

# Kingston Independent

SUMMER 2017



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**CHOICE AND CONTROL FOR DISABLED PEOPLE**

## Summer is here at last!

The past few months have been very busy with KCIL's new Direct Payment Service launching in April. Check out this edition of The Independent to see the new developments to the service.

Our Heritage Lottery Project is also well under way with oral histories being captured for future generations before our big event in December showcasing the stories.

We are also "Aiming High" with our next Annual Conference at the Chessington Safari Hotel on September 18th. **Please save the date.**

Along with all our exciting news, we have also had some staff changes over the past few months. Sadly we said goodbye to Sophie Marshall, our SEND Support Broker, in April.



She has worked for KCIL for over 4 years. Her knowledge and experience of spearheading personal health budgets here at KCIL were invaluable to local disabled children and adults and their families. She will be greatly missed.

Jan Eastaff, our Business Development Manager will also be leaving at the end of June. She has been essential in improving our PR and marketing, producing our new leaflets and publicity, newsletter and e-news. She was also vital in winning the Heritage Lottery funding and establishing our annual disability conference. We are sorry to see her go.

On a more positive note, Phil Levick joined the team in May to support the team with making our communications more accessible and to help support the Direct Payments Team during this time of transition. Phil has a long history with KCIL and we are fortunate to have him back with us.

I hope you enjoy reading this edition of The Independent and that you continue to support KCIL and our endeavours.

*Liza M. Ebleus*

A year ago I left the builders merchants, Travis Perkins, where I had worked for 12 years because I wanted to change direction but didn't know what to do. I never dreamt that I would now have two wonderful roles supporting disabled people and I couldn't be happier.

## A Day in the Life

A typical Tuesday with Katy starts with a catch up when I find out all the things she has been doing over the week and what she would like to do this week. I then support her to make her lunch and then we eat a leisurely lunch together. Generally, in the afternoon we will have a trip out; we may get the bus into Kingston or go further afield. We recently took public transport to Kensington Palace to see the Diana Memorial Gardens as Katy is a great fan of Diana. She also enjoys plane spotting at London Heathrow so sometimes I drive us over there. If it's raining, we often spend the afternoon doing arts and craft activities.

After the afternoon's activities, I support Katy to prepare her dinner and then we eat together. Evenings are spent watching the TV or sometimes Katy will listen to music in her room. I then sleepover, leaving at 7am the next morning. Katy says, 'I feel so safe with Emma and, no matter what we do, we have fun.'

## Benefits of working as a PA

It is a very rewarding job that fits in with my life, giving me time to look after my little boy and to help my mum who has a hearing impairment. I have been made very welcome by Katy's family too which helped me to settle into the role quickly.

## Skills needed to be a PA

Not necessarily in this order but here are my top 5:

- 1) Patience
- 2) Ability to remain calm
- 3) Sense of humour
- 4) Being adaptable
- 5) Able to offer reassurance.

Finally, my top tip for anyone starting this career is to remember you are supporting someone to live life the way they choose. You fit in with their routine and are not there to suggest what to do.



# Direct Payment Support and Advice

KCIL is pleased to announce that we were successful in our tender to provide Direct Payment support and advice for the Royal Borough of Kingston (RBK) and Kingston's Clinical Commissioning Group (CCG) until 2020, with a possible extension to 2022.

The staff team has been working hard to deliver the new requirements within the tender.

Some of the main highlights from the new service include:

- New Direct Payment leaflets, also available in audio, and currently devising Easy Read leaflets in partnership with the Learning Disability Parliament
- A re-vamped website with easy access to downloadable information
- A promotional video illustrating the role of the Personal Assistant (PA)
- Drop-ins to support people with their paperwork and Direct Payment questions (dates below)
- 'Being a Good Boss' Training for service users (more details below)
- Service user groups including a group for people with learning disabilities and their carers who receive a direct payment
- Recruitment campaign for new PAs



# Direct Payment Monitoring, Information and Advice Drop-ins

If you have any questions to do with managing your Direct Payment, KCIL is holding the following DROP-INS.

For more information, contact [joanna.aleksy@kcil.org.uk](mailto:joanna.aleksy@kcil.org.uk) or phone 020 8481 1442.

## DIRECT PAYMENT JUNE DROP-IN

**DATE** Wednesday 28th June  
**TIME** Between 1.30pm and 4pm  
**VENUE** Hook Centre  
Chessington

## DIRECT PAYMENT JULY DROP-IN

**DATE** Tuesday 25th July  
**TIME** Between 11am and 3pm  
**VENUE** KCIL offices  
in central Kingston

## Direct Payment User Group Meeting

Join KCIL staff on Thursday 22nd June between 1.30pm and 3.30pm at the Searchlight Community Centre, Kingston Road, New Malden for your opportunity to meet other service users, ask questions of Kingston Council and discuss any issues with KCIL staff. Afternoon tea will be provided.

**Please book your place by contacting Maria Keskes on 020 8481 1440 or [maria.keskes@kcil.org.uk](mailto:maria.keskes@kcil.org.uk).**

## Free Training for Direct Payment Users – Being a Good Boss

Becoming a boss can be daunting but don't worry, this training covers everything you need to know from employing a PA, covering recruitment and selection, managing a budget, keeping accurate paperwork, understanding boundaries, confidentiality, health and safety regulations to supervision and support, and safeguarding.

You must be available to attend both sessions:

### DATES

Tuesday 4th July, 11am – 3pm  
Wednesday 12th July, 11am – 3pm

### VENUE

Training Room, URC Kingston

**Book now by emailing [joanna.aleksy@kcil.org.uk](mailto:joanna.aleksy@kcil.org.uk) or phone 020 8481 1442**



# Disability Related Expenditure (DREs)

If you receive, or are going to receive, Adult Care services from Kingston Council in your home or in the community, you will have to complete a Financial Assessment Form.

Part of this form concerns Disability Related Expenditure – the expenses that you encounter because of your illness or disability that are not included in your care plan.

These can include:

- Higher heating costs
- Community alarm system (e.g. Care Line)
- Medical costs not covered by the NHS (e.g. prescriptions or incontinence pads)
- Garden maintenance
- Disability related equipment e.g. wheelchair, powered hoist)
- Care not provided by the Council but in your support plan e.g. private cleaner, window cleaner or PA/carer
- Extra toiletry or cleaning costs
- Special clothing or shoes
- Extra services that are on your care plan which you pay for e.g. podiatry or physiotherapy
- Exceptional mobility needs that are not covered by the mobility part of your DLA or PIP
- Additional laundry costs e.g. specialist washing powder
- Higher internet charges
- Specialist personal hygiene products e.g. soaps or shampoo
- Any other expenses incurred by your illness or disability or that you help you live independently

This is an important section to complete because it can directly affect the amount the Council charges you and any allowances made due to your disability. You will have to explain how much each one costs, how often you pay for them and also provide proof of your outgoings over a period of time (up to an 8 week period).

By keeping accurate records and receipts of your disability related expenditure you can help to reduce the amount you pay to the Council to receive care services in your home. You have to return the form to the Council within 14 days of receiving it so make sure the proof of your outgoings is available.

If you have any questions, contact the Adult Social Care Finance team on 020 8547 4778 or email [asc.financialassessments@kingston.gov.uk](mailto:asc.financialassessments@kingston.gov.uk)

In order to maximise your income, it may also be worth considering checking that you are receiving all the benefits you are entitled to at [www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators).



# Pensions: What you need to know about automatic enrolment

## I employ a Personal Assistant (PA). Does it affect me?

If you **DIRECTLY** employ PA, by law you must now put them into a pension scheme if they:

- Are aged between 22 and state pension age
- Earn more than £192 per week
- Some other people who can choose to join (see Pension Regulator website)

This is called 'automatic enrolment.' It only applies to PAs employed directly by you even if it is through a Direct Payment/ Personal Budget from the Council. If you use your Direct Payment/Personal budget to employ care workers through an agency, you will **NOT** have to deal with their pension contributions.

## What does it mean?

If your PA(s) is eligible, you will need to pay into a pension scheme on their behalf. **Any additional money needed to cover these employer pension contributions will be added to the Direct Payment/ Personal Budget by the Council.**

If you use a payroll provider, such as PayPacket, they will assist you with the pension payments; there will be additional charges for this so please contact the Council as additional money will need to be included in your Direct Payment/Personal Budget.

## Where can I get more help?

- Contact your payroll provider. If you use PayPacket, you can contact them on 0880 848 8998.
- Speak to Adult Social Care at Kingston Council on 020 8547 5005

## What happens next?

You should:

- **Confirm with the Pension Regulator who to contact.** You will receive a letter from the Pension Regulator advising you of the date when you need to start the employer's pension contributions (known as the 'staging date'). This will give you details of your PAYE number which you will need to set up the pension.
- **Set up a pension scheme.** The National Employments Savings Trust ([www.nestpensions.org.uk](http://www.nestpensions.org.uk)) is a pension scheme provider that has been set up by the government for people employed as PAs/Care workers/Carers.
- **Work out who needs to be included in the pension scheme.**
- **Write to all PAs employed by you within 6 weeks of your staging date.**
- **Declare your compliance by completing a Declaration of Compliance within 5 months of your staging date.** The form can be downloaded from [www.thepensionsregulator.gov.uk/en/employers](http://www.thepensionsregulator.gov.uk/en/employers).

- Full information can be found on [www.thepensionregulator.gov.uk](http://www.thepensionregulator.gov.uk) or phone them on 0345 600 1011.
- Contact KCIL on 020 8481 1455 or attend one of our Drop-in sessions. See [www.kcil.org.uk/page/direct-payments](http://www.kcil.org.uk/page/direct-payments).

# 'Fighting for our Rights' Project Update

Since launching back in November, our 'Fighting for our Rights' oral history project is now in full swing. Seven student nurses have received oral history training from Chris Hutchison, one of our project partners, and Jen Kavanagh, KCIL's Oral History Project Manager.

These excellent student volunteers are leading on the interviews, allowing them to put their new skills into practice. Already many of the volunteers have said that hearing the experiences of people from the local disabled community has really helped their own learning, and that their practice when out in the community will be much better thanks to what they have learned so far. This is such positive feedback, so we are delighted!

Having completed the interviews, we are now ready to start the next phase of the project. All of the interviews, including their transcripts, will be deposited with Kingston Heritage Service to ensure they are permanently preserved. Transcripts of the interviews will also be submitted to

Eli Anderson at StoryAid to assist with preparing for the drama workshops with St Philip's School, and work will be done to begin preparing the content for the Kingston Museum and local library displays. Running alongside this, Kingston University will launch a project with student teachers to create a schools resource for local students. Finally, work has already started on a new website, which will launch later in the year and allow wider public access to these fascinating histories and experiences.

A huge thanks to everyone who has been interviewed so far, including Ann Macfarlane and Baroness Jane Campbell, who both spoke so passionately about the creation of the Independent Living Scheme, and all that has happened since.



Supported by  
**The National Lottery**  
through the Heritage Lottery Fund



# Kingston VI Parliament

**Calling all chocolate lovers...**

Join the Visual Impairment Parliament on Thursday 27th July for a trip to the Chocolate Museum in Brixton for a chocolate history, making and tasting workshop.

As well as learning about the history of chocolate, you'll be shaping fudge and ganache, making chocolate lollipops, tempering milk chocolate for dipping and decorating and then wrapping the chocolates you've made so you can take them home.

Places are limited so book now by phoning Sophie on 020 8481 1441. Tickets only £9 per person.



KINGSTON  
**VISUAL IMPAIRMENT**  
PARLIAMENT



## A Day Out at Kew Gardens

A group of Kingston VI Parliament members joined Parliament Co-ordinator, Sophie Camara, for a day out at Kew Gardens on June 8th. They enjoyed the sensory delights of the glasshouses and were particularly impressed with the Princess of Wales Conservatory. The scented Rose Garden was also very popular.



# In The Community

## London Marathon success!

Congratulations to University of Law student, Hannah Eastaff, who successfully completed the London Marathon in April.

Not only did she complete the 26.2 miles in a fantastic 3 hours 40 minutes but she also raised an incredible £1806 for us. As one of the top fundraisers in April, she has won a Local Hero 2017 prize of £100 for KCIL from Localgiving.com.

Hannah commented, "Whenever the going got tough, I just remembered the people KCIL helps and the challenges they face every day of their lives." A very big thank you to Hannah from everyone at KCIL.



*"Whenever the going got tough, I just remembered the people KCIL helps and the challenges they face every day of their lives."*

## 'Dream Together' at Ham House on July 7th 2017



Thanks to Heritage2Health and the National Trust, KCIL members have been invited to join them for a day of arts, crafts, sensory and historic activities at Ham House on Friday 7th July.

Heritage2Health brings together communities, education providers and heritage sites to improve wellbeing. Volunteers from Kingston University's nursing, healthcare and the arts departments will be on hand to help and volunteers from the National Trust will be providing tours of the house and garden.

If you are interested in joining KCIL at Ham House on 7th July, please contact Robert Reilly on 020 8546 9603 or [Robert.reilly@kcil.org.uk](mailto:Robert.reilly@kcil.org.uk).

# AIMING HIGH ...

at KCIL's annual  
**LIVING WITH DISABILITIES IN KINGSTON**  
CONFERENCE



Following the success of last year's conference, KCIL has organised the 2nd annual conference exploring living with disabilities in Kingston for Monday 18th September 2017 at Chessington Safari Hotel.

Be inspired to #AimHigh by a range of speakers, join in your choice of two afternoon workshops, visit the exhibition or even have your photo taken with one of the animals.

Tickets priced at £10 are available now. For KCIL Members, Carers or PAs there is no charge but tickets must be booked.

You can book now on [Eventbrite.com](http://Eventbrite.com) or contact Robert Reilly on 020 8546 9603 or [robert.reilly@kcil.org.uk](mailto:robert.reilly@kcil.org.uk).



**SPECIAL OFFER!**  
Book by  
18th August 2017  
and tickets  
only £5

# Get in touch

For further information, please get in touch.

## CEO

Lisa Ehlers

[lisa.ehlers@kcil.org.uk](mailto:lisa.ehlers@kcil.org.uk)

020 8481 1444

## Support Broker

Joanna Aleksy

[joanna.aleksy@kcil.org.uk](mailto:joanna.aleksy@kcil.org.uk)

020 8481 1442

## Office Manager

Robert Reilly

[robert.reilly@kcil.org.uk](mailto:robert.reilly@kcil.org.uk)

020 8546 9603

## Participation Advisor

Phil Levick

[phil.levick@kcil.org.uk](mailto:phil.levick@kcil.org.uk)

020 8546 9603

## VI Parliament Co-ordinator

Sophie Camara

[viparliament@kcil.org.uk](mailto:viparliament@kcil.org.uk)

020 8481 1441

## Oral History Project Manager

Jen Kavanagh

[jen.kavanagh@kcil.org.uk](mailto:jen.kavanagh@kcil.org.uk)

020 8481 1449

## Direct Payments and Personal Budgets

### Team Leader

John Morris

[john.morris@kcil.org.uk](mailto:john.morris@kcil.org.uk)

020 8481 1445

### Monitoring Officer

Maria Keskes

[maria.keskes@kcil.org.uk](mailto:maria.keskes@kcil.org.uk)

020 8481 1440

### Outreach Worker

Mel Warren

[mel.warren@kcil.org.uk](mailto:mel.warren@kcil.org.uk)

020 8481 1448

### PA Admin Worker

Seye Norman

[seye.norman@kcil.org.uk](mailto:seye.norman@kcil.org.uk)

020 8481 1446

River Reach, 31–35 High Street, Kingston upon Thames KT1 1LF

☎ 020 8546 9603      @ enquiries@kcil.org.uk

🌐 [www.kcil.org.uk](http://www.kcil.org.uk)      🐦 @teamKCIL

📘 KingstonCentreforIndependentLiving



**CHOICE AND CONTROL FOR DISABLED PEOPLE**