



November 2014

LEARNING DISABILITY FLINTSHIRE



Supporting people with learning disabilities, their parents and carers.



In this Issue

- ◆ Love Your Vote
- ◆ Keep Warm
- ◆ Things to do
- ◆ Josie`s Holiday

Cor its nearly Christmas again, funny how it comes round quicker as you advance in years. When I was a child the summer break seemed to go on forever, bet my mum thought so too!! But now, no sooner have the kids gone back to schools and college we all start planning and fretting about Christmas. I blame the media, adverts on the television trick us into believing we have to spend, spend, spend. shops are full of tempting goodies we just have to have. Make a stand this year, be strong, ask yourself “**do I really need it?**” and only spend what you **NEED**, after all its only one day and the shops are open again with loads of bargains up for grabs.

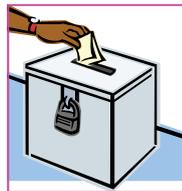
Open Meeting

On 19th November at 7pm at **Corlan, Mold.**

“Love your vote”

is the Topic for the night and will take the form of workshops run by the

Wales Regional Officer— Houses of Parliament Outreach Service



This meeting is open to all, especially people with a learning disability.



Using easy-read materials the workshops will cover all aspects of Parliament and the electoral system. The workshop also aims to inform people how to lobby their local MP about issues that affect their lives and demonstrate what impact lobbying has. The organisation is keen to educate people about voting, to help them further with personalising their support and lobby MPs about what would help them in the social care sector.



Love Your Vote is a campaign to increase awareness and to Increase the number of people who vote, in a bid to engage people in helping to shape the future of their country and local communities.

Please try to attend and bring your son, daughter or person you support with you.

RSVP for refreshments to; email LDF@flvc.org.uk or telephone 01352 744079

Our Holiday at Gwesty Seren Hotel, Ian Ffestiniog

Hi, my name is Julie Barber and I am writing to tell you about our recent stay at the new Gwesty Seren Hotel in Llan Ffestiniog. The hotel offers 3* holiday breaks for people with learning disabilities, their carers and families in a beautiful part of Wales, the Vale of Ffestiniog. It is run by the organisation Seren Cyf, <http://www.serencyf.org/#!/home/mainPage> which has a number of other social enterprise businesses within Gwynedd, including a furniture centre, shop, gardens and recycling facilities. The hotel has a craft room, hydrotherapy pool, sensory room and a games room. They can also provide care support from their own domiciliary care agency which has been in operation for 10 years. It has a lift both inside the building and on the outside at the front. There are 10 rooms which are all either double or twin with en-suite wet room or bathroom. At present the cost is £70 per room which includes breakfast.



My daughter, Josie has severe epilepsy and severe learning disability along with a diagnosis of autism. She has a variety of seizure types which she experiences on a daily basis, and her support needs make organising a holiday a bit of a logistical challenge. When we heard about this hotel I felt sure that they could offer a supportive and relaxed environment for Josie, which proved to be very much the case. Josie lives in bungalow in Mold with 2 other girls, with 24/7 support provided by Cymryd Rhan. The Cymryd Rhan team leader and I visited the hotel prior to the booking to assess the hotel and facilities and chose the rooms we thought would be best for Josie and those

helping us to support her. The hotel assistant manager could not have been more helpful. As he explained all the facilities to us on our tour he took on board the temporary changes we would need to make to Josie's room to ensure her safety.

At the beginning of October Josie had a long weekend stay, accompanied by my husband and I and two support staff from Cymryd Rhan. I think that Josie and her support staff would agree with us that our stay at Gwesty Seren exceeded our expectations. When we arrived the staff went out of their way to find a way to make the bed head, radiator, wall lights and wardrobe in Josie's room safe due to the nature of her overnight seizures. They appeared with a huge roll of bubble wrap, which worked very well. They were worried about the waking night support staff being able to sleep during the day and went out to purchase some ear plugs for her! The atmosphere was very relaxed and everyone felt very much at home, especially Josie. Nothing was too much trouble and they were not phased by anything, ranging from personal care issues to any behaviours which accompany a person with severe learning disabilities. The food was fantastic, with the lovely head chef Gafyn producing delicious breakfasts and evening meals for us. We felt like royalty!

During our stay we rode on the Ffestiniog Railway and visited Black Rock Sands, Criccieth, Pwllheli beach and Abersoch. Every Friday night the hotel hosts a get together in the lounge bar for the people they support, people arriving about 4.30pm from their work placements etc. and enjoying a bar supper, games room, bingo, karaoke etc. Josie was welcomed by everyone and joined in with everything. She very much liked their comfy sofas in the lounge! We made use of the sensory room and the crafting expertise of Ann, who organised a painting and sensory session with Josie the morning of the day we left. She even arranged it so that Josie could do it sitting cross legged on one of the lounge sofas instead of the craft room as she thought she would be more comfortable there. Josie really enjoyed this and was very responsive.

All in all I would say that Josie loved her stay there as did we and the Cymryd Rhan support staff. Try it for yourselves and let other people know about it.

Julie Barber.



Priority services for customers with special needs during a power loss. Energy providers keep a priority services register so that they can contact their most vulnerable customers if they do experience a power loss. You can be included on this register if you are;

Dependent on medical equipment.
Chronically sick
Disabled or other special needs you would like considered.

Being on the register won't mean they can restore your power quicker, but they will contact you if they know of a problem in your area and keep you informed with regular updates. Contact 0845 0273 4444 or www.spenergynetworks.co.uk

Do you qualify for a Warm Home Discount?

The Warm Home Discount scheme has a limited fund and is paid on a first come first served basis, To find out more about the Warm Home Discount scheme: Contact your energy supplier as soon as possible to see if you are eligible to receive a Warm Home Discount. Each of the suppliers have different criteria as to who will qualify under this scheme. find out more visit www.gov.uk/the-warm-home-discount-scheme



IMPORTANT MEETING FOR ILF RECIPIENTS.

As I am sure you are aware the Independent Living Fund (ILF) will cease on 30th June 2015.

Welsh Government are currently consulting on how the transfer of funds will be managed in Wales. There are four proposed options and I am anxious that we support as many people as possible to have a voice and to actively participate in this consultation.

Therefore Mark Cooper has arranged a meeting in the **Alyn & Deeside Room, County Hall from 1pm on Friday 14th November.** Giving you a chance to voice your opinion.

Direct Payment Support Group

Are you aware there is a support group for people on Direct payments?

Next meeting **12th December 10am-12 at Library Headquarters, Mold, CH7 6NW.**

Did you know that the training of Personal Assistants is your responsibility? If you directly employ a PA (personal assistant) you must ensure that their training is kept up to date. First Aid must be updated every three years and Moving & Handling every 12-18 months. Also, time spent attending courses run by FCC must be paid by you to the PA. For enquiries contact Emily Kershaw on 01352 706235

Channel 4 is looking for you!



Channel 4 is making a series about domestic staff recruitment and are looking to speak to individuals or families who are currently seeking to fill a position within their home, including personal assistants and carers. They

are also talking to people recruiting for a housekeeper, au pair or nanny.

They are looking to follow the process of finding the perfect person to work in the home, from the application process, through to interviewing and choosing the final candidate. The filming process itself would be as unobtrusive as possible and they would take their cue from you as to what you are happy to share with them.

Initially, they are simply looking to talk to anyone who is potentially interested. There is no obligation to take part and all calls are completely confidential amongst the team and do not commit to anyone to taking things further.

For more information, please contact Caitlin on 0203 040 6830 or email them at situationvacant@studiolambert.com.



How are you feeling?

Happy, Angry, Scared, Frustrated, Worried, Excited, Relieved, Sad, Confident, Annoyed.

However you are feeling, its great to share, please send your questions, comments, life experiences, rants, raves or hints & tips to; Helen 01352 744079 or email ldf@flvc.org.uk

Things to do in Flintshire.



There is a national card providing concessionary cinema tickets for carers accompanying a disabled person to any cinemas across the UK. The card is valid for one year and costs £6.00. The application is made by the disabled person who must be either in receipt of Disability Living Allowance or registered as blind. To apply: Either download an application form and return to CEA Card, PO Box 212, Waterlooville, PO7 6ZN Tel: 0845 123 1292 or apply on-line www.ceacard.co.uk

Wisp Dance Club is fun and exciting, just the place to come together with like minded young people who enjoy dance/movement. Wisp creates a safe and inclusive environment for young people with special educational or social needs aged 11-25 years. Wisp Dance Club usually meets at; Glanrafon Arts Centre, Glanrafon Road, Mold, every Tuesday term time only, 6.30pm-8.30pm. Cost £4.50. For more information please call Cher 01352 770836



Tandem Cymru meet at the Drovers pub, Denbigh road, Mold, for adults with learning disabilities. We meet every Thursday night from 7pm onwards where you can make new friends and meet old friends .



We have just heard about an exciting new project beginning in January. Emerge Community Arts in conjunction with Flintshire Social Services, WEA, Cymryd Rhan and Communities First propose to run a 20 weekly 1 day fully inclusive Performing Arts Project in Mold. In the meantime check out the web-site www.emergecommunityarts.org for more information on workshops or find Emerge on Facebook www.facebook.com/emergecommunityarts. There will also be taster days coming up before Christmas, places will be limited. To register contact Emerge Community Arts via email- emergecommunityarts@outlook.com or call 07828133467. More details in the next newsletter.



Special Olympics is held on a Thursday for all ages ,venue changes, summer - outdoors and indoors in the winter

Disability Cricket Monday and Sunday for all ages, venue changes but is usually around Wrexham.

Disability Football held on Wednesday 5 till 6pm for all ages, held at Deeside Leisure Centre.



Disability Athletics held on Wednesday 6 till 7pm for all ages, held at Deeside Leisure Centre.

Disability Swimming held on Friday nights 8 till 9pm for all ages, held at Connah's Quay Swimming Pool.

Contact Ron for more details on any of the above:
helencoles@talktalk.net



Actif Council Leisure Services operates a registration scheme called actif. By registering your personal details at one of our leisure centres, and through the completion of the actif registration form, you will receive an actif card which enables you to access a whole host of leisure activities at a lower price than the standard charge. **Actif Plus One** is a disability equality scheme which permits a personal assistant to have free access to their leisure facilities when supporting a disabled customer.

Did you know that there is a Hydrotherapy Pool in Flint? The pool is now being offered for hire to groups in the community and residential services, between 3.30 and 6.30pm and during weekends at a cost of £50 per hour weekdays and £60 per hour at weekends.



Have a wonderful Festive break and thank you to everyone who has contributed to this newsletter. Please send any news, articles or suggestions for the Spring issue by early January 2015, Email LDF@flvc.org.uk or telephone 01352 744079