

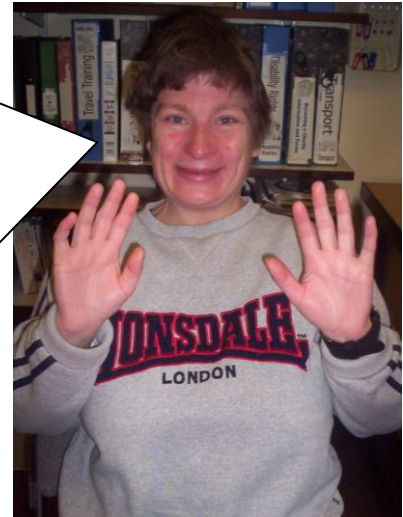


# Bury People First Newsletter Summer 2011

Hi and welcome to the Summer edition of our Newsletter. We know there are many other organisations out there who can support people in different ways.

We are going to introduce people to a different organisation in each of our Newsletters.

In this edition you will find information about PALS on Page 7. Hope you find our Newsletter full of good information.



**Catherine Mercer**



In this newsletter there is news about Day Services and the Partnership Board. There is also news about what the Health Team has been doing.

You will also find news about the Projects and Workshops that we have been running at Bury People First. Plus things that will be happening in the future.

Check out on the next page what else you can find in our newsletter.



## What else is in this Newsletter

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## 'Have a Go' sessions

This is a Project run jointly by Bury People First and Bury's Learning Disability Team.

The Project promotes healthy lifestyles and gathers information about activities that are taking place in people's communities.

It also supports people to engage in activities as taster sessions. This gives people the opportunity to make proper informed choices and access the activities outside of the 'Have a Go' sessions.



**Jon  
Brocklehurst**

Laser Quest was my favourite trip. I was pretty good at shooting and I was top scorer. Some people got out of breath doing this activity.

The Snow Tubing event in March was a bit hard. It was all right going down the slope but it was hard dragging the tube back up the hill.

This project is good for your health.



**Peter Lenord**

In April we went walking along Holcombe Hill. It was a really sunny day so we ate our lunch at the top of the hill. The walk lasted more than two hours and it was certainly good exercise.

We recently went camping in Clitheroe. When we first arrived it was pouring down but then it settled down. We all helped each other to put our tents up then we had a barbeque in the evening and played football. Everybody really enjoyed it. Some people went swimming on the second day.

## Day Services News

There are a lot of things happening in Day Services at the moment. Seedfield and William Kemp Heaton Day Centres will soon be closing. When this happens there will be a few different options for people. Some will go to an Outreach Group near to their home.

Day Services also hope to develop some small businesses. This would include the Gardening Group and a small community cafe. People would be able to improve their skills and gain some work experience.

The original plan to have 14 outreach groups has not changed. To date there are 10 including the new one at Church Lane in Prestwich. Because of people's needs, there are now going to be 5 core bases for people who have complex needs instead of the original 7. Sunnybank is already open and another core base at Elton Community Centre will soon be operating. The plan is for the other 3 to be in Radcliffe, Whitefield and Bury Town Centre.

I have been going to my new outreach Group at Church Lane for a couple of weeks now. We do arts and crafts and it is only £1 to join. We do this with other people from the local community. I really enjoy it and its brilliant.

In the afternoons we play curling. This keeps me very active

**Gwyn Jones**



**People from Church Lane Outreach Group and Bury People First members**

## Self Directed Support Workshops

We recently held a set of workshops about Self Directed Support (SDS). People told us they needed more information about this.

Overall nearly 80 people came. We talked through the process of SDS which can be a bit complicated. We broke this up into 7 steps. That way it was hopefully easier to understand.



**Anna Wilkinson from Wheatfields Day Centre who helped us with the presentations**

We saw stories on a DVD about how different people were using their personal budgets. People said they really enjoyed this, especially Joe's story. He had used his money to get support from Personal Assistants. He had also bought himself an adapted bicycle.

People had a lot of questions at the end of the sessions. We passed these questions on to the SDS Team at Adult Care Services. Their responses are at the end of this Newsletter.

In July we had a Drop In Day. It was well attended and quite a lot of people came to find out what we do.

We got some new members and one of them Fay Wilcocks, won the first prize in our raffle. That was a meal for two at Frankie and Benny's.

We raised £42. This will go to our 'Have a Go' sessions. So thanks to all those who came.

## Drop In Day



**Fay with her Personal Assistant, Lorna Jones**

## News from the Health Team



My name is Kate Turnbull. I am an Assistant Psychologist for the Learning Disability Team. For the last 6 months I have been meeting adults with Down's Syndrome living in the Bury area to find out about their skills and support needs. So far I have done assessments with 18 people. I have been writing reports and sending them to their GPs. Sometimes I notice that people need some support with health issues such as finding a dentist, so I try to help them with that too. Some people will be offered another assessment soon so that I can keep an eye on their health as they get older.

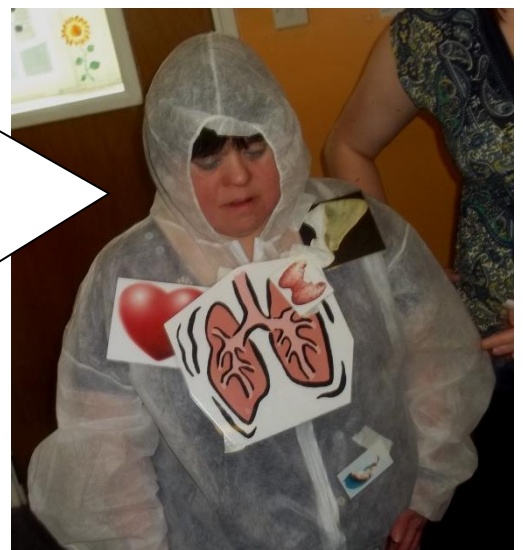


There are still about 15 people I would like to meet. If you would like to know more about the project, you can phone me on: 0161 762 3244.

In June the Health Team held 8 sessions to find out what people thought about the health services in Bury. Dick Perkins led these sessions with the help of BPF members.

I had to put on a white suit and people had to guess where different body parts went. Then people talked about the good and bad things

We hope to get a full report soon on what people said.



**Mandy Rigby  
in her white suit**

## Featured Organisation

### Patient Advice and Liaison Service (PALS)

As somebody who uses health services you may need to turn to someone for help, advice and support. This is where the PALS comes in. PALS can:

- listen to your concerns and suggestions
- provide on-the-spot information on NHS services
- advise and support patients, their families and carers
- talk with the right people to sort out any problems you may have
- help you contact other organisations to get the help you need
- record any feedback and comments that you wish to make and learn from your experience
- bring about changes to the way that services are delivered

**Call NHS Bury PALS on Freephone 0800 328 3166  
(Monday - Friday, 9.00am - 5.00pm)**



**Joanne Mclean and  
Marion Lampert are  
the PALS team.  
These are the people  
who you would meet if  
you needed PALS  
help.**

## The Learning Disabilities Partnership Board

My name is Julie Howarth. I Co-chair the meetings with John Boyington. Recently, the Partnership Board has been completing the Annual Self Assessment report. This means checking all the things that are done well. We will also be able to see where things can be done better. We check how things are going in areas such as health, housing and employment. This report was finished by the end of July. In our next newsletter we will let you know how things went.

I was part of the interview panel for Zena Shuttleworth's job. It was a very good day and we appointed someone called Nicola Hine.

**John Boyington and  
Julie Howarth**  
**Co-chairs of the  
Partnership Board**



**Christopher  
Blunt**

### Personalisation Task Group

I am Co-chair of this group with Dave Howard. One of the things we are concerned with is Self Directed Support. A leaflet is being made so that people understand what it is about.

The group will also check out how things are going with Person Centred Plans. We are writing a set of guidelines for people to check out when they are thinking about Person Centred Plans

## Connecting Communities Task Group



**Stephen  
Owen**

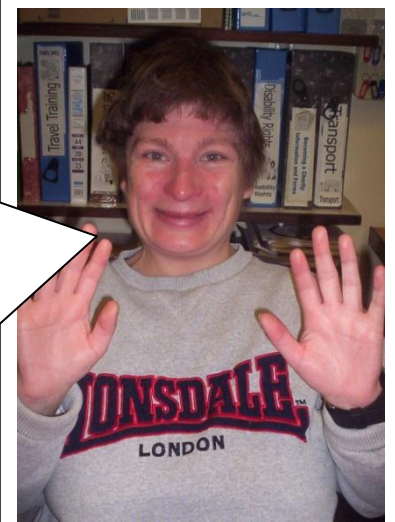
We sent out a questionnaire to find out who wanted to do travel training then we had a meeting about how we can do this training.

We talked about the different organisations in Bury that offer social activities like Contact and Jigsaw. We also talk about other issues like Housing and Employment.

## Good Health Task Group

This group has now started and I chair it with Carolyn Brennan. One of the things we will be doing soon is the Health Self Assessment. This is so we will know how good the Health Services are in Bury.

Some people are supported in other areas outside Bury. We will be talking about how we make sure these people are ok. Also to see if they want to live back in Bury.



**Catherine  
Mercer**



**Zena  
Shuttleworth**

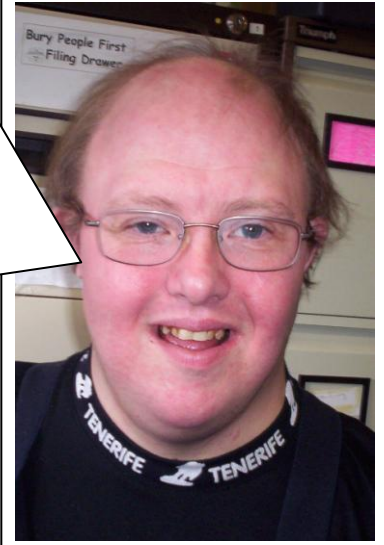
Zena Shuttleworth who co-ordinated the Partnership Board and Task groups is now on Maternity Leave. Zena had a baby girl on 2<sup>nd</sup> August. We would like to send our best wishes to Zena and her family. We would also like to thank her for all her help and hard work.

The new person who will be replacing Zena during her time off is Nicola Hine. So welcome Nicola and good luck in your new job.

## North West Regional Forum meetings

In July we went to a Friendships and Relationships meeting. It was run by the North West Regional Forum and is a sub group of this. Cathy Kelly came with me.

Cumbria People First gave a presentation. They talked about how people are supported to keep relationships. We also talked about a scheme in Wigan where people are supported to go to football matches. I think that is a really good idea and something we should do in Bury. I enjoyed it all and lunch too.



**Alex Duthie**

At the North West Regional Forum meeting we talked about different things like housing and health. We heard what is happening in other areas outside of Bury.

I spoke to the group about my feelings of the Panorama programme. We talked about the Traffic light system when checking how good services are. A lady called Sue Smith said it is better to get more greens than reds. Reds mean that the service is not very good. Amber means it is ok but it could be better.

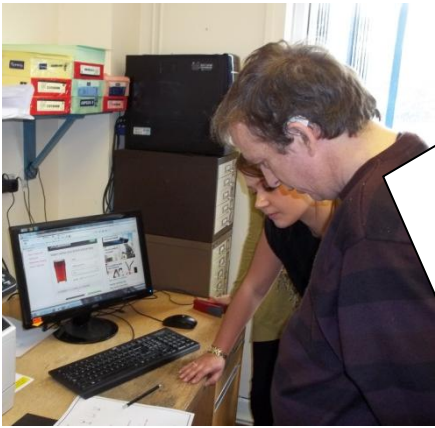
I really enjoyed myself. I enjoyed hearing what other people had to say and telling people what I thought as well. I would like to go with Bury People First again.



**Cathy Kelly**

## Workshops

### Alcohol Awareness Workshop



Paul Theckston

We recently ran a workshop around alcohol awareness with Moira Speechley from the Learning Disability Team and a student called Georgina. We talked about the good and bad things about alcohol and how it can affect different parts of the body. We all tried on a pair of beer goggles. They made us feel dizzy and made us walk funny!

We looked at how many units our favourite drinks have in them. We also looked at different bottles to find out how many units they contained. We were quite surprised by what we found out.

In April we ran some Workshops on the Referendum and voting in the Local Elections. Our Student, Sarah helped us with this.

We used a flipchart presentation to talk about how we vote now. This is called first past the post. Then we looked at the new way of voting which is called the AV (Alternative Vote) system. We looked at what happens if nobody gets half of the votes. We talked about some of the good and bad points about this new way of voting.

We talked about the different ways to vote. In person, by post or by proxy. This is when somebody you trust votes on your behalf.

### Referendum and Voting Workshops

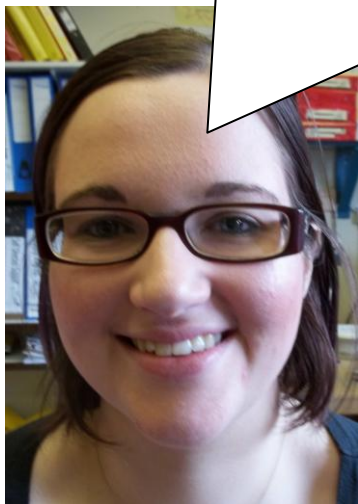


Catherine  
Mercer

## Volunteer and Student Report

I recently started as a Volunteer Worker with Bury People First. This work allows me to learn about the charity and how it supports people to play a part in solving issues that affect them. I have supported members at Partnership Board and Task Group meetings. I have also supported members at the Health Focus workshops. We talked about the good and the bad practices of the health services in Bury.

I am enjoying my volunteering placement at Bury People First and I look forward to learning new things and attending other meetings.



**Volunteer**

**Nicola  
Unsworth**

**Student  
Placement**

**Sarah Wilkes**



My placement at Bury People First has come to an end. I have really enjoyed being a part of the organisation. There is so much going on with all of the different things that the group is involved with.

I have particularly enjoyed supporting people at Partnership Board meetings and Task Groups. I also found the Self Directed Support Workshops we ran really interesting. I got the chance to learn more about SDS which will be useful in my future career.

Before coming here, I had never worked with learning disabled people and I am really glad that I got the chance to do this. I would like to thank everybody at Bury People First for making me feel welcome and teaching me all about Self-Advocacy.

# The Out and About Travel Training Scheme



**Alex coming out of college**

This Scheme helps people to learn new routes on public transport. People then are able to go places that they were not able to travel to before.

My name is Alex Duthie. I started at Bury Adult Learning Centre and had to learn how to get there. I did some travel training with Sarah and Chris. At college I did reading and writing. If I didn't do the training I would have to travel to college with my mum.

In September I am going to college again to do cookery and maths.

## News in pictures



**Have a Go sessions**

# More News in pictures



**Self Directed Support Workshop**



**Drop in Day**



# Health Focus Workshops



# Alcohol Awareness Workshop



# Referendum Workshop



## Things that are happening next at Bury People First



### 'Have a Go' sessions

There are still some cycling sessions left.

After that we are hoping to do some activities at the Anderton Centre, such as abseiling, water activities and walking.

We are hoping to arrange some dance and aerobics sessions. Also a Sports Centre day with football, basketball, curling and hockey.

### Housing Workshops

Two years ago we ran some workshops around housing issues. Recently a number of people have been asking about this issue again.

So in the coming weeks we are going to run some more sessions. We will be talking about things like moving house and the kind of support people may need.



If you fancy getting involved in any of our activities then contact us.

If you have any ideas about the kind of things we should be doing then let us know.

Bury People First



## Bury People First

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Website: [www.burypeoplefirst.co.uk](http://www.burypeoplefirst.co.uk)



In May we ran a set of Workshops about Self Directed Support. There were a number of questions and concerns that people had. These were passed onto the Self Directed Support Team at Adult Care Services. Their responses are below.

<b>Q1</b>	<b>How does the Support Worker or Personal Assistant (PA) get paid - where and how do they get the money?</b>
<b>A</b>	The PA is paid directly by the person managing the Personal Budget. This may be the customer themselves or their representative, such as an appointed family member. It could also be a company managing the account for the customer. This is called a managed account. The PA can be paid by cheque or directly into their personal bank account. This would be by bank transfer or standing order.
<b>Q2</b>	<b>What if the cost of a particular activity goes over budget?</b>
<b>A</b>	The activities chosen by the customer and their costs should be clearly written down and the cost shown in the support plan. Bury Council must agree the support plan before the Personal Budget starts. We encourage every customer to include a contingency fund in their plan to cover situations where prices have increased or for emergencies.
<b>Q3</b>	<b>Who would sort out the tax, national insurance and other employee related costs for Personal Assistants?</b>
<b>A</b>	There are several providers operating in Bury who provide a payroll service to people using a Personal Budget. They will calculate tax, National Insurance and Employer's National Insurance. If you are managing your budget yourself, you will receive a bill for the total amount of tax and national insurance every quarter. You will pay this from your budget. The charge for any payroll service will need to be included in the support plan.
<b>Q4</b>	<b>How would somebody go about hiring a Personal Assistant? Who would interview them and what about advertising costs?</b>
<b>A</b>	If you need help recruiting a PA, there are organisations that will support you with this. Including Bury GEMS, Instream and A4E. All

	costs will need to be included in the support plan.
<b>Q5</b>	<b>How would somebody go about firing a Personal Assistant if they were not up to the job?</b>
<b>A</b>	Anyone employing a PA should have a contract of employment which should include a disciplinary process. For more information contact ACAS or Bury GEMS
<b>Q6</b>	<b>What would you do if there was a clash of personality between a Personal Assistant and the person they were supporting? Would you be going against employment laws if you asked them to leave because of this?</b>
<b>A</b>	Anyone employing a PA should have a contract of employment. This may include a probationary period of at least 3 months for any new PA starting employment with you. For more information contact ACAS or Bury GEMS.
<b>Q7</b>	<b>What support does a Personal Assistant get, such as supervision or getting advice about their work?</b>
<b>A</b>	Whoever has been identified as managing the PA should provide this. This must be included on the support plan.
<b>Q8</b>	<b>Could Self Directed Support be used in any way to increase staff levels in Day Services Outreach Groups?</b>
<b>A</b>	Your Personal Budget is there to meet your needs and achieve your outcomes. Your support plan should include all activities that will enable you to do this. All activities will be considered by Bury Council when looking to approve your plan.
<b>Q9</b>	<b>There were concerns about whether people would still be able to go to Day Centres if they want to.</b>
<b>A</b>	If attendance at day centres is an activity that will meet your needs and achieve your outcomes, then you can use your Personal Budget for this. There are many people in Bury who use their Personal Budget to attend a day centre
<b>Q10</b>	<b>Would the cost of any training needs for the Personal Assistants be built into the Personal Budgets?</b>
	Personal Budgets can be used to pay for training for PAs as long as

<b>A</b>	this is on the support plan and agreed by Bury Council. PAs can access Bury Adult Care Services training programme. Ask your care manager about this.
<b>Q11</b>	<b>Some houses have one member of staff to support 3 tenants. Would people still be able to get a Personal Budget for one to one support to do the things that they want to do?</b>
<b>A</b>	A Personal Budget is for each individual to meet their needs and achieve their outcomes. You will need to meet <b>eligibility criteria</b> set out by Bury Council in order to receive a Personal Budget.
<b>Q12</b>	<b>Some people were worried that they would not have enough confidence to employ people and go through the whole process.</b>
<b>A</b>	Information, support and advice are available from organisations such as GEMS, ACAS and Instream on employing PAs. You can identify a friend or relative to manage your Pas. They could also support you to manage them yourself.
<b>Q13</b>	<b>There may not be enough staff or money for people who have high support needs to be able to do the things they want to do.</b>
<b>A</b>	Many people with high support needs use a Personal Budget. You can use PAs or organisations that provide services (agencies). You can use a combination of the two if you need this. All activities will be considered by Bury Council when looking to approve your plan.
<b>Q14</b>	<b>One person said they were worried about their personal safety when trying new things.</b>
<b>A</b>	All concerns about safety should be discussed with your care manager. A risk assessment will be completed to include ways to minimise risk.
<b>Q15</b>	<b>Could Self Directed Support help to overcome concerns that people may have about their health.</b>
<b>A</b>	Any activity may be included in your support plan that meets your social care needs and achieve your outcomes. All activities will be considered by Bury when looking to approve your plan.
<b>Q16</b>	<b>Could Self Directed Support be used for Travel Training?</b>

<b>A</b>	Yes, if this is agreed by Bury Council as part of your support plan.
<b>Q17</b>	<b>How can Personal Budgets be used to enable people to keep friendships going and to make new friends.</b>
<b>A</b>	Personal Budgets may be used to access activities in the local community with friends, as long as this is agreed on your support plan.
<b>Q18</b>	<b>What is in place to make sure that individuals' Personal Budget money is not abused and used for other purposes?</b>
<b>A</b>	Bury Council will audit every customer's Personal Budget on a regular basis to check how it is being used. You will also have regular reviews by a care manager.
<b>Q19</b>	<b>Will the quality of Services suffer if not as many people are using them?</b>
<b>A</b>	Customers have greater choice over which services they choose. This means that providers will need to provide quality services if they want customers to choose them.
<b>Q20</b>	<b>What if somebody overspends on their budget and runs out of money?</b>
<b>A</b>	Bury Council will usually pay your budget in 4 weekly payments. This will make it difficult to run out of money. You should only purchase services/products that have been agreed on your plan. If you want to purchase something different you should contact your care manager. If you do overspend, we may ask you to pay this back. If your needs change, contact your care manager as you may need a reassessment.

**Contact details for organisations mentioned in this document:**

Bury GEMS: 0161 253 7676

ACAS: 08457 474747

A4E: 0800 345666

Instream: 0161 654 8485

**Notes**

- **Eligibility Criteria** is a tool that is used to see if you qualify for an assessment for a Personal Budget.
- The term care manager is used in place of social worker
- If you have any further questions about Self Directed Support you can contact **0161 253 5151**