contract for WISH, has been working with Hereford Council so that its planned for a smooth opening. There have also been delays in creation of the WISH website undertaken by the council. It has to be right from the onset, and soon we will see service users testing it before it goes live.

2nd September saw Hereford Council's latest Peer Challenge, where Safeguarding was the topic. Later this year we will hear the outcome with recommendations to ensure improvements are maintained for the best possible service.

Looking to the future we advise of another Autism Seminar on 18th November which HDU are planning. Since 2013 we have been working with the National Autistic Society (NAS), Hereford Council Autism Partnership and those on the spectrum to keep the profile of autism raised. There is much still to be achieved especially with current cuts which release less funding for this subject. We aim to bring together local and national branches of the NAS, support organisations, the CCG and educational representatives from public services for both children and adults.

Are you aware that there is a branch of the National Autistic Society, NAS in this county at last? Its incredibly new and has this email address to contact the organiser Nicola Pitt: NAS.Herefordshire@nas.org.uk A phone number will soon be available

Lastly he had just opened our Facebook page. Our Secretary Sara Siloko is maintaining the content. Lots still to be done but its:

<https://www.facebook.com/herefordshiredisabilityunited>

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

Features

- Weighted Blankets — page 5
- Community Activities — pages 8/9
- Ideas for people with Dementia page 14
- Hate Crime — page 14
- Expert by Experience — pages 18 /19

News

- Who is new in adult social care?—page 4
- Helen's departing message — page 6
- Yes we've made a difference —page 11
- New branch of the NAS — page 15

Information

- Memory Boxes — pages 4
- The Big Conversation — page 10
- Direct Payment pre-paid cards —page 12
- Crossroads Care Tea Dance — page 12
- WISH what is it? — page 15
- Herefordshire Festival of Sport —page 16
- Budget Consultation — page 17

Contact details — back cover

Useful contacts — back page

Date for your diary!
Autism Seminar
Wednesday
18th November
Hinton Community Hall
Hereford

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.

Memory boxes



We've all heard about memory boxes and how worthwhile they are for those with Dementia or Alzheimers, but there is another dimension to their usefulness.

Once a month HDU hold a club for those affected by Aphasia. The social group aids improvement of speech as well as providing opportunity for them and their carers/ families to meet up with others in the same situation.

On Friday 18th September the club's focus is through using Memory Boxes, hired from the Museum and Resource Centre, based in Friar Street, Hereford. For those lacking any speech at all, they will be able to handle artefacts appropriate to their eras, bringing back great memories from childhood and even early adulthood.

We have decided to hire 1950s and 1960s boxes. For me I'm wondering what's going to be inside. I know L.P. s (long playing records) which cover the Beatles rise to fame, plus costumes/ clothing from the post war years. But the rest is going to be an exciting surprise. I'm sure memories may well jog those long lost words previously spoken in every day language. Let's hope so. If not, smiles as we remember perhaps happier times.

I'm aware that schools regularly borrow these artefacts usually for the curriculum subjects, such as "The War Years, Medicine, Farming or Mystery Objects, but there are plenty of other ideas which communities may consider helpful, especially when engaging with older or disabled residents. Below are some subjects on offer:

House and Home: gadgets and everyday items that show how we used to live.

Wartime: a range of items to enable people to talk about the Second World War

Childhood: toys from the 20th Century.

Food 1: traditional equipment and brands from the 20th Century

Food 2: cooking and eating artefacts

All Present and Correct Sir: military items from the forces

A Bit of Spit and Polish: cleaning products from the mid 20th Century

Rugs, Bugs and Bed Pans: household goods that illustrate life in the home in the past

Cigarettes and Alcohol: pub memorabilia from the 20th Century

Toys and Games: toys and games from before the computer

Scrubs Up Well: personal grooming from times past.

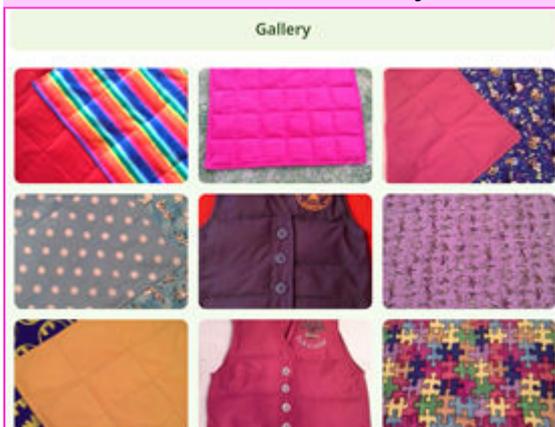
For more details contact:

Wendy Meaford wmeaford@herefordshire.gov.uk Telephone. 01432 383595

Julia Radburn jradburn2@herefordshire.gov.uk Telephone. 01432 383599

Weighted Blankets !

I have been contacted by Lisa who makes "Weighted Blankets" for adults and children who have conditions such as Autism, and have taken the majority of this information below from her website.



The photo to the left shows some of the fabrics and styles available. Costs are variable related to size.

She says:

"My name is Lisa and I make bespoke weighted blankets and weighted vests at affordable prices for adults and children with a variety of needs. Each

blanket is made specific to the person's weight and interests, and so each is unique.

"I am also Mum to twins with ASD (autism spectrum disorder) ADHD (attention deficit hyperactive disorder) and PDA (pathological demand avoidance),which is why I started to make weighted blankets, to ensure everyone has access to affordable weighted therapy, and make to exact requirements".

"Weighted therapy works by providing proprioceptive deep pressure, which helps the body to produce serotonin and dopamine. These help the nervous system and para-sympathetic system by slowing down the heart rate, reducing anxiety, over arousal and providing a calm feeling".

"Deciding on which size blanket, is deciding what you want to use it for. If its needed for sleep, then a large blanket or a cot bed size is ideal, and would be weighted at 10% of the person's body weight".

"If its needed for study or concentration, a lap blanket 70 x 90 cms is ideal and is weighted at 10% of the person's body weight".

"If its needed to carry around places like schools, then a lap blanket pad 45 x 70 cms and weighted at a maximum of 2 kgs".

"Weighted vests are ideal for use in schools during transitional periods, such as going from classroom of changing activities. These are weighted at 5% of the person's body weight, and I can make them in school uniform colours, with the school logo embroidered on them".

Contact details are: Phone number: 07540 140525

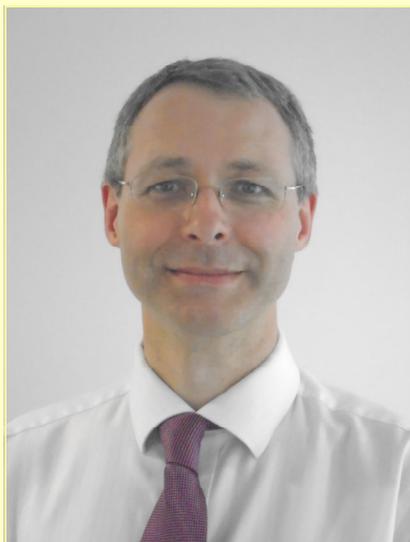
Email: [Lisa'shandmadewightedblsnkets@hotmail.com](mailto:Lisashandmadewightedblsnkets@hotmail.com)

Postal Address: 5, Marshgate Street, Shrewsbury, SY3 5PP

Website with full info can be found

<http://lisashandmadeweightedblankets.com/>

Who is new in Adult Social Care?



You may know of Helen Coombes who until the end of August 2015, has been the Interim Director of Adult Social Care at Hereford Council.

This photo shows Helen's replacement, Martin Samuels.

"Martin Samuels has worked at national, regional and local level across several different parts of the public sector.

He began his working life as a frontline manager in a Job Centre in the North-East, before moving to the Benefits Agency in Sheffield as a Social Fund Officer.

Selected for the Civil Service fast stream programme, he spent six years in the Cabinet Office in Whitehall, leading a series of national public service reform projects.

Martin switched to the NHS in 2002, undertaking a series of commissioning roles with Strategic Health Authorities, the NHS Institute for Innovation & Improvement, and finally as Director of Strategy for a PCT (Primary Care Trust) in Birmingham.

Since 2011, he has worked in social care, first in Sandwell and then in Staffordshire, where he has had lead responsibility for commissioning the largest integrated health and social care Trust in the country, while also working at regional and national level with ADASS and ADCS.

Martin has recently been appointed to the Director of Adults and Wellbeing, Herefordshire Council.

Outside work, Martin enjoys following his long-suffering wife's guidance in the garden over what is a weed and what is a flower, indulging his eight-year-old daughter's fascination with animals, and pursuing his hobby as a keen amateur historian".

(Information supplied by Martin Samuels' PA, at Hereford Council).

I have requested that Martin attend the HDU event on 9th September to meet services users, organisations and individuals who attend. Hopefully he will introduce himself to us, and engage in conversation advising of future plans at the council.

Obviously with even more cuts to be implemented, and the next stage of the Care Act to be brought in soon its going to be a tough job.

Also another with another Peer Challenge (this time on safeguarding) having taken place on 2nd September, there will soon be feedback from what has been achieved whilst Helen Coombes was in in charge.

Helen's departing message



We have lots of financial challenges for adult social care as the second part of the new Care Act comes into force and more people need our support. At the same time, Herefordshire Council is consulting on its Budget for 2016/17.

In the Chancellor's Budget last month, we learned of plans to bring in a new living wage for people aged over 25. We had not expected this and will have to take into account how this extra cost for home care providers will affect what they expect the council to pay for care. So some difficult decisions will have to be made about the best way to support people with a reducing amount of money and higher costs.

We began a conversation last year about changing our approach to adult social care. As the financial challenges get bigger we need to continue this conversation and encourage people in Herefordshire, including those who don't currently use adult social care, to give their views about how we spend what we have wisely.

Over the next few months, we want to talk to people and communities about how we can work together to keep people well, help them get back on their feet quickly when they've been ill, or provide support to help them stay at home for longer. So please get involved and give your views either through the Making it Real Board or our Engagement Lead, Carla Preston.

I will be leaving Herefordshire in September and am delighted to be handing over to Martin Samuels who is currently Commissioner for Care at Staffordshire County Council. Martin has a wealth of experience in both adult social care and the NHS. He will continue the conversation with communities, individuals and organisations and, with health colleagues, explore ways of reducing duplication and dependency on the NHS and the council.

Adult social care is facing huge pressure at the moment so we have to respond collectively: that means as a society and as caring communities. I know Martin will rise to the challenge and looks forward to taking up his role in Herefordshire.

Helen Coombes, interim director for adult and wellbeing

“Spotlight on well being” is a magazine produced by Hereford Council, and keeps you up to date with the changes and challenges which they are facing. Check it out on the website:

<https://www.herefordshire.gov.uk/health-and-social-care/adult-services/changes-to-adult-social-care-services/spotlight-on-adult-social-care>

Community activities



Have you heard of Yarn Bombing? I'm afraid that until I stayed in the village of Llwyngwrl, (just south of Barmouth) recently I hadn't, but it is wonderful way of bringing together the community.

During the winter of 2015, once the tourists had long disappeared for the season, locals of all ages got together in a village project.

The Troll "Gwrl" appears on the parapet of the river bridge, located by the only village shop and on the main road through the village. Even the sea gull on Gwrl's head is handmade

The village has a school where pupils were also engaged in simpler

aspects. I'm sure they recognise a triangle in any tactile form, as knitted bunting throughout the village is displayed. I expect Maths and art activities centred around addition and subtraction when knitting the mammoth amount of bunting required.

The tree adorned with tiny flowers and dolls sits directly outside the village school, but is also on the main road through it. Decorated and on full view for everyone allows excited pupils to share with others, not usually involved in their school work.



Well dressing is commonplace around the Peak District, but here it isn't flowers which adorn the well, but knitting again containing many intricate parts along with a written explanation of its origins.

The project has dual purpose. The trail around Llwyngwrl encourages visitors to wander the tiny streets between traditional welsh housing, and makes money to invest in their community.



Who is going to take the initiative?



It is recognised that the older and younger generations can work harmoniously, and teach each other skills, without it costing a huge amount.

That is what we need to pursue in order to counter-act cuts to social care. The older able residents have the time and patience to deliver free teaching, whilst the young gain valuable knowledge. Isolation is forgotten when such groups come together

This project united all generations during the cold winter months, when it was difficult to go far without good transport.

It is widely seen that the WI is having a resurgence in many rural neighbourhoods, as well as the affluent south. Mary Berry has no doubt promoted home baking, and the Sewing Bee also on the BBC has started to influence traditional needlework again.

So why can't communities follow these examples? Does it take Hereford Council to make this suggestion or just rural parishes to lead by example? We can't continue to be so negative, when the answer is so obvious. Let's help ourselves!

Another idea for community co-operation

Knitted Teddies for West Mercia Police



When talking with children in difficult circumstances (such as domestic violence or abuse), the Police often find the assistance of a knitted toy which the child can keep, invaluable.

They need knitting wool and Knitters

**For information, contact:
Liz Chave on 01432 373306**

Is this another opportunity to develop a new way of working with those who need our help? Again its using old skills in a different concept.

For more details of other Hereford based projects check out:

www.hereford.anglican.org/Content/projects%20leaflet%202015

The Big Conversation

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



Above is part of the leaflet which was the initial stage to the Big Conversation in Herefordshire, and now with your help the next stage will come to fruition.

Carla Preston, Engagement Lead at Hereford Council is keen to encourage more interaction and motivate communities by inspirational thinking. No matter how clever the wording appears, it's the actual application which is more meaningful. However, today at the HDU event (9th September), we are discussing what happens next!

Draft copies of a new leaflet will be debated. A series of questions and statements are there to be challenged, so that by the time the publication is ready for print it truly represents how service users perceive social care provision in the future.

We know social care has to be more community based and focused on positive outcomes. It's not what Herefordshire Council can't afford, but what is possible through careful planning and working together with the voluntary sector and providers in this county.

Carla has worked for Hereford Council for almost ten years, in different roles, but mostly communications. At least we have someone in post who appreciates the difficult task in hand, and has a strong background in consultation and listening to members of the public.

Yes, we have made a difference

It's not often one can be sure that deeds undertaken can be attributed to a single act, which in turn improves matters for others. However HDU know that we definitely have made a difference for the disabled community in Herefordshire.

In July we applied for funding from Hereford City Council to support the Disability Roadshow, and in fact received sufficient money to print the exhibition guides for our event. In the process it was necessary to make a personal appearance at the Town Hall, in order that our application could be considered. This was expected, but the time slot allotted clashed with a previous appointment, so I asked our Vice-Chair Barbara Millman to attend on my behalf. Simple we thought, so no worries!

Just to ensure plans proceeded without hitch, I rang the Town Council advising that Barbara should be expected, and that she is a wheelchair user. Oh dear! The Town Hall and wheelchairs don't really operate in the same environment. Yes we acknowledge this is a listed building, and a lift can get you to the first floor, but to reach the chamber in which funding applications are heard would mean 5 stairs. Not possible!

HDU were assured non-appearance would not be detrimental to our application. BUT, that's not the point! What about Equality? Barbara was very upset that she could not be seen as a "truly able person", especially by a public body.

The HDU committee considered the issue, and decided that disability discrimination had occurred. We consulted the Diversity Team at Hereford Council for advice, and received it. Thank you Harriet Yellin.

A letter was sent to the Chair of Hereford City Council, the Mayor, Councillor Charles Nicholls, and upon receipt of his return, HDU decided to accept the offer to meet and discuss the matter in the Mayor's Parlour.

Both Barbara and I attended, to ensure personal feelings could be explained and understood. We spent thirty minutes in discussion with a good outcome. I had already suggested in a letter how disabled people might not be denied access in the future. The grant application form states attendance is required, but it 's soon to be amended to include similar wording as this:

"If you require an accessible venue in order to attend, please advise when returning this form." That allows time to book an accessible room which everyone can use.

I also remarked to the Mayor, and Town Clerk who was in attendance, "What happens if you have disabled Councillors? After all, a stroke can change matters overnight! " We have now been assured that accessible rooms will be booked to suit those attending future meetings, including the public. Just contact the Town Clerk, Stephen Kerry a week in advance advising your anticipated attendance and this will be arranged. Ring, 01432 260429 or email: clerk@herefordcitycouncil.gov.uk.

Sylvie Nicholls

Direct Payment Pre-paid cards



Information taken from the Spotlight on Adult Social Care magazine at Hereford Council.

Pre-paid cards coming at the end of September credEcardplus Direct payment pre-paid cards are going to be available in Herefordshire this autumn. All new clients will automatically be offered a direct payment card if they are eligible for council support, and existing clients can choose whether to make the switch or not. We will write to all existing direct payment users as soon as the cards are available.

Direct payment cards are great because:

- ♦ you don't need to complete monitoring forms any more – the card does it all
- ♦ they are safe and easy to use
- ♦ you can pay for all your services and activities using the card
- ♦ you can still set up standing orders
- ♦ you can pay as you go, making it easier to purchase activities at a wider range of places
- ♦ you don't need a bank account to have a card
- ♦ you can ask for a named person to have a card on your behalf.

To find out more, contact directpaymentadvice@herefordshire.gov.uk or ring (01432) 260060.

Cross Roads Care Tea Dance



1940's & 50's Tea Dance
Sunday 27th September

3.00 pm – 5.00 pm

Lea Village Hall,

Nr Ross on Wye

Afternoon Tea & Raffle

Tickets £5

Organised by Crossroads Care, Forest of Dean & Herefordshire
Contact Dawn Booth: dawnbooth5582@gmail.com or ring
07790 561640 or their main office on 01594 823414

Ideas for people with dementia

The HDU Treasurer Penny Walshe told me about a local craft group which actually gets together to make “Twiddle Muffs”, so I thought I would investigate further.

It seems that Twiddle Muffs are brilliant for people/ patients with dementia who need to occupy their hands with something which is totally safe, and also a sensory aid, but I guess those of you who work in this field are totally aware of their use.

For those who do not know what Twiddle Muffs are, a simple description is;” Usually a soft warm piece of plush material made in the form of a muff, which has extras attached such as ribbons, beads, and a sealed sachet which can contain marbles. A pocket is often added too, and used to house a favourite object which can be fingered by the holder.”

In addition to the tactile effect allowing stimulation and movement, the muff keeps hands warm and offers relief for those with arthritis. Each muff can be made to look like a familiar object such as a cat or dog, can easily be washed to make it available for almost constant use and keeps it looking like new.

I am aware that many hospital trusts have trialled Twiddle Muffs and checking on line I see that the Forest of Dean championed their use for Dementia Week back in May. Can Hereford Hospital (or indeed have they) encourage a craft group like this? I’m also wondering whether organisations such as Echo or Aspire might find their clients able to make Twiddle Muffs for other dementia patients locally. Currently, its what we can do for each other which is being concentrated on, and it just needs the right person to take up the challenge. Let me know if they have done so already please.

If you want to find other useful ideas to assist with therapies for people at home, in care homes or hospitals then may I suggest you check out this website:

**<http://www.activiestoshare.co.uk/new-20152016-catalogue>
Or Ring: Activities to Share on 01227 362858**

The following explains how the company came about:

“During our fifteen years as Health and Social Care Trainers we had plenty of opportunity to develop our ideas about activity resources for older people, in particular those with dementia and also adults with disabilities. We were able to gather first hand information about the specific needs of Service Users, Care Staff, Care Home Managers, Occupational Therapists, Hospital workers and Volunteers. This was the point at which Activates To Share was launched from a wood cabin in the garden in 2009!

We are expanding each year and from our warehouse in Canterbury - we now supply to hundreds of Care Homes, Day Centres and Supported Living Schemes nationwide , in USA, Australia and The Channel Islands”.

Hate Crime

There have been many interesting and useful programmes on BBC3 recently, to open the eyes of those not used to disability. They have covered a multitude of subjects and all aimed at the younger generation who make up the largest percentage of viewers to this channel.

The programme on Disability Hate Crime was centred around Adam Pearson, from Croydon who has a major facial disfigurement due to a condition which causes facial tumours. Adam has an identical twin, who has the same condition, but whose outcome is less noticeable as the tumours are in other areas than the face.

Adam is very articulate, reasonably self assured, but trying constantly to deal with disability hate crime because of the way he looks. The programme unfolds with him trying to understand, why such prejudice prevails, and whether it is something inborn, inbred or just the way we are in the UK.

Adam goes to great lengths to speak to the general public, out on the street, in pubs and clubs and in his daily life, and from here we start to see how such prejudice builds.

One area which is studied at length is the judicial system, and we see an interview with Sir Michael Fuller who in 2013 was the Chief Inspector for the Crime Prosecution Service. We learn that of all hate crimes in England and Wales, successful prosecutions were made for 10,532 race or religious crimes, but only 470 for disability.

Reasons given by Sir Michael Fuller are:

1. The Police are embarrassed to ask a person about their disability, and so many crimes are not recorded as disability hate crimes.
2. Prosecutors are not stating to the court that a crime is a disability hate crime, so not as many people are convicted for them.
3. If highlighted as a disability hate crime, judges would have to hand out longer sentences, but the sentences would still not be as long as other hate crimes.
4. Legal provision for disability hate crime which is already there, is not being used in the way it should be.

Adam aids a research professor who tries to determine what causes everyday young people to find facial disfigurement such a turn off. We see 12 intelligent young volunteers complete a computer test which detects subconscious reaction to faces on screen. The group then meet Adam and spend time chatting together before they retake the test. What a result! Just by getting to know the guy sees 90% change in their acceptance of disfigurement.

If you or a friend/ member of your family have been a victim of disability hate crime, do contact the police on 999 if its an emergency or

West Mercia Police on 0300 333 3000 Online via the [True Vision website](#)

Don't be a victim of disability hate crime, report it.

The NAS branch for Hereford

Good News!

A new branch of the National Autistic Society, NAS has being formed in Hereford.



Nicola (Nikki) Pitt as the leader, is someone who truly understands the issues of autism, due to personal involvement within the family.

She hopes to be present on 9th September and will provide up to date information about the new venture. For those reading this after the event, details will soon appear on the HDU website: www.herefordshiredisabilityunited.org.uk

You can however email Nikki by email: NAS.Herefordshire@nas.org.uk . Currently a phone line is being set up and probably will be available by 9th September event.

WISHwhat is it?



WISH is the signposting service which under the Care Act 2015 needs to be established. **Wellbeing Information Signposting Herefordshire** is too much of a mouthful to roll off the tongue, and so WISH as a name has been created by Hereford Council.

As with all new projects teething problems occur, and finding accessible premises in the city was an issue. However, the Library will now be the go to premises once the £145,000 conversion has taken place. WISH will open in what were old offices and storage rooms in the foyer area

of Hereford Library, and will not effect the regular readers and borrowers of books, DVDs and other items usually found within.

Services for Independent Living (SIL), will operate the hub and has already taken on personnel to staff the facility. There is a huge range of knowledge to grasp which will forever change as social care continues to evolve. To back up this service a website is being developed by Hereford Council and will hold much more information than just social care details.

Perhaps you may well want to add your details if you run a support group, organisation, club or other public service. A new free online directory of services and activities will operate covering sports, leisure interests, events, health, etc the list is endless. Basically if it's a "legal service" it can be included.

WISH will be advert free, making it much easier and safer for people to use, with no annoying pop ups or cookies, often found on websites. To get your info on to the website contact: Herefordshire Voluntary Organisation Support ServiceHVOSS: angela.higgleton@hvoss.org.uk or ring: 01432 343932

Herefordshire Festival of Sport

19th/ 20th September, George V Playing Fields

After four years this community event has grown into a two day feast for sport, mental and physical wellbeing, and community involvement.



The festival, an initiative of Herefordshire Mind and Fit+ Healthy, is supported by sponsorship, partnerships, grants, income from participation, and a significant input from volunteers.

Now in its fourth year this community event has grown into a two day feast for sport, mental and physical wellbeing, and community involvement.



Using sport to communicate their message, the festival aims to:

- ✦ Increase awareness, understanding, and acceptance of mental health issues;
- ✦ Promote the fact that good physical health can lead to better mental health;
- ✦ Promote wellbeing and resilience in our communities, workplaces, schools and homes;
- ◆ Promote social inclusion, community involvement and positive change.

✦ A Festival Village on King George V Playing Fields - this will be the event HQ where all races will start and finish, where people can learn more about Wellbeing, Mental Health (**the Time to Change Village**) and self-management through sport, and will host our event partners, charities, sporting activities, refreshments and entertainment.

- ✦ A multi-distance cycling Sportive – Ride Herefordshire – on Saturday morning.
- ✦ A national professional cycle Road Race – sponsored by NFTO – on Saturday afternoon.

A multi-distance running event (marathon, half marathon, 10K and fun run) – The Herefordshire Running Festival – on Sunday.

For more information and social media sites, for both the festival and Herefordshire Mind, go to: Website www.herefordshirefestivalofsport.co.uk
www.herefordshire-mind.org.uk

Facebook: <https://www.facebook.com/herefordshirefestivalofsport>
<https://www.facebook.com/herefordshiremind>

Twitter:: <https://twitter.com/hfdfestofsport>
<https://twitter.com/hfdshiremind>

Budget Consultation

Budget Cuts, that's all we seem to hear, but unless one gets involved with preserving what services we have we really can't criticise what's put in place.



Let's consider what MENCAP has established locally. They have set up the "Safe places" venues, used by those who are may be disabled or feel vulnerable in today's society.

"The Safe Place Scheme is there to give us safe places to go if we are feeling worried or scared. It is somewhere where people can give us some help if we need it. "

Now one of those "Safe places" is Ross Library, due for the chop under the latest budget cuts. Often a library is somewhere we have used since childhood, just to read or borrow books. Today these are centres we use to access computers, get information, or see advisors for jobs, benefits, get bus timetables etc, in addition to book / DVD borrowing.



So as a very familiar place the library is an established building we can seek sanctuary in too.

Yes I know there are many services we don't want to lose, but unless you're part of the fight and acknowledge precisely what Hereford Council are aiming to do, then you can't complain. To attend one of the public meetings still available see the list below:

Friday 11th September	Places de Marines, Kington	10.00 am — 2.00 pm
Friday 18th September	Corn Square, Leominster	10.00 am — 2.00 pm
Tuesday 22nd September	Charter Market, Ledbury	10.00 am — 2.00 pm
Wednesday 23rd September	High Town, Hereford	10.00 am — 2.00 pm
Thursday 24th September	Market Hall, Ross on Wye	10.00 am — 2.00 pm

Hereford Council are also offering question and answer sessions on Twitter and Facebook as follows:

Twitter Monday 14th September from 6.00 — 7.00 pm

Facebook Monday 21st September from 6.00 — 7.00 pm

To find out more and participate in the consultation, please visit

www.herefordshire.gov.uk/budgetconsultation2016.

Expert by Experience

I have been very lucky to have been able to work here as Personalisation Lead at Hereford Council.

Most people I know in my position normally have been social workers, been in health and social care for many years and have been to University. The only university I have attended is the University of Life, although I do have several years experience of health & social care but as a user and carer, which is what made me an expert by experience.

It's been a stressful year, I had a full head of brown hair when I started and know now I am rocking the distinguished look (grey). Although I have worked with many councils until last September (2014), I had not spent all my time working with one individual council.

Parts of my brief, goals if you like were:

- ◆ Produce a direct payment policy and refresh associated factsheets and continue to develop personalisation across adult wellbeing.
- ◆ Refocus the MiR (Making it Real) board –
- ◆ Develop a toolkit for staff to provide guidance and support for meaningful involvement
- ◆ Continue to develop personalisation

Achievements

Direct Payments

The new direct payment policy has been co-produced with people who use services, carers, providers and social care staff. The factsheets/guidance has also been updated.

Making it Real Board

The board which is currently made up of service users, carers, service providers and voluntary organisation had their terms of reference updated and have a work-plan for the rest of the year 2015. Board members now get a participation fee and out of pocket expenses paid. With Carla Preston's new role as Engagement Lead continued support, the board will continue to be a critical friend of the council.

Some of the work the board has been instrumental in over the past year:

- ◆ Redesign of the Adults web page
- ◆ Direct Payments Policy
- ◆ The new WISH (Wellbeing Information Signposting for Hereford) service
- ◆ Letters and information going out to service users and carers
- ◆ Local account 2014/2015
- ◆ Tool-kits for staff
- ◆ Guidance and information on direct payments

Written by Liam Waldron

The board is still looking for representation from transitions though to the elderly and all groups in between.

If anybody is interested in joining the board or taking part, please contact Carla Preston – Engagement Lead on: cpreston@herefordshire.gov.uk



Liam and Carla pictured during the August MIR board meeting at Plough Lane, Hereford

A tool kit has been produced for staff for guidance and meaningful involvement as well as a PowerPoint presentation guide for staff who are presenting to the board.

I was under no illusion that I could make all my goals in under a year especially only working part-time. Although personalisation covers the whole of adult wellbeing, I have found myself working more and more up to 95% of my time working on direct payments and other issues associated with it.

Co-production is working better than it was this time last year but it's still a long way away from being perfect and business as usual.

I have enjoyed my time here and my only regret is that I cannot stay longer to support people who use services and carers from within the council. For all the people and groups I have met, I thank-you for your support and wish you all well for the future.

I would like to thank Liam for his co-operation and support at the HDU events during his role at Expert by Experience at Hereford Council, and for stimulating a better response from the Making it Real Board.

Only as a service user /carer can one truly appreciate the difficulties which disabled and elderly people negotiate in life.

Liam has ensured that corporate language usually found in public services' data and documents has been challenged, so that everyday users can skim read and absorb the information available.

Good luck Liam as you move on to pastures new.

Sylvie Nicholls

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 18th November
Hinton Community Centre, Hereford
Autism Seminar
Check out website for details
www.herefordshiredisabilityunited.org.uk**

Network News is produced by Herefordshire Disability United,
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