



Wokingham  
Learning Disability  
Partnership Board

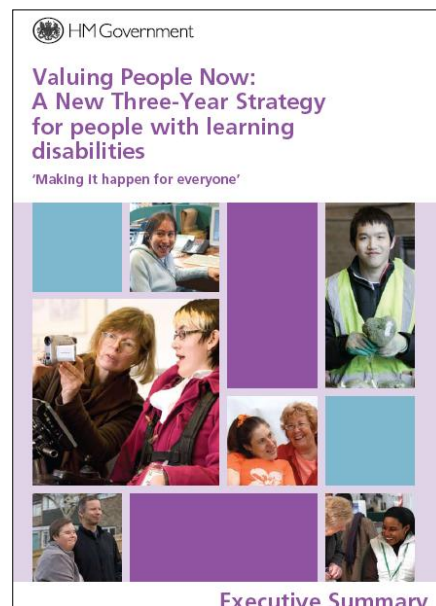
# Newsletter

September 2010 Issue

# What is the Partnership Board?

The Government Plan *Valuing People Now* says that all people with a learning disability must have the same rights and choices as everyone else - they should be in control of their own lives.

*Valuing People Now* says that we should all work together to make sure people can get support from much better services to help them do what they choose to do.



To make sure this happens, big government has said every council should set up a Partnership Board. There are many people involved in the Wokingham Learning Disability Partnership Board, including people from public, voluntary and independent agencies and the wider local community - but most importantly people with learning disabilities and their families.

This Newsletter tells you what is happening with *Valuing People Now* in the Wokingham Borough.



Inside each issue you will be able to read about:

- **Good News Stories:** The Partnership Board is working to improve the lives of people with learning disabilities and their families in the Wokingham area. We want to let you know how the Partnership Board, and other groups, and people linked to the Partnership Board are making a difference.



- **Spotlight on a Sub Group:** The Partnership Board has many smaller sub groups that lead the work on one part of Valuing People Now. We will focus on a different sub group each issue.



- **Meet a Member:** Each issue, one of our members will be invited to tell you a bit about themselves. You can read about how their job role or experiences help him or her to contribute to the work of the Partnership Board.

- **Local Events:** The Partnership Board puts on events to celebrate and promote the good work that people have been doing, and get people's views on issues that impact on the lives of people with a learning disability and their supporters. We will tell you about any upcoming events.

And much more.....

Let's take a look at some of the things going on and what you can get involved in.....

# GOOD NEWS STORIES

## Learning Disability Week, 20<sup>th</sup>-26<sup>th</sup> June

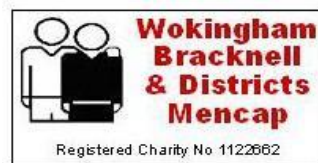
Here are a few things that went on during Learning Disability Week this year!

**Monday 21<sup>st</sup> June:** We held a party in memory of **Sarah Pask** who sadly passed away in November last year. Sarah's family wanted to do something to celebrate her life, and what better way than to throw a party! Sarah loved Abba, so Club Marmalade put on a wonderful disco and everyone danced the night away to Abba (and other) tunes! Some of us were even interviewed for the new Club Marmalade internet radio station!



**Tuesday 22<sup>nd</sup> June:** CLASP held their usual coffee morning at the Bradbury Centre, and sold home-made cakes and crafts too!

**Thursday 24<sup>th</sup> June:** Wokingham Mencap had a stall in Wokingham town centre where they sold cards and tea towels and shook collecting tins! Prevention Services sold cakes to raise money for some of the Rose Buddies activities too.



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## CLASP (Caring, Listening & Supporting Partnership)



### AGM (Annual General Meeting)

On 9<sup>th</sup> July, CLASP held their AGM. Lots of people heard about all the good work CLASP has done in the last year, and learnt about their plans for next year.

To read more about the AGM, and the new Directors voted onto the Board, go to the WOW4Me website, <http://www.wow4me.org.uk/newsarticle.asp?article=74>



### CLASP Project Co-Ordinator

CLASP has been looking for someone to be their new Project Co-Ordinator to help run sessions, think of new projects, and work in the office alongside Sarah, Julie and Leilah. Good News!! **Sarah Cox** has been given this job and will start work next month.

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## Autism Alert Card



On 11<sup>th</sup> June, the [Berkshire Autism Alert Card Working Group](#) launched the Autism Alert Card. Over 35 local representatives came to the launch, including Thames Valley Police, the NHS, Reading Transport, Wokingham Schools and local businesses. People were given a resource pack with information and advice about Autism Spectrum Condition (ASC). The event also showed people how to help someone if they are carrying the Autism Alert Card, and how to let others know what they should do too.



**When is an Autism Alert Card used?** The card should be carried all the time so that it can be shown if someone is in a situation where they cannot easily explain their behaviour. The card gives some simple advice, the person's name and emergency contact details.

**How can I get an Autism Alert Card?** To apply for the card, please ring the Berkshire Autistic Society (BAS) on tel: 0118 959 4594 or download an application form from their website <http://www.autismberkshire.org.uk/berkshire-autism-alert-card.aspx>. The card is FREE to anyone with an Autism Spectrum Condition. The website also gives lots of useful information about ASC.



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## Wokingham Information Network - "Win"

**What is WIN?** WIN is an information network that gives free help, support and information about services available for adults, vulnerable adults and families in the Borough. People can ring WIN on tel: 0118 974 6772, go online: [www.info.wokingham.gov.uk](http://www.info.wokingham.gov.uk), email: [adults.win@wokingham.gov.uk](mailto:adults.win@wokingham.gov.uk). This service is paid for by Wokingham Borough Council.

WIN has 2 sections – the [Adult Information Directory](#) and the [Family Service Directory](#). The Adult Information Directory helps adults live as full, active and independent lives as possible – particularly those who are vulnerable. These are the sorts of things that people can find out about:



- Transport
- Local charities and voluntary groups
- Leisure and health facilities
- Education
- Volunteering opportunities
- Housing
- Benefits advice
- Help in the home



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## Thrive and the Trunkwell Garden Project



### Chelsea Flower Show:

This year, Jo Thompson and the Thrive gardening team designed a small garden for the Chelsea Flower Show in London called "The Unexpected Gardener". Not only did the garden win a **Gold Medal**, but it also won "Best Urban Garden" (urban means in the city). The garden showed that older people can have a simple, safe garden with lots of pretty flowers and plants, places to rest in the shade, and safe surfacing to avoid slips and trips. Lots of people queued up to see it and took away information packs and plant lists and asked hundreds of questions!



When the show finished, the garden was moved back to Thrive's Trunkwell Garden Project at Beech Hill and was seen by almost 1,000 visitors in July. Now more people are realising the benefits of horticultural therapy – which is good news for people with learning disabilities! You can visit the

virtual garden via the Thrive website [www.thrive.org.uk](http://www.thrive.org.uk) or go to <http://www.rhs.org.uk/Shows-Events/RHS-Chelsea-Flower-Show/2010/Gardens>

### Trunkwell's Annual Flower Show:

On 15<sup>th</sup> July, over 300 people across the South East of England entered the Annual Flower Show at the Trunkwell Garden Project. The judges selected winners from each of the 19 classes. Jodie was one of the people who had this difficult job - she was asked to represent our Partnership Board as a judge. She said "All of the entries were great! It was clear how hard everyone had worked, and how skilled people were at gardening!"



There was a real carnival atmosphere, with activities such as Golf Putting, Treasure Island, Lucky Dip and Hook the Fish - as well as music from Geoff Woodcote (who works at Staverton). Lots of happy people won certificates, and after the presentations, everyone was able to see the flower arrangements. Later in the day, David Aitchison-Tait (Thrive's Chair of Trustees) gave medals to the winners.

### Beanfest Competition:

This year there was a special award for projects in England called the "Beanfest Competition". It was sponsored by **Flying Brands Gardening Direct**, who gave free packets of beans for groups who wanted to enter. The idea was to grow your beans in an unusual container. There were motor cycle helmets, toilets and a cement mixer! The winners were **Hill View Farm**, and Tony Milne from Flying Brands Gardening Direct presented them with their prize!





## Health Self Assessment

The Strategic Health Authority has the job of making sure local health services meet the needs of people with a learning disability. To check this, every year the local Primary Care Trust (PCT) has to do a Health Self Assessment.

They are asked to report on 4 top targets:

- Campus closure (people not living NHS homes and hospitals)
- Keeping people safe in hospitals
- Reducing health inequalities (making sure **all** people get good healthcare)
- Meeting what it says in Valuing People Now about helping people's health.



In March the 3 learning disability services that make up the West of Berkshire (Wokingham, Newbury, Reading) held a **Big Health Check Up Day**. They invited people from the 3 Partnership Boards to tell them what they think of local health services. The information was used to write the Health Self Assessment.



**David Chaffe** had a special invitation to be involved in the next stage of the process. The South Central Strategic Health Authority had the job of validating the reports from the different PCT's. (Validation means checking whether things are getting better, getting worse or staying the same.) David, supported by Jodie, was part of the panel that checked how Milton Keynes, Portsmouth and Buckinghamshire are doing. David said *"It was good because we got to find out what is going on in other areas"*.

In July, the Strategic Health Authority held an event to celebrate all the good work on health that is going on across the South East. The idea was that other areas can learn from one another. A group from the Wokingham Good Health Sub Group went along. We heard about how we are all getting along in our region and there are a lot of things going well. Each Partnership Board had the opportunity to talk about things that were going well and Wokingham talked about our Good Health Checks and our Eyecare Project. David said *"In the afternoon we joined in different workshops. One group played a DVD and another group put on a play"*.



West Berkshire PCT has been working on an action plan so that they can get better at the 4 top targets. One of the things we will be doing is working a lot closer with the Reading and Newbury Partnership Board. The chairs of the Good Health Sub Groups in Wokingham, Reading and West Berkshire are getting together to do a joint action plan. **We are hoping to have a Big Health Event later in the year for all 3 Partnership Boards.**

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## Choice Champions



WOKINGHAM  
BOROUGH COUNCIL

A new scheme called *Choice Champions* has begun in the borough. The mentoring scheme is all about helping people who are new to self-directed support and personal budgets by putting them in contact with 1 of 14 current personal budget users who want to use their experience to help people new to self-directed support.



The scheme is supported and funded through Wokingham Borough Council, who thought it would be an excellent thing to be able to offer new clients the chance to talk to a peer (that means someone like themselves) who may have been where they are now - months or even a year ago - so that they can hear about what it's like to have a personal budget.

Putting People First is the new way of providing adult social care in the Borough. It is hoped that *Choice Champions* will offer really important advice and support for vulnerable adults who are either starting the self-directed support system for the first time, or who are currently receiving support from the council and are about to switch over to a new system.



The Choice Champions training finished in June, and a few of those people have taken part in public events promoting the Putting People First programme, and visited a care providers' forum. A couple have already started mentoring new personal budget holders.

Now the mentoring scheme has been set up, social care staff and independent brokers are able to put any new customers who would like peer support in touch with a Choice Champion for advice and support.



If you would like more information about the *Choice Champions mentoring scheme*, please contact Community Care Development Officer Marlina O'Donnell on (0118) 974 6773 or email: [marlena.o'donnell@wokingham.gov.uk](mailto:marlena.o'donnell@wokingham.gov.uk)

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## Safer Places Scheme



We hope you will have heard about the 'Safer Places' scheme, which was set up by the Take Notice Group.

The scheme aims to help **people feel safer in the community** and is open for anyone to use.



A 'Safer Place' sticker is placed in shop windows to let members of the public know that they can go in to **ask for help if they feel concerned or threatened**. Staff at the shops will be able to offer a friendly face and if necessary, contact friends, family or emergency services.

The scheme was launched on **National Personal Safety Day**, in October last year with the support of Wokingham Borough Council. During this time lots of shops and businesses have signed up.

Here is the latest list:

### **Wokingham Town Centre:**

Hudson Bay  
Mobile Phones Direct  
Specsavers  
Cargo  
Brown Bag  
WHSmith  
Designs for Living  
Peacocks  
Support Horizons  
Rose Buddies Drop-in Centre  
Wokingham Borough Council

### **Maiden Place Shopping Centre:**

Pet Fayre  
Post Office

### **Loddon Vale Shopping Centre:**

Drum Wright  
Tesco Express



### **Twyford Village:**

The Rocking Horse  
Waitrose  
Twyford Lighting  
Thames Valley Travel  
Treacher Court

### **Lower Earley:**

Asda Stores

### **Woodley Town Centre:**

Martins



### **Outside Wokingham Town Centre:**

Shurgard Storage  
West Oak Care Homes  
Salon 56 Hairdressers  
Sainsbury's Supermarket (Winnersh)

### **Hurst Village:**

P&D Jennings Butchers

The list will be updated regularly. If you would like more information, please ring **Johan Baker**, Adult Safeguarding Prevention Advisor on tel: 0118 974 6976, email: [johan.baker@wokingham.gov.uk](mailto:johan.baker@wokingham.gov.uk)

# Spotlight on the Carers Sub Group

The Carers' sub group has been meeting every other month for just over a year. They have lots of members including a number of carers. These are the things they have been talking about:

- a Guide for Carers
- transport
- health
- housing
- events for carers such as Carers' Week
- ways to involve more carers in the work of the Partnership Board



The sub group is now focusing on [Carers' Rights Day](#) in December.

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**Carers' Week** was the 14th-20<sup>th</sup> June, and some of the activities that took place included a guided walk in Dinton Pastures and a day at Wokingham Waterside Centre trying out the katakanus. The highlight of the week was the Carers' Seminar at Cantley House Hotel where there were lots of information stands and a chance to get a relaxing massage, reflexology or manicure! Also, 2 carers talked about their personal experience of caring including 1 carer who has a son with learning disabilities. The weather was lovely and the carers were able to enjoy a relaxing and enjoyable day.



**Involving Carers:** A number of organisations, including Wokingham Mencap, Princess Royal Trust Carers' Service, Crossroads and the Learning Disability Community Team sent out a letter inviting carers to get more involved with the work of the Partnership Board. The letter explained



what the Partnership Board does, and ways that carers could get involved. For example they could just sign up to receive information or they could be more involved and come to Big Meetings and sub group meetings!

**Training for GPs and Healthcare Workers:** The Princess Royal Carers Trust and Wokingham & Bracknell Mencap are working together to run training sessions for GPs and Healthcare Workers to make them more aware of Carers' needs. They will be using a "toolkit" designed for the training that has up-to-date information about things like legislation (the law/policy) and answers to questions that may be asked.



**Health Checks:** The NHS are offering free Health Checks to everyone between the ages of 40-74yrs, and Carers have been identified as a [priority group](#). The Health Checks will involve things like checking blood pressure

Spotlight on a Sub Group

and cholesterol levels, and offering advice on how to live a healthy lifestyle. Often carers neglect their own health as they are so busy caring, so this is a really good opportunity for them to have their own health needs looked at! Go to [www.nhs.uk/nhshealthcheck](http://www.nhs.uk/nhshealthcheck) or ring the NHS Health Check helpline on tel: 0845 850 9850 for more details.



**A Guide for Carers:** The sub group is trying to put together a Carers' Guide – an information book for carers. Unfortunately this piece of work had to be put on hold but they are hoping to start work on it again soon!

## Focus on a Member – Tim Holland

Tim Holland works for [Support Horizons](#) - a User Led Organisation in Wokingham. Support Horizons is an agency that offers support staff to people with learning disabilities. (Support Horizons hosts our Partnership Board too, and also runs the Brokerage Project.)



Tim's job is to make sure that everything in the company runs smoothly! Tim is looking forward to Support Horizons becoming [CQC Registered](#) in October which means they will be able to provide support to a lot more people. Tim also recently became a Director of CLASP!

Support Horizons has just started a [football team](#) called [Horizons United](#) which meet on [Thursdays](#) in Chalfont Park, Lower Earley from 7-9pm. It costs £6 per session which includes both the activity and the support, so it would be ideal for anyone looking for a way of spending some of their Personal Budget.



Support Horizons is owned by the community and their [AGM](#) will be held on [Wednesday 10<sup>th</sup> November, 6pm](#). Everyone is welcome and it would be great to see lots of new faces! They will talk about what the company has done in the last year and their plans for this year; and vote some new Directors onto the Support Horizons Board.

Tim has 2 lovely children – Sophie who is almost 9yrs and Luke who is 6yrs. They love going out together and last weekend Tim took them to London for a bit of sightseeing and swimming in an outdoor pool – brrrrr!!!

If you would like more details about what Support Horizons can do for you, ring: 0118 989 3959 or go to their website: [www.support-horizons.co.uk](http://www.support-horizons.co.uk)

**Focus on a Member**

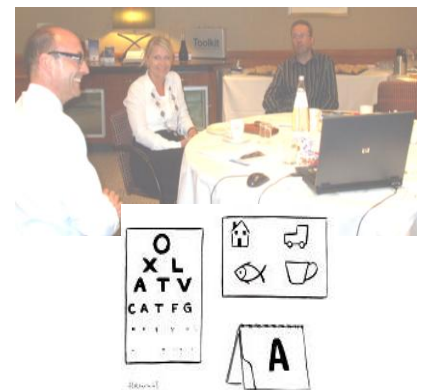
# Focus on a Project – Eye Care Project

People with learning disabilities in the Wokingham area have been having Annual Health Checks for the last 4 years. This is really good news, but what they discovered is that people aren't getting help with their eye care – things like having their eye sight checked and their eye health looked at. Mary Codling (the lead nurse for learning disabilities) and the Good Health Sub Group wanted to change this, so they were given some LDDF money to start a project to help people with learning disabilities get better healthcare for their eyes.



Mary worked with Stephen Kill from SeeAbility and visited lots of opticians in the Wokingham area to talk about the project. Many opticians were very keen to improve their services for people with learning disabilities, and 3 opticians were chosen to run a pilot project (that means a “test” project).

On 19<sup>th</sup> July, Mary and Stephen ran some training to help opticians look into things like what stops people with learning disabilities accessing better eye care, and what sort of extra help people with learning disabilities need in an eye examination. This might be things like using pictures instead of letters on an eye chart and finding ways of communicating with people who don't use words to communicate.



The next stage will be to roll this project out to all opticians in the Wokingham area. The 3 opticians involved in the pilot project will collect information about the number of people with learning disabilities who are having eye checks, how long the appointments are taking, whether any specialist testing has been used, whether there have been any problems and if a referral was made to hospital services.



There will be a special Eye Care Awareness Day for people with learning disabilities, as well as posters and leaflets with information about the specialist service and details of the 3 opticians in the pilot.

This project will run for 1 year and Mary will be collecting data (information) all the time about how successful the project has been. The data will then be given to the PCT as evidence of a need for specialist eye care for people with learning disabilities in the Wokingham area.



**Good news!!** Mary will be coming to our **Big Meeting** on **Wednesday 3<sup>rd</sup> November** to give us an update about the project!

# General Notices



**Turn2Us** is an organisation that helps people get the money that they are entitled to, through welfare benefits, grants and other help. Have a look at their website for more information: <http://www.turn2us.org.uk> or ring their confidential helpline on tel: 0808 802 2000.

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## Holidays for people with learning disabilities from the Hft Family Carer Support Service:

The Family Carer Support Service (FCSS) offers **free** information and support to family carers in lots of different ways.



They have just produced their latest **Holiday Information Guide** with information on things to think about before you book a holiday, tour operators, special interest holidays, insurance, benefits and lots more! To download a copy, go to [www.hft.org.uk/family\\_carer\\_support](http://www.hft.org.uk/family_carer_support)



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## Dramatherapy:

Dramatherapy is a "creative art" therapy which uses drama, play, movement, music and touch to help people's psychological health. We have been sent information from **Louise Croombs**, a Dramatherapist in Reading. Louise sees people for a 1hr session either on their own (£40) or in groups of 6-8 people (£50 for whole group). Her contact details are: <http://www.dramatherapist.net/> or tel: 07887 915941.



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## Changing Places Cycle Ride!

Countryside Co-ordinator **Chris Buggy** will be taking part in a "Terrain of Pain Everest Challenge" in the French Alps in August. The challenge is to cycle a height of 29,035ft in 2 days! Chis hopes to **raise money** towards building a **Changing Places Toilet Facility** at **Dinton Pastures Country Park**.



Changing Places are special toilet facilities that have a toilet, a basin, a ceiling hoist, and an adult sized electric changing table fixed to the wall, and lots of room for the person plus a carer. A Changing Places toilet facility will allow people with complex needs and people with disabilities to have a day out at Dinton Pastures without having to either cut their visit short, or have an unpleasant experience struggling to use the public loo! If you would like to support Chris, please email: [chris.buggy@yahoo.co.uk](mailto:chris.buggy@yahoo.co.uk)



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GENERAL NOTICES

**Healthcare for People with Learning Disabilities in the NHS:**

There has been a lot of talk recently that doctors and nurses do not always give people with learning disabilities the same level of healthcare that other members of the community are getting. It's been reported that in some places, people with a learning disability are being treated with neglect, or a lack of dignity or receiving poor quality care.



It is important that people who have had a bad experience share this, so we can learn from the mistakes and stop it happening again. If you would like to read more on this subject, please get in touch with us at the Partnership Board – [admin@partnershipboard.org.uk](mailto:admin@partnershipboard.org.uk)

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**Patient Medicine Green Bags:**

The South Central Strategic Health Authority have started a new idea to help avoid medication errors. They will be asking people to use a special green plastic bag to carry their medications in, when they go to see their GP or hospital appointments.



Their aim is to:

- help healthcare staff record accurate information on people's medicines
- help hospital staff speed up the administration side of things when discharging patients from hospital
- have somewhere to keep other related medical information (like repeat prescriptions).

We will be inviting someone from the NHS to talk to us about this new scheme at our **Big Meeting** on **Wednesday 3<sup>rd</sup> November**.

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**Housing Options – Photo Prize Draw!**

Housing Options are celebrating the work of Housing Options and its members by putting together a photo montage (a picture with lots of photos in it) of all the people with learning disabilities who have got a better life because of good housing and support. They especially want photos of people who have bought or rent their own home. Everyone who sends in a photo will be entered into a prize draw, and the winner will get a **£150 voucher**. The **deadline for entries is Friday 24<sup>th</sup> September** and the draw will take place on Monday 4<sup>th</sup> October.



For more information, please contact Diane Berry on tel: 0845 456 1497 or email: [enquiries@housingoptions.org.uk](mailto:enquiries@housingoptions.org.uk) or go to their website [www.housingoptions.org.uk](http://www.housingoptions.org.uk)

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**Would you like to get healthy?** Elaine Fraser is a Health Trainer working as part of a team covering Berkshire West PCT. Her service is free, and these are some of the things that Elaine can help people to do:



- \* Lose Weight
- \* Eat a healthier diet
- \* Get more exercise
- \* Stop smoking
- \* Moderate their alcohol intake



To find out more, go to: [berkshirewesthealthtrainer@parkwoodhealthcare.co.uk](mailto:berkshirewesthealthtrainer@parkwoodhealthcare.co.uk) or ring tel: 0118 955 1214.

## Dates for Future Partnership Board Meetings and Events

This is a list of our meetings for the rest of the year. Big Meetings are for everyone, and Workshops are for people with a learning disability and their supporters.

Date	Time	What sort of meeting?	Where?
Tues 19 <sup>th</sup> October	10-12pm	 <b>Workshop –</b> Learning new things (for example reading and writing).	Bradbury Centre Rose Street
Wed 3 <sup>rd</sup> November	10-12pm	<b>Big Meeting</b>	Methodist Church Rose Street
Tues 7 <sup>th</sup> December	10-12pm	<b>Workshop –</b> Find out about different cultures and different festivals. 	Bradbury Centre Rose Street
Tues 14 <sup>th</sup> December	10-12pm	<b>Big Meeting</b>	Methodist Church Rose Street

**Thank you for reading - We hope you found our newsletter interesting!**

*If you would like to get in touch, you can reach us at:*

### **Learning Disability Partnership Board**

c/o Support Horizons  
3 The Courtyard  
Denmark Street  
Wokingham, RG40 2AZ



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**Email:** [admin@partnershipboard.org.uk](mailto:admin@partnershipboard.org.uk)

**Website:** [www.wokinghampartnershipboard.co.uk](http://www.wokinghampartnershipboard.co.uk)

