



Wokingham  
Learning Disability  
Partnership Board

# Minutes from the Partnership Board's BIG Meeting

Rose Street Methodist Church, Wokingham

Tuesday 8<sup>th</sup> November, 2011

## Welcome and Good News!

David welcomed everyone to today's meeting and asked people to say their name and share some news. Here's what some people had to say:



- **Julie** is pleased with the way the Leadership Course has been going. 4 groups are being trained on how to be good, strong leaders, and how to train other people to be good leaders too.
- **Suzanne** enjoys being part of the Partnership Board.
- **Helene** enjoyed celebrating Guy Fawkes Night with lots of fireworks with family members at the weekend.
- **Peter** is looking forward to going to Radio Marmalade soon.
- **Kathie** went shopping last the weekend for a dress for a special occasion.
- **Mary** is sad that Michael is leaving the Wokingham Mencap office, but pleased for him that he is moving on to new and exciting things.
- **Fiona** showed some ladies around Thrive's Trunkwell Garden Project last week and they donated £500!
- **Mary** is pleased that the Eye Know Project has been nominated for an award. The award ceremony will be in London next week.
- **Steven** is writing a short play for the CLASP Hate Crime Workshop later this week.
- **Karen** is really pleased that 49 people have enrolled on courses at the Karten Centre this term. There are more courses planned for January, so please get in touch (with Karen or with the Partnership Board) if you would like to learn something new!
- **Cathy** was delighted that 200 people came to the Bowling and Laser Quest social evening, arranged by ASD Family Help, a few weeks ago. Please get in touch if you would like to join in with their next social evening.
- **Jodie** is pleased that the date is set for the Partnership Board's AGM on **Wednesday 22<sup>nd</sup> February**, at the Town Hall in Wokingham.



ASD Family Help

We are busy planning a day that will be fun, interactive and informative! Put the date in your diaries!

## Self Advocate Workshop – Helene Perry, David Chaffe

Last Tuesday, the self advocate workshop was about **Keeping Safe**. 21 people with learning disabilities came to learn about how we can all keep safe in the Wokingham Borough.



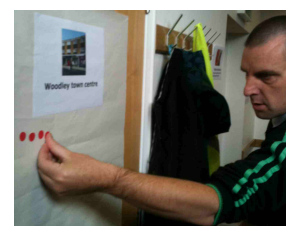
The workshop started off with an **icebreaker** where Frankie asked everyone to say their name and talk about something they do to keep safe. Things like locking doors and windows, checking smoke alarms are working properly and checking ID cards of people who come to your house before you let them in.



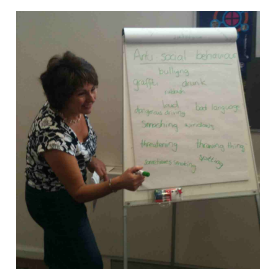
Then the team from the Karten Centre talked about their course called "**Keep Safe, Keep Well**" and gave details of what people need to do to sign up for their next courses starting in January and April.

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Then they had a look at the **Safe Communities Survey**. The Wokingham Community Safety Partnership is asking everyone to answer questions about crime and disorder in the area. It will use the answers to work towards making people be safer and feel safe.



Julie took everyone through the questions on the survey which was very long and quite hard to answer. They discussed the questions as a group so people had some idea of what the questions meant when it came for them to fill them in on their own. But, if people needed help to fill in their surveys, they were able to get some support from Rose Buddies, CLASP or the Partnership Board afterwards.



The surveys need to be completed and returned by 11<sup>th</sup> November. Then the Community Safety Partnership will have a look at the results and see what they need to do, to make the community feel safer. Julie will send a letter to the Community Safety Partnership with feedback given by members at the workshop.



Julie will also ask if the Community Safety Partnership could talk to the Partnership Board before they send the surveys out next year so we can help make them easier to understand.



# Health Self Assessment – Jodie Reichelt, Jenny Harris

Every year, the Primary Care Trust (PCT) have to write a report about about how local healthcare services are meeting the needs of people with learning disabilities. This is called a **Health Self Assessment**.



This is the 3<sup>rd</sup> time we have done the Health Self Assessment and each year healthcare in our area gets better which is good news!

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## What is the Big Health Check Up?

As part of the Health Self Assessment, the PCT has to show that they have talked to people with learning disabilities and their carers, and asked them:

- What do you think about health services?
- How can they be improved?
- How can we stop people worrying about using health services?
- What are people doing to keep themselves well so they don't need to see a doctor?



The Good Health Sub Group helped the PCT find out what local people think.



There are 4 key areas the Health Self Assessment looks at:

### 1. Campus Closures

Lots of people used to live in long stay hospitals (eg Church Hill House). In our area, these hospitals were closed a long time ago but those residents were still supported to live in the community with money from the health service.

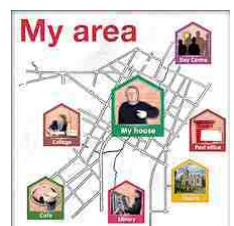


### 2. Health Inequalities

Do people with learning disabilities get the same access to treatment from the health service as anyone else?

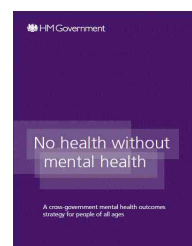
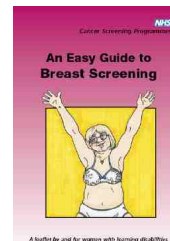
#### What is going well?

- Done lots of good work with GPs who are now keeping registers of people with learning disabilities.
- Lots of people are now getting health check action plans. (They are a way of helping people take control of their own health.)
- The JSNA (big local plan about people in our area and their health needs) has a chapter for the first time about people with learning disabilities.



## What do we need to do better?

- We need to help more people to get specialist health checks like breast screening and bowel cancer screening.
- We want to get better links between our Partnership Board and the Health & Well-being Board (which starts in April 2012)
- We need more information about health targets and performance (how we are doing).



## 3. Safeguarding (keeping people safe)

Everyone has a right to live their life safely, be supported properly, and if something goes wrong, we need to have a system to make sure things change.

### What is going well?

- There is a Safeguarding Board that includes all the partners (people across the Council, health service and others) and is working well. There are good safeguarding policies shared by everyone. People know what to do if they (or someone they know) is not being treated properly.
- We have done good things about safeguarding issues. For example looked at the recommendations in the 6 Lives Report which was about people not being treated well in hospital. We have lots of checks in Wokingham.
- We have some good safeguarding campaigns led by people with learning disabilities – for example Take Notice and Safer Places. The best way of keeping safe is knowing your rights, talking about it and finding ways of stopping it happening.

## 4. Valuing People Now

This is the big plan for people with learning disabilities. There is a big section about health and how we can support people to get healthy and stay healthy. Progress is being made in developing local services for those needing more help to be healthy.

### What is going well?

- We have specialist learning disability staff who support people to access health (psychologists, community nurses, physiotherapists, occupational therapists and speech & language therapists).
- We are doing good work around Transition (when children get older and become adults) to make it a smooth process. And some good joined-up working with Health and Social Care.

### What needs to get better?

- More to help people with learning disabilities enjoy good mental health. 'No Health without Mental Health' is a new government plan making sure that people have good mental health.

- More involvement of people with learning disabilities and families on health issues. We want to do this throughout the whole year so people have an opportunity to comment about our services.
- Support for people whose behaviour challenges services. We want to make sure they have good quality support.

## What did we do to get people's views?

We held an event on 15<sup>th</sup> June and 55 people came along to listen to health professionals talk about what they do, and join in the different workshops. The feedback was put into a report, which combined with the PCT's report, was put into the Health Self Assessment.



This information was sent to the Strategic Health Authority for validation (checking and agreeing) who then judged how good we are doing, using the traffic light system.



This year we are really pleased because we were given an overall rating of **GREEN!**

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## Health Sub Group Action Plan

The group will work on some of the things we know need to get better. This year the action plan is based on 3 things:

### Mental Health

- Work with people from the mental health service on a plan around "No Health without Mental Health". The first meeting has already happened.
- Have a day workshop on 'feelings'. This is for people with learning disabilities to think about their own feelings and emotions, and what can be done to make them feel happy.



### Access to Health

- Get even better at helping women get access to cervical screening (a check for cancer).
- Help people get good foot care.



### Involvement

- Getting more people with learning disabilities involved so they have a say about health issues and services.



# End of Life Care – Mandy Coombes

Mandy came to tell us about what support people can get when they are coming to the end of their life. It is important to make sure that the last part of people's lives are as good as they can be. Things like making sure the person and their family is included when making decisions, and symptom management is under control (for example, reducing pain or helping with breathlessness).



Dying is a hard thing to talk about – but talking about it doesn't mean we are going to die right away. When we know someone is going to die, it is important to plan for their death so they can be well cared for. This might be because of an illness or disease, like cancer or dementia. An illness like this is called a **life limiting illness**.



Everyone has different ideas about where they want to die, what they want to happen at their funeral, and how they will be remembered. It is important that we are all given the care and support we need as we come to the end of our life.



## End of life care involves:

- Thinking about your life and things you still want to do
- Being able to ask questions about what will happen
- Having your physical and emotional needs met
- Having your dying wishes written down, about what you want to happen to your things and how you want your funeral to run.



**CHANGE** have made a video. It gives ideas to support workers about how to include people with learning disabilities in talking about end of life. It is called "**We are Living Well, But Dying Matters**." It gives ideas for people working with people with learning disabilities to help them think about end of life care.



They had fun on the video talking about how they would like to be remembered, and talking about what they would like to happen at their funeral.



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## So what now?

Mandy asked what we thought we could do next to help people understand more about end of life care. Big Government have made a **booklet** around some of the things we have talked about, called "Preferred priorities for Care." This is something we thought we might be able to do for our community as well.



Here are some of our other suggestions:

We could combine this piece of work with something around bereavement (how we feel when someone dies).

Its difficult to talk about dying at people's reviews. Running workshops and having information available will help everyone think about end of life care.

Funerals cost money, so we need to tell people. Funerals can be planned and paid for in advance which is good because then we are not having to make decisions when we are sad.



We want to change people's attitudes to death and making our own booklet will help. We will choose this subject for a self advocate workshop in 2012.

The Carers Sub Group have talked about Wills & Trusts, and it would be good to talk about this too.

Recently we were given some good Easy read organ donation brochures. We could roll everything together.

## Looking After Your Feet – Sue Kelly, Alyson Hobbs

Sue is the Domiciliary Care Manager in Optalis and Alyson looks after the START team. They came to tell everyone about the foot care service they offer and see if other people might like to use it.



Looking after our feet is important. Long toenails can be uncomfortable and make walking difficult. The foot care service started in 2006 and is mostly used by older people as they can't always reach their feet as well. The care staff go into people's own homes every 8-12 weeks. The service takes 45 minutes, and customers have to pay. Sue and Alyson would like to expand their services and offer it to more people, so they asked us what we thought.



### What happens during the sessions?

- The staff offer basic day to day footcare. On the first visit, staff do a **risk assessment**. If they find anything they are worried about, they will refer the client to a podiatrist (medical person who looks after feet).
- The client needs to **buy their own foot kit** from the care staff which has clippers and a nail file. The care staff have the kits ready to sell to new clients at £10.50 (although this price might change).
- They **clean feet** in surgical spirit, **clip the toenails** and **file the toenails**, and give the feet a **good bathe**.



## How can people be referred to this service?

People can refer themselves, or go through their GP or through a district nurse. There are lots of ways that people can pay, although carers don't take cash when they visit.

The next stage for Sue and Alyson is to see if more people would like this service – and if so, how could it be improved? If there is the demand, Sue and Alyson will make a business case for the Council to get some funding to expand the foot care service. The new service could perhaps offer a little bit more (for example painting toenails) – they are happy to take our suggestions.



It will help their business case if people showed their interest, so Jodie offered the Partnership Board's help! We will put together a simple survey to send out to our members to find out if people would like the service. The survey will ask things like whether people would like to go to a centre to have it done, or have staff come to their homes. The service can be for carers and family members too. People will be asked some basic health questions before they can start the service, but all information would be kept confidential.



We will keep you up to date with this service.

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## Safeguarding in a Hospital Setting – Jane Wooldridge

The Royal Berks Hospital (RBH) is working to make sure the service they provide is safe for everyone. Jane is the Disability Coordinator at RBH and was going to tell us what they do, but unfortunately wasn't able to come today. We will put his on a Big Meeting agenda for next year.



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## Anything Else?

1. CLASP and Take Notice have got a workshop on Friday 11<sup>th</sup> November in the Rose Room, 10am-12noon about [Hate Crime](#).
2. CLASP will be [selling cakes](#) for Children in Need at their coffee morning on Tuesday 15<sup>th</sup> November.
3. Mencap and Norwood have started a joint project (part funded by the Partnership Board) called [@ The Acorn](#). It is a new social club for people with complex needs and is held at the Acorn Community Centre every Tuesday evening, 7-9pm. Entrance costs £2 and there is no need to book.



4. [Rebound Therapy](#) is a trampoline based exercise run by Adam Godwin, Physical Activity Health Mentor in the Sports Development Team at the Council. Rebound Therapy is held on Thursdays at the Loddon Valley Leisure Centre. For more details, please contact Adam on tel: 0118 974 3729 or email: [adam.godwin@wokingham.gov.uk](mailto:adam.godwin@wokingham.gov.uk)
5. [Trunkwell Garden Project](#) have a Christmas Sale on 8<sup>th</sup> December between 10am-12noon. It will be an opportunity to buy Christmas cards as well as plants and other things for the season.
6. [Male Carers Evenings](#) – ASD Family Help run social evenings for men who care for someone with learning difficulties. Their next event is bowling and a meal on Saturday 10<sup>th</sup> December at the Big Apple in Wokingham. ASD Family Help are also holding an overnight stay in a 4\* hotel in Sunningdale, 3 course meal and breakfast included for male carers, and there is one space left! Please email them for more information on [contact@asdfamilyhelp.org](mailto:contact@asdfamilyhelp.org)
7. [Support Horizons' AGM](#) is on Wednesday 23<sup>rd</sup> November at Wokingham Town Hall. Everyone is welcome!
8. [WBC Survey](#) - In the new year, some people who get a social care service might be contacted by the council to give their views on the service they receive. People are selected at random, so not everyone will be contacted. If you need help to complete the survey, please contact the Partnership Board or the Council.
9. The [CLASP Christmas Party](#) will be on Saturday 10<sup>th</sup> December, 6-9pm at the Rose Room, Bradbury Centre, Wokingham. Contact Sarah Cox for more information at [sarah.cox@claspwokingham.org.uk](mailto:sarah.cox@claspwokingham.org.uk) or ring 0118 979 6364.



We need your help to make sure the Partnership Board works on the things that are most important to people with learning disabilities and family carers. Please let the Partnership Board team know what things you would like us to talk about at the Big Meeting. We would especially like to hear from people with learning disabilities and family carers.

That was the end of today's meeting.

**The next Big Meeting will be on....**

Date: **Wednesday 21<sup>st</sup> December, 2011**  
 Time: **10am-12noon**  
 Where: **Rose Street Methodist Church, Wokingham**

