

ECN Family Matters

October 2021



Apologies that we didn't manage to get a newsletter out to you in September as planned. We have been working hard behind the scenes on what we see are the key functions for the Essex Carers Network which are:

- Working to ensure the lived experiences and voices of our families informs and influences the future landscape and opportunities for people with a learning disability and autism and their families in Essex.
- Working to support families to have the tools they need to feel strong, resilient and empowered in order to advocate for their family.
- To be a recognised and established voice of families in Essex caring for a family member with a learning disability and autism.

We want to take this opportunity to share with you some of the things we have lined up:

Places to Gather: We have heard from some of our families that they would like the opportunity to meet up with other families in their neighbourhood.

We would like to run local meetings for families by families; to bring in relevant speakers and practitioners, to share the good stuff as well as the challenges.

We would like to organise some activity based get togethers that would interest our families.

We need to know from you our families where you are and what you would like so that we can get it right!

We know that surveys can be monotonous but we absolutely promise you this little survey will take less than 5 minutes so please if you are a family in Essex

caring for a family member with a learning disability and perhaps autism too and you are interested in meeting others please click on the link or if you are very clever scan the QR code below and complete our super quick survey!

<https://www.surveymonkey.co.uk/r/ecnewsletter>



QR code

did we say it was quick! 😊😊😊😊😊😊😊😊

Housing Possibilities: A lot of you have told us that thinking about where your loved one will live when they leave home is a big challenge, you want to know what all the options are in order to consider which would be the best kind of residence for your family member. We have listened to you and early next year we will be hosting a housing possibilities conference where we will invite people to speak about the various housing options and also have families there sharing their experiences. If you are not already on our mailing list please get in touch with us, contact details at the end of this newsletter to make sure you get details as soon as we release them.

Webinars: We are currently getting together a program of webinars for families, which has been informed by the survey we carried out earlier on this year where families shared with us the kind of things they wanted to know more about. Our first ones are going to be about the mental capacity act what does it mean for families. Making decisions once your child becomes an adult what can you as a family do – this will cover court appointed deputyship, lasting power of attorney appointeeship and best interest decisions. Benefits in particular personal independence payments. We always welcome ideas from our families for subject matter for our webinar program so please do get in touch.

ECN Change Makers: In order for us to achieve our key functions we cant do it alone, we need you our families to be there with us.

We have developed the ECN Change Maker program to ensure the expertise and experiences of our families will be at the heart of all our work, ensuring that the right people are involved in strategic discussions and the development of future opportunities for people with a learning disability and autism and their families in Essex.

We know our families have a wealth of experience and knowledge around the support and wellbeing of their family member we are harnessing this wealth and making sure this knowledge and experience is used.

We have called these people change makers as we know by having their voices at the forefront of planning and development positive change will happen.

Our Change Maker program makes sure ECN brings forth the voice of many as our change makers will bring with them their own experiences and the connections they have with other families.

We know that Essex County Council are committed to coproduce solutions to all aspects of development, delivery and review of services and opportunities for people with a learning disability and autism and their families in Essex, our changemakers are an essential cog in supporting this work and ensuring it continues from a strategic direction into a reality.

The challenge is to ensure we can, through our change maker program, resource all future aspects of this way of working by having families ready and willing to support this work.

Has this piqued your interest a little would you like to know more? Please click on the link to read more about this role:

<http://www.essexcarersnetwork.co.uk/wp-content/uploads/2021/10/ECN-change-maker-spec.pdf>

If you are interested in finding out more about the role and would like to have a chat please drop us an email info@essexcarersnetwork.co.uk

Guest Blogs: We know from experience that families trust what they hear from other families, if another family has had a good or bad experience with

something it will influence whether we go down that road or not! To this end we would like to share families experiences the good stuff and the stuff that has been challenging so that other families can read them and perhaps be motivated by them. All guest blogs from families are shared anonymously and we work with you to remove anything which might identify you to others.

If you have any experiences to share please get in touch and we can send you our hints and tips guide to help get you started.

Thinking ahead family to family: The Essex Carers Network are working with Together Matters on a program of work where trained family to family facilitators, who are all family carers themselves, deliver small bite sized workshops for families in their local area to help them to start to think about and plan for the future using the thinking ahead and I'm thinking ahead resource guide. The sessions are really informal click here for the flyer which gives more information and also where the guides can be downloaded from if you would like to have a look at them.

<http://www.essexcarersnetwork.co.uk/wp-content/uploads/2021/10/Family-to-Family-Info-Sheet.pdf>

Essex County Council supports these guides and social workers have been trained in them and should be discussing them with families at annual reviews.

That's probably enough for now from us however we would like to share with you 3 things which members have sent our way:

Training for staff: When People employ their own staff through a direct payment or personal budget it can be difficult to find the funding for training Skills for Care have a fund for Individual employers
If you employ your own care and support through a personal budget from social care or health (personal health budget) or using your own money (this is sometimes called being a 'self-funder'), you can apply for funding to train you and your personal assistants (PAs).

For more info: [Individual employer funding \(skillsforcare.org.uk\)](https://www.skillsforcare.org.uk) . The member who shared this with us has successfully sourced funding from this pot for training her daughters PAs.

Counselling for carers: Action for family carers offer free counselling for family carers Sessions last for 6 weeks; 50 minutes each week plus an initial contact session Counselling can be face to face, via Zoom or telephone. All Counsellors are members of the British Association of Counselling and Psychotherapy (BACP) or equivalent and work within their Ethical Framework.

[Counselling :: Action For Family Carers \(affc.org.uk\)](https://www.affc.org.uk)

To request counselling call action for family carers on: 03007 708090 or email: care@affc.org.uk.

Hate Crime webinar: please see poster on the next page for a hate crime webinar.

If someone you know has passed this on to you and you would like to receive our communications directly, please email us at the email below. We promise we do not spam you with lots of emails!

If you have any information which you think other families may like to know please do email us and we can include it in our next items of interest.

Please note the Essex Carers Network are passing on information which they have been sent which may be of interest to you, we take no responsibility for the accuracy of the information it is up to those reading to clarify the accuracy of content of the information and the links.



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safety  hub

Hate Crime Awareness Webinar

Wednesday 10 November

7pm - Microsoft Teams

FREE

**An essential event for all that care for
people with Learning Disabilities**

online abuse

financial abuse

sexual abuse

**name calling
and bullying**



To register your FREE place, visit
tinyurl.com/safetyhub,
scan this QR code or visit
facebook.com/ACEactivities

Need help? Email: spanrucker@vaef.org.uk

Hosted by Safety Hub with Essex Police Community Policing Team

