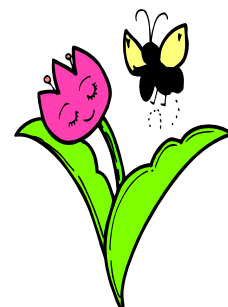




March 2009

STOCKPORT DISABILITY DATABASE
4TH FLOOR, BECKWITH HOUSE,
WELLINGTON RD NORTH, STOCKPORT SK4 1AF
TEL: 426 5514



Email: elaine.mounter@stockport-pct.nhs.uk
www.stockport.gov.uk/disabilitydatabase

Hello Everyone,

A friend suggested I went to St Peter's Café at the church for lunch. It is on St Peter's Gate and I had a nice lunch in an amazing atmosphere. If you are up that way pop in for a coffee. They serve a selection of hot and cold food at great prices and it goes to help support the repairs needed in the church. They are not open on a Monday or Sunday for food but other days from 11am to 2pm and Saturday 11am to 1pm.

I met with Pat Wood recently from Signpost and she tells me that she has arranged for a **Carers Drop In at the Wellbeing Centre** in Stockport on the second Saturday of each month starting in April between 11am and 2pm.

Simon Bostock wrote a poem for the newsletter some time ago and has now wrote another called My Fudged up Decade about his illness and the 10 years of his life that has been affected. He tells me that it is on U Tube go to:

SimonB198207. There are other poems on there too. He is a talented young man and provides the perspective of a young person coping with an illness, how he

finds the courage to overcome the condition and the treatment he has to undergo. Take a look when you can.

Now over to Jane:

There is a new number for the Children and Young People's Disability Partnership which is **426 5216**. All the services in the partnership have been working hard to improve the services that they provide.

Also, if you are interested in being involved with the Short Breaks Aiming High Project or simply filling out a questionnaire sharing your views on Short Breaks please contact me on 426 5515.

On Page 4 there is information about the very popular CADS weeks that are being held at Easter and in the Summer.

A special thanks to Cheryl Salt, the ASD Partnership Project Co-ordinator who has written an article with helpful strategies to cope with challenging behaviour.

Activenture on page 12 is definitely worth having a look at.

Happy Easter,

Elaine and Jane

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The Stockport Disability Database has made no checks and therefore can make no recommendations of the services advertised in this newsletter.

Stockport Children and Young People's Disability Partnership

Stockport Children and Young People's Disability Partnership will be introducing changes that will deliver a more integrated service approach to Stockport's children, young people and their families from **5th January 2009**.

About the CYPDisP

Stockport's Children and Young People's Disability Partnership (CYPDisP) has been established since November 2006. The partnership is committed to providing integrated services for Children and Young People. The services that the partnership provides include;

- Speech and Language Therapy Services
- Physiotherapy Services
- Occupational Therapy Services
- Children's Equipment and Adaptations Service
- Special School Nurses
- Children's Community Learning Disability Team
- Dragonfly
- Disability Database
- Child Development Unit Specialist Nurse
- Paediatricians
- Children's Disability Team - Social Care
- Special Educational Needs
- Autism Project
- Portage
- Inclusion Co-ordinators



The Partnerships main base is at Beckwith House and most of the services are based there for their office work. In addition the therapy services have brand new purpose built therapy rooms on the 1st Floor. For further information about our services visit our website at:
www.stockportcypdisp.org.uk.

What will change?

All the services in the Partnership have been busy working behind the scenes to improve the services that they provide to parents, carers and children.



New Telephone Number

The Partnership has a new telephone number as a single point of contact for making new referrals to the partnership. This number is **0161 426 5216**.

CAF to be used by professionals as a Referral for Service - The Partnership have agreed to use one form called a Common Assessment Framework (CAF) for professionals making a referral to request services from the partnership. This is to ensure that your needs have been assessed and needs identified. Some of you may have already heard of the CAF (details in last newsletter) or had a CAF completed, as Stockport has been using the CAF since 2005. However, the CAF is now a national government initiative and people from outside Stockport will be using it as well.

For professionals completing a CAF as a referral to request services from the partnership please send to our partnership address at:

Children and Young People Disability Partnership,
C/o: 8th Floor, Regent House, Heaton Lane, Stockport, SK4 1BS.

(Note: If you are requesting Social Care services these referrals will continue to be dealt with by the Contact Centre as per current arrangements)

Direct Requests for Services by Young People, Parents and Carers - Young People, parents and carers are able to make direct referrals to the partnership and where this occurs the partnership will discuss your request for services and determine whether we need to complete the CAF with you.

2 New Multi-agency professional Panels (School age and Pre-school age) - Once the CAF is received the Partnership will determine the services that are needed based on the information provided. If you need several services from the partnership then your request will be discussed by the appropriate panel of professionals to ensure that you receive timely services that you need.

Use of a multi-agency plan - where multiple services are provided following your assessment, you will be invited to a meeting. This is called a Child In Need meeting. At this meeting a multi-agency plan will be agreed and subsequent meetings arranged to review this plan. This means that all the services in the Partnership will know who else is working with you and your child which should mean less duplication for you. One of the workers will be chosen to be the lead professional and they will be your main contact person if you have any problems.

If you need any more information about CAF's log on to www.stockport.gov.uk/caf

Aiming High for Disabled Children - Update

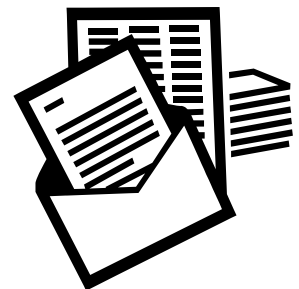
As you will know from the last newsletter, the Government would like to give us a pot of money to develop our short break provision for disabled children, young people and their families in Stockport.

Stockport Children and Young People Disability Partnership have for the past few months been consulting with parents, carers and disabled children and young people in an effort to understand how services can better meet their needs.

Within our developing strategy, we want to, not only increase the range and choice of short break provision available but also provide better information so that parents and carers can find out more easily what is going on.

We aim to:

- Continue consulting with parents, carers and young people, if you would be interested in completing a questionnaire and sharing your views around short break provision contact Jane on 426 5515.
- Involve parents in decision making, encourage participation, invite parents to sit on Short Breaks Aiming High Subgroups to help shape services, and also to hold two conferences each year for parents and carers of children and young people with disabilities to be able to attend and participate in workshops where their views can be discussed and shared with other parents and services
- Provide specific pages about the development of the short breaks programme on the Stockport and Young People's Disability Partnership website. www.cypdisp.gov.uk and also an Aiming High Short Breaks newsletter.



CADS Events 2009

CADS now in it's seventh year, is a unique opportunity for young people of any ability level between the ages of 5 and 16 to take part in many different sport, health and leisure activities.

The Seashell Trust in Cheadle Hulme (formerly the Royal School for the Deaf and Communications Disorders) will be hosting and organising many CADS Events in 2009. They have sport specific clubs and multi-sports clubs organised alongside the award winning CADS weeks.



Easter: 6th-9th April
Summer: 3rd-7th August

If you would like to book a place on the Easter CADS Week or the Summer CADS week which will be held jointly at the Seashell Trust and St James' Catholic High School then please complete and return a booking form no later than the dates below.

The closing date for the Easter CADS week is: Friday 13th March 2009.

The closing date for the Summer CADS week is: Friday 3rd July 2009.

Each day runs from 10am until 3pm.

The cost for the Easter CADS Week is £30 per child. The cost of the Summer CADS Week is £45 per child. If you are a Leisure Key/Card Holder the cost will be £15 per child.

If you would like to request a booking form please contact Gemma Castle on 0161 610 0122 or you can download a booking form on-line at: www.seashelltrust.org.uk/cads.

CADS Saturday Club

CADS Saturday Club includes dance, drama and fitness.

DATE Beginning: Saturday 25th April
(term time only)

TIME: 1.30-3.00pm (Infants age 4-7 years)
3.00-4.30pm (Juniors age 8-12 years)
4.30-6.00pm (Seniors age 13+ years)

VENUE: Seashell Trust, Stanley Road,
Cheadle Hulme, SK8 6RQ

COST: £3.00 per session

CADS Golf

DATE Beginning: Thursday 23rd April
(4 week blocks in term time)

TIME: 4.30 - 5.30pm

VENUE: Moored Golf Club, Woodford
Rd, Bramhall, S'port, SK7 1QE.

COST: £2.50 per session



CADS Football

DATE Beginning: Friday 9th January (every Friday in term time only)

TIME: 6.00-7.00pm (age 5-11 yrs)
7.00-8.00pm (11-16 years)

VENUE: St James's Catholic High School, St James's Way, Cheadle Hulme, SK8 6PZ

COST: £2.50 per session

CADS Clubs reservations can be made by phone: Gemma Castle on 0161 610 0122

610 0122

Stockport Cerebral Palsy Society

SHARECARE PROJECT Leisure Link Dept.

PLAYSCHEME SUPPORT



Do you know a disabled child, aged 5-13 years, who requires support to attend a mainstream Play/Leisure activity during the school holidays?

We offer a **FREE** service, providing fully trained support workers who will assist individuals to be fully included in their chosen play/leisure activity for up to 20 days per year.

What the children get:

- Make new friends * Try something new * Enjoy mainstream play activities*
 - Receive one to one support * Independence *

What parents/carer's get:

- * Have peace of mind knowing that their child is having fun with other children in a safe environment, with a trained worker .
- * Allows time for yourself and other members of your family.



Children's Fund

Want to find out more – then please contact :

Stockport Cerebral Palsy Society – Sharecare Project

Leisure Link Dept

Telephone 0161 494 5771

Email: overdale@stockportcp.co.uk

www.stockportcp.co.uk

CHILDREN TODAY

Children Today is a charity that gives grants for a wide range of equipment for children and young people with sickness or disability across the UK. These include adapted tricycles, powered, manual and sports wheelchairs, sensory equipment, adapted car seats - anything that is not covered by the NHS. They help young people up to the age of 25 years and deal directly with the young person or their parent/carer. For further information please visit www.children-today.org.uk or telephone on 01244 335622.

DISABLED PERSONS RAILCARD

If you have a disability that makes travelling by train difficult you may qualify for the Disabled Persons Railcard. The DPR allows you, and an adult companion/carer who comes with you to get 1/3 off most Standard and First Class rail fares throughout Great Britain.

To see if you are eligible and to get an application form please see the website www.disabledpersons-railcard.co.uk or contact the helpline on 0845 605 0525. You can always email disability@atoc.org.

HOLIDAYS

Access Travel (Lancs) Limited

6 The Hillock, Astley M29 7GW Tel. 01942 88844

Email: info@access-travel.co.uk www.access-travel.co.uk

Helping people to find hotels abroad with specialist facilities.

The Daisy Chain Project

The Project Director, Kensington Foundation Resource Centre, The Lodge, 216 Whitegate Drive, Blackpool, FY3 9JL. Tel 01253 761444

Email: kentrust1@hotmail.com www.kensingtonfoundation.com

This is a Blackpool based charity and The Daisy Chain Project offers accommodation in Blackpool for short breaks to any family caring for a sick or disabled child. Referrals are needed from hospitals, social workers and other agencies and are welcome from anywhere in the UK.

Enable Holidays

26, The Green, Kings Norton, Birmingham, B38 8SD Tel: 0871 222 4939

Email: info@enableholidays.com www.enableholidays.com

Specialist tour operator for wheelchair users, people with limited mobility, their families and friends, they can help you find plan and arrange an overseas holiday to suit your individual needs

Activenture

Hindleap Warren, Wych Cross, Forest Row, East Sussex, RH18 5JH Tel: 01342 828215

Email: di@hindleap.com www.activenture.org.

Activenture is a project that provides stimulating week long adventures for your people (8-18 years) with multiple disabilities and special needs, that pushes the boundaries of experience and provides an opportunity to mix and socialise with young volunteers. These weeks are held at: Hindleap Warren - A purpose built outdoor centre in the Ashdown Forest, near East Grinstead, East Sussex.

Woodrow High House - A 17th century house based in the heart of the Chilterns, near Amer-sham, Buckinghamshire.

"I would like to say a big thank you to everyone at Activenture for having Jake to stay with you. I'm sure he enjoyed doing all the different activities and by reading his diary, he certainly had a busy week. We benefited from having a break, as you know he's very difficult to look after! So thank you again". Jacqui (Parent).

Home Instead Senior Care is a relatively new and different care company in Stockport. Home Instead was established 16 years ago in America and now has over 825 offices worldwide. It came to the UK in 2005 and has rapidly developed a reputation both nationally and locally for providing high quality support by offering a much wider range of services than typically offered by mainstream agencies. We offer services such as companionship, local transportation, errands, meal preparation, light housekeeping, medication reminders, and personal care support. We provide a wide variety of services to help people live independently and improve their wellbeing.

Why are we different?

- ◆ We send the same CAREGiver back on each visit.
- ◆ We arrive on time and leave on time – you get what you pay for.
- ◆ We match the CAREGiver and Client together – this way a relationship builds.
- ◆ We are there for the Client – not just the task – person centred care.
- ◆ Our CAREGivers are there to encourage, stimulate and assist the Client to help them live independently in their own homes or support to go out.

What do we do differently?

- ◆ We have a minimum visit of 1 hour. This way we can work at the pace of the Client and find time to build a relationship.
- ◆ We do not wear uniforms, so it is like a “friend” going in to the home.
- ◆ We take 6 references for each CAREGiver (3 professional/3 personal) as well as an enhanced CRB check and POVA check.
- ◆ We provide on-going training to all our CAREGivers, including Dementia Awareness and NVQ Training.
- ◆ Our CAREGivers are there to encourage, stimulate and assist the Client to help them live independently in their own homes.

What do we look for in our CAREGivers?

- ◆ We look for good life experience and empathy with older people.
- ◆ We look for CAREGivers who want to provide companionship focussed care.
- ◆ We employ CAREGivers who want to take time to provide the best possible service to our Clients.
- ◆ We look for CAREGivers who want to spend a longer time with the Client, have time to talk to or listen to the person they are supporting.

The Stockport Office continues to grow and is proud of the high quality service it provides to its Clients. Earlier this year Home Instead won the “Dignity in Care” award at the NHS North West Health and Social Care Awards. This award recognises the importance of treating people with dignity and respect when providing health and social care services.

The objectives of Home Instead Senior Care are to ensure that vulnerable adults in Stockport have access to care that is based on their needs, treats them with respect, maximises their independence and helps them to maintain their way of life for as long as possible. We provide a real alternative to the traditional social care services available, and our support fills the gap which exists for companionship-focussed, person centred care. We will work with any vulnerable adult aged 18 plus with any disability, learning, physical, mental health, autism etc. For more information visit: www.homeinstead.co.uk

SEX EDUCATION

I read some interesting information recently about Teenage Pregnancy. Did you know that Christmas time is when teenagers can feel most pressurised to have sex?

Findings from the Time To Talk campaign show that a quarter of young people feel exposed to increased pressure to have sex, with 68% also saying they are more likely to drink alcohol at Christmas time. A factor proven to impair decision making around sex and relationships. Two thirds of parents still believe sex is something other people's kids do.

- Teens feel acute pressure to have sex at special times of year. Even more so than to smoke or take drugs (23% and 15% respectively)
- Peers are still piling on the pressure for their friends to have sex at Christmas (58%) with a mere 15% blaming media for their decisions.
- 77% of boys feel the most pressure to have sex comes from their friends, compared to just 44% of girls.
- Just under 70% of 15 year olds say their friends put the most pressure on them to have sex, helping to identify the need for parents to step-up conversations about sex and relationships around this age.

Christmas has been cited as a time when 27% of teens are more likely to talk to their parents about sex because they find themselves spending more time together and feeling closer. Parents need to form an open and honest dialogue with their children about sex and relationships and arm them with the right information for responsible decision-

making. Although Christmas is over for another year, its never too late to start talking about sex and relationships and having conversations. It could make a positive difference to a young persons life. For more information on how to talk to your children about sex and relationships, parents can contact Parentline Plus on 0808 800 2222 or visit:

www.parentlineplus.org.uk.

There is a website that can be accessed through the Terrence Higgins Trust that talks about HIV and PEP. A parent brought this to my attention. PEP stands for Post Exposure Prophylaxis. It is a course of medication that can stop you becoming HIV positive after you've been exposed to the virus. The web page can tell you more, What is PEP? How does it work, how to get it and what happens after you have taken it.

I did not know PEP existed and hopefully it won't be needed but information like this can become vital. [Http://www.tht.org.uk/informationresources/hivandaids/postexposureprophylaxis](http://www.tht.org.uk/informationresources/hivandaids/postexposureprophylaxis) CHAPSONLINE says the sooner PEP is started the more effective it is. Preferably no more than 72 hours after exposure. It is available from sexual health clinics and hospital A & E but some people say it can be hard to access the treatment. Specialist HIV clinics might be best.



My visit to Kansas from Elaine

In 2007 I had a trip to Kansas to meet with Allan Dare. He designed the database all those years ago (around 1997) and emigrated in 2006. We had become good friends and I had a lovely time in Kansas with him and his wife Penny. While over there I read this in the local paper. In Calcutta, India, there is a children's home that was founded by the late Mother Theresa. On the walls hangs this sign:

LOVE THEM ANYWAY.

Often, if you do good, people will accuse you of selfish, ulterior motives. DO GOOD ANYWAY.

There is a risk that if you are successful, you will

win false friends and true enemies. SUCCEED ANYWAY.

There is always the possibility that the good you do today will be forgotten tomorrow. DO GOOD ANYWAY.

People will remind you that honesty and frankness make you vulnerable. BE HONEST AND FRANK ANYWAY.

There is a chance that what you spent years building may be destroyed overnight. BUILD ANYWAY