

## GDA January Newsletter

If you would like a large print version of this newsletter please contact Karen on 07781 467316 or Ben at [info@disabilityalliance.org.gg](mailto:info@disabilityalliance.org.gg)

### Mental Wellbeing with Guernsey Mind

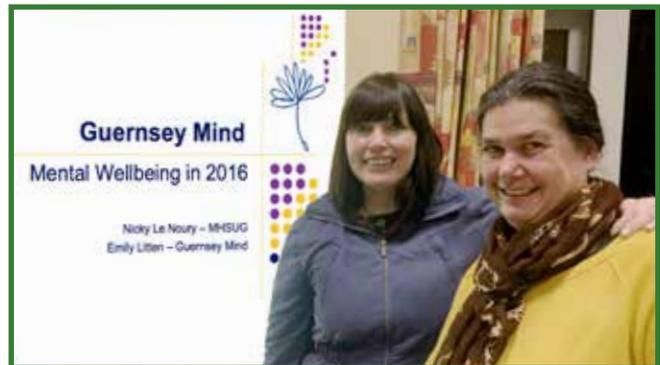
At our January GDA meeting Emily Litten from Guernsey Mind and Nicky Le Noury from Mental Health Service Users Group spoke about the importance of good mental health, especially during the Winter months.

There are many things during Winter which can affect our mental health, a lack of sunlight, changes in sleep cycles, less fresh air, lack of exercise and the post Christmas Blues.

Emily talked about stress and anxiety and compared it to a washing machine with your thoughts going in circles making you unable to organise them. This can also lead to physical illnesses like muscle tension and a bad back.

During the presentation both Emily and Nicky demonstrated 3 core tips to help manage mental health; STOPP, Focusing on what you can control, the ladder of change.

The slides from the presentation can be viewed at the following link [www.disabilityalliance.org.gg/blog/](http://www.disabilityalliance.org.gg/blog/) and to see the different services Guernsey Mind offers visit [www.guernseymind.org.gg](http://www.guernseymind.org.gg)



### Access for All in 2016

Access for All works in partnership with the community to improve accessibility in its widest context for islanders and visitors alike.

It takes on a new look in 2016 with a new logo and a new chairman. Tony, Karen and Caroline are delighted to welcome Richard Evans. Richard is an experienced director delivering public services in Guernsey, with 25 years management and leadership experience.

For more information on Access for All see below:

[hello@access.gg](mailto:hello@access.gg)

[www.facebook.com/accessforallgsy](https://www.facebook.com/accessforallgsy)

[https://twitter.com/access\\_gg](https://twitter.com/access_gg)



This month's GDA members meeting is supported by



**BWCI**

## Signpost.gg

Caroline Mullins, States Disability Officer has almost finished the signpost.gg website. It is planned to launch on 25th January and initially it will focus on information about accessing support, services and activities for children with disabilities.



Caroline is happy to show people before it is launched. Contact her on 717098 or [caroline.mullins@gov.gg](mailto:caroline.mullins@gov.gg).

## Good News from GDCS

As part of the GDA member charities publicity campaign for the disability strategy update, Leonie Burrows, Treasurer of the Guernsey Deaf Childrens Society, gave an interview on Channel Television on hearing impairment issues within Education.

Nick Hynes, Director of Learning Performance and Intervention at the Education Department then contacted her and arranged a meeting to resolve the issues she had highlighted. The full positive response, including changes in line management, backfilled posts and expert support is available to read on our website at the following link [www.disabilityalliance.org.gg/blog/](http://www.disabilityalliance.org.gg/blog/)

Hopefully these changes will soon filter through and make a positive difference for hearing impaired children and their schooling.

## Next Members Charities Meeting

With so many updates coming through on SLAWS, CYPP, Mental Health Strategy and the Disability Legislation. we felt it would be a good time for a Members Charities update meeting.

The meeting will be held on 29th January 2016 at Les Rocquettes Hotel from 12 - 2pm.

## Shelaine in the States

We will be electing new deputies in April, so all of a sudden the States is



trying to get a lot of things debated before they run out of time. The papers for the February meeting ("the Billets") are several inches thick and include two important items for GDA members - the Supported Living and Ageing Well Strategy (SLAWS) and the Children and Young People's Plan (CYPP). You can read more about both of these in this newsletter and also in the States own newsletter "Changing Times" at <http://changingtimes.gov.gg/> (note, no 'www').

## SLAWS Private Meeting

Ageing Well in the Bailiwick



have invited

GDA members to a private meeting on Tuesday 19th January from 6pm-8pm at the Cotils to discuss reaction to Supported Living and Ageing Well Strategy (SLAWS).

## Carers Update

Andrew Carey, GDA Carers Rep updated us on December's Carers meeting and thanked everybody for the sharing their thoughts as carers. All of the comments have been collated and Andrew is looking at the next step.

# Your Voice

## 1. Supported Living and Ageing Well (SLAWS) - Just Published

The SLAWS report recognises the problems with the current long-term care system and contains a good description of the kind of 'person-centred' support that the Bailiwick should be aiming for. The challenge is how to transform the current system into the new system. Most of the changes recommended in the SLAWS report will require 2-3 years of further work before we could see them start.

Ageing Well in the Bailiwick have invited GDA members to a private meeting on Tuesday 19th January from 6pm-8pm at the Cotils to discuss reaction to SLAWS. Please RSVP to Emilie on 748056 or [emilie@foundation.gg](mailto:emilie@foundation.gg) if you would like to attend.

There is also a public meeting on 26th January from 6pm at Le Rondin School.

## 2. Children and Young People's Plan (CYPP)- Just Published

CYPP is a plan for ALL children and young people in the islands. Within it the States fully acknowledges that children with disabilities can find it difficult to access some services and facilities. A significant number of the actions in the Plan relate to making sure that children with disabilities are more included in island life.

Overall, it's good to see the States listened to the consultation comments. For example, the term "children with disabilities" rather than "disabled children" is now used throughout. For more information visit Wigwam's website at the following link [www.wigwam.org.gg/index.php/wigwam-guernsey-news/latest-news](http://www.wigwam.org.gg/index.php/wigwam-guernsey-news/latest-news)

## 3. Disability Legislation update

There is a new member of the civil service team working on the Disability and Inclusion Strategy which will help ensure that the development of disability discrimination legislation can be progressed. We will talk more about the Disability Legislation update at the Member Charities Meeting on 29th January.

You may have heard on the radio that consultation on the legislation will start early in 2016. This will be 'internal' consultation – with States Departments rather than anything public.

## 4. Election 2016

During GDA meetings in March and April we will be speaking about the General Election on 27th April.

Access for All will be providing hints and tips about the election, promoting postal voting and working with the Home Department on increasing accessibility for the election.



## Help for postnatal depression

A new website has been launched to help local women with postnatal depression and their families. The site, created by the Guernsey Postnatal Depression Support Group, offers insight into how the condition develops and how it can affect the whole family. The new website gives an insight into how this is a whole family condition and that without swift intervention it can irreparably damage a family and the bonds within it. You can visit the new website at [www.guernseypnd.org](http://www.guernseypnd.org)



## Diary Dates

### **Carers in Mind**

13th January, 6.15pm (8 week course)  
PEH, Institute of Health and Social Care Studies

### **Ageing Well in the Bailiwick**

#### **SLAWS meeting**

19th January, 6pm,  
Les Cotils

#### **Public SLAWS meeting**

26th January, 6pm,  
Le Rondin School

#### **GDA Member Charity meeting**

29th January, 12pm,  
Les Rocquettes

#### **Co-Op deadline for Funds**

#### **Applications**

31st January

#### **AGC Lottery Funds applications deadline**

1st February

#### **GDA Members Meeting**

3rd February, 7pm  
Ron Short Centre

#### **HUB La Grande Soiree Evening**

12th February  
St Pierre Park Hotel

#### **SLAWS/CYPP States Debate**

16th-19th February  
Royal Court

#### **AGC Charity Forum**

16th February, 7.30pm  
Les Cotils

#### **GDA Members Meeting**

2nd March, 7pm  
Ron Short Centre

#### **GDA Members Meeting and Voting Practice**

6th April, 7pm  
Beau Sejour

#### **Sailing Trust Paralympic Dinner Supporting GDA / Cheshire Home**

7th April, 7pm  
St Pierre Park

#### **Postal Vote Application Deadline**

22nd April

#### **Election 2016**

27th April

### **Karen**

07781 467 316  
[karen@disabilityalliance.org.gg](mailto:karen@disabilityalliance.org.gg)

### **Ben**

[info@disabilityalliance.org.gg](mailto:info@disabilityalliance.org.gg)

### **Andrew** (Carers Rep)

07911 719 082  
[andrewcareygsy@googlemail.com](mailto:andrewcareygsy@googlemail.com)

### **Sam** (Members Rep)

07781 426 755

**Facebook:** [www.facebook.com/GuernseyDisabilityAlliance](http://www.facebook.com/GuernseyDisabilityAlliance)

**Twitter:** [www.twitter.com/GDA\\_Disability](http://www.twitter.com/GDA_Disability)