

What members say

“FCRG gives me the confidence to work with services and also to think about myself. Now I am in college with the encouragement of FCRG”. **Family Carer**

“FCRG has been a great way to let the council know what concerns us and bring about improvement and service delivery”. **Family Carer**

“Having the support and input of family carers into the way services are delivered is absolutely essential”. **Jim Beale**
Head of Learning Disabilities Services

“Many of us are not experts by experience, so a running dialogue with family carers helps us with the broad understanding we need to plan services and improve outcomes”. **Sean McLaughlin,**
Corporate Director of Housing and Adult Social Services

Do come and join us!

Meetings are held every two months at Centre 404, 404 Camden Road, N7 0SJ, with a sandwich lunch provided

We are considering having some meetings in the evening if this would enable family carers who are in employment to attend

If you are interested in coming along and want more information please contact the **Supporting Families Service at Centre 404, 0207 697 1336**, or email family@centre404.org.uk

www.centre404.org.uk

Registered Charity 299889

Do you have an adult or friend with a learning disability or autism living in Islington?

The Family Carers Reference Group is here to support and represent you



CENTRE 404

Who we are and what we do



“FCRG gives me a voice. It makes me feel that together we can ”

“FCRG is a life line for family carers. It brings us together ”

- We are a group of family carers who meet every two months and welcome new members
- We support each other in facing the many stresses and strains that families encounter
- We provide information and advice on matters that affect you and all adults with learning disabilities living in Islington
- We provide opportunities for senior managers, elected councillors and other professionals to meet family carers, to hear about our experiences and concerns and to answer our questions
- We elect representatives on to key decision-making groups in Islington
- We provide updates about developments in government policy and local initiatives (e.g. changes to welfare benefits or housing issues) that may affect you and your relative or friend

At recent meetings with professionals, we have raised many issues including:

- Autism
- Housing
- Health checks
- GP practices
- Benefits
- Employment
- Transition to adult life



Our representatives work alongside the Council in:

- Choosing service providers
- Appointing new senior staff
- Developing good practice around the council's service procedures and challenging bad practice when needed

We have created and co-produced two training films “Learn With Us” and “Mind the Gap(s)” for social workers, support staff and others working with family carers of people with learning disabilities. We deliver unique training workshops using the films.