

Link-Upp (Birmingham)

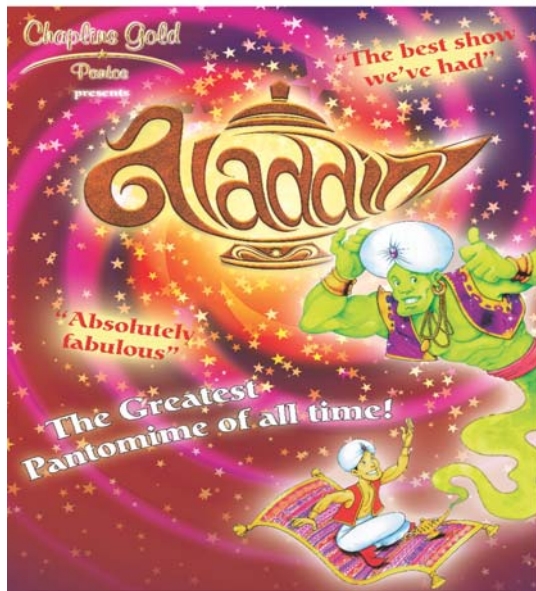
Networking for Parent/Carer Groups

www.link-upp.org.uk

Issue 57

Dec 2009

It's Panto time!!!



Saturday 16th January
2010

At: Holy Name Parish Centre,
Great Barr. B43 6LN
Doors open at 5.15pm.
The show starts promptly at 6pm.

Fully accessible.

An Special Event for Children with
Additional Needs, Siblings and their
Parents/Carers.

As places are limited please do NOT ask for
seats for extended family and friends

Forthcoming Link-Upp Events

Annual Members

Meal:

This will be in January
at the "Big Wok" as
usual.

Look out for the flyer
coming soon!

Link-Upp AGM

Friday 26th February
at "Mal Maison" in the
Mailbox.

From 10am—2.30pm
Featuring the very
first "Link-Upp Par-
enting Awards".

Look out for nomina-
tion forms

in the new
year!



This is an exclusive performance by *Chaplins Pantomime* for Link-Upp families and members of Link-Upp affiliated groups.

There should be a booking form sent along with your newsletter. Please return by Friday 18th December.

For more information contact Link-Upp in any of the ways described on Page 4 of this newsletter. For information on Chaplins Pantomime see: <http://www.chaplinspantomime.co.uk/>

Parent Views Count

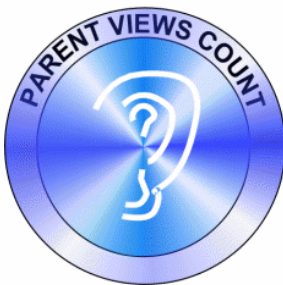
December Carrs Lane meetings

Information about Short Breaks and other support services for families who have children with disabilities

Thursday December 10th, 2009 - 7.00pm-9.00pm

Friday, December 11th, 2009 - 10.00am-12.30pm

At: Carrs Lane Church Centre, Carrs Lane, Birmingham B475X



Parents and carers come along and talk to the providers of short breaks services such as holiday play schemes, out of school activities, clubs, overnight care, and see what is on offer in Birmingham for your child

There are lots of new services available, come and have a look!!

Free entry, refreshments provided

If you would like more information please phone:

Sue White on 01676-533-565 or Narinder Saggu on 0121-675-3320



Saving scheme for parents of disabled children

The government has included families with disabled children in their plans for a savings scheme called the 'Saving Gateway'.

From 2010 the savings scheme will be open to people of working age on low incomes and in receipt of specified benefits, including Carer's Allowance. For every pound saved the government will give a contribution of 50p.

Savers will be able to pay up to £25 a month into their account for two years, which means a potential contribution from the government of £300 after the two year period.

Who can get the new accounts?

You will be able to open a Saving Gateway account if you get any of the following:

- Income Support
- Jobseeker's Allowance
- Incapacity Benefit
- Employment Support Allowance
- Severe Disablement Allowance
- Tax credits - if you have an income below £16,040
- Carer's Allowance (you must actually be in receipt of the allowance)



How the accounts will work

When the scheme launches in 2010, if records show you qualify for an account, you will be sent a letter of invitation, an information booklet and a list of Saving Gateway providers by HMRC. You will be able to take your letter to any approved Saving Gateway provider and open your account.

You will then be able to save as much as you like into your account for two years, with a top limit of £25 a month. At the end of the two years the government will add a reward of 50 pence for each £1 you've saved.

Don't worry if £25 sounds too much - every £1 you save will earn you an extra 50 pence. And you will be able to withdraw your savings should you need to without affecting the government reward you have earned up to that point. Remember, you'll only be able to open one Saving Gateway account per lifetime, so make sure you open one at a time that's right for you.

Have you signed up to Every Disabled Child Matters?

Every Disabled Child Matters needs you to get involved in their campaigns.

1. Have you signed up as a supporter?

If not, visit: www.edcm.org.uk and register to receive campaign updates!

2. PCT statements on disabled children

Email your PCT and ask them for a copy of their statement on health services for disabled children.

3. Disabled children's manifesto for change

Email your MP and ask them to read the Disabled children's manifesto for change and respond to the questions asked by young people.

4. New duty to provide short breaks for disabled children under Children and Young Persons Act 2008

With this new duty expected to come into force in 2011, email your local authority to ask how they are planning their short breaks services now and beyond 2011.

5. Disabled children - Going Places!

Email your council to ask how they will make sure disabled children and young people have good things to do and places to go.

6. Disabled Children and Housing

Ask your MP to help end the disabled children's housing crisis.

7. Help make disabled children a local priority

Get your local authority and PCT to sign up and deliver on the EDCM campaign Charters.

8. Tell your story

Help put pressure on government to make change happen and support EDCM with their media work.



FundingCaring Help for the Families of Disabled Children

<http://www.fundingcaring.co.uk/help-for-families-of-disabled-children.html>

If you are the parent of a disabled child, you may well have higher financial needs than the parent of a non-disabled child. You may need to pay for specialist support or equipment and your ability to earn a full-time wage could be reduced.

Some families of disabled children do struggle financially, but it's important to make sure you are claiming all the financial help that's available to you.

FundingCaring was formed to offer a unique reference point on financing the care of elderly or disabled relatives.

FundingCaring is an essential resource for anyone requiring information on the cost of care, whether for themselves or for someone else. Individuals needing care may be children, older people or those who are disabled. Information on paying for care and finding financial help can often be complicated and jargon-heavy.

FundingCaring provides information that is clear and easy to understand.

Scroll down the yellow "Contents" box in the top left hand side and you will see further options to choose from.



face2face

We are pleased to announce that 6 new befrienders have almost completed their training. This will bring the total number of Face2Face befrienders in Birmingham to 15.

Face 2 Face is a national network of trained volunteer befrienders who can help parents make positive adjustments to the news that their child has a disability.

Every Face 2 Face befriender is a parent too - someone whose own child has a disability. They know what it's like to cope with a new diagnosis and can offer support parent-to-parent.

To learn more about Face2Face, or to ask to speak to a befriender, call Anne on: 07827 472 659

www.face2facenetwork.org.uk



Free online "Caring with Confidence" training



www.caringwithconfidenceonline.net

Caring with Confidence aims to help unpaid carers make a positive difference to their life and that of the person they care for. If you look after, or give help or support to family members, friends, neighbours or others because of long-term physical or mental ill-health or disability, or problems related to old age, you can further develop your skills and knowledge for your caring role. These online sessions are just one way you can take part in Caring with Confidence.

You can also mix and match - by taking part in one or more free, local group sessions or by using self-study workbooks. To find out more about these other options visit the website or call Jo Payne on 0121 270 5250.

The main benefits of Caring with Confidence online sessions include:

- you can work at your own pace and at a time convenient to you
- you are able to do as much or as little at a time as you want
- you'll find the details of organisations you can go to for further information and advice
- you can build up your own collection of resources and notes
- you can access the online sessions and information you have gathered after you complete the session
- access to an online forum to talk to other carers (coming soon)

To find out more about our online sessions, please visit: <http://www.caringwithconfidenceonline.net>



www.link-upp.org.uk

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Maintaining your relationship



One Plus One, the relationships research organisation, has launched a new series of articles on their website, <http://thecoupleconnection.net>, to help parents of disabled children strengthen their relationship.

These new articles have been written to help couples strengthen their relationship while facing the challenges and delights of having a child with additional needs.

They have been taken from a new book, 'Special Needs Child: Maintaining Your Relationship - Staying connected through the highs and lows', by Victoria Dawson and Antonia Chitty.

The book is packed with advice from parents whose children have additional needs, to give the reader insight into how to maintain a relationship whilst recognising the importance of celebrating their child.



Find out more from:
<http://thecoupleconnection.net>



Registered Charity
No. 1079968

Complementary Therapies For Families

This free, hands-on course will be run by professional therapists and is designed to support families caring for a child who has a life threatening or complex health condition and who are registered with a Heart of Birmingham PCT GP (NOTE: This area includes Handsworth, Aston, Balsall Heath, Newtown Winson Green, Sparkhill, Small Heath and Nechells.)

Over 5 Saturday mornings the whole family will learn how to use simple massage, reflexology, aromatherapy and relaxation techniques to use within the family at home.

The course will take place at The Saffron Centre, Moseley Road, Highgate

Full disability access. Free parking

Saturday mornings, 9.30—2pm, lunch included

Book either

Course 1— January 16th to February 13th or

Course 2— February 20th to March 20th

To book your place and for further details please contact Ann Goddard or Dr Hassan at Freshwinds. Tel: 0121 415 6670

Places are limited and you are advised to book early.

Help with cost of transport is available, please call to arrange.



Disclaimer

The editor retains the right to omit, include or edit any contributions. The views and suggestions in this newsletter are those of individual contributors and not necessarily supported by Link-Upp. Link-Upp cannot accept responsibility for any goods or services mentioned in or enclosed in this newsletter.

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