



**Wokingham
Learning Disability
Partnership Board**

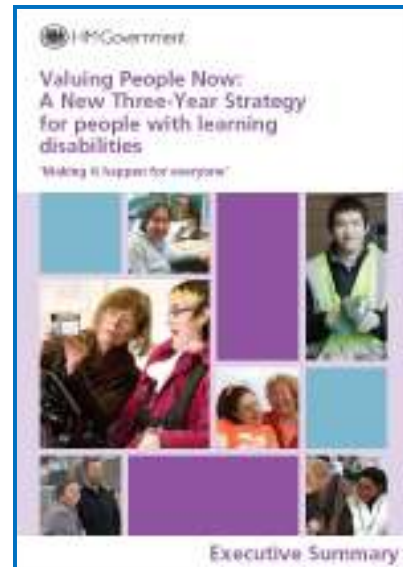
Newsletter

**December Issue
2011**

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

Changing Places Toilet Facility

We are really pleased that the building work on this specially adapted toilet (and personal care) facility has nearly finished and we hope to have it open by the end of the year.



People that want to use the Changing Places toilet facility need to apply for their own key. This is to make sure that the facility is reserved for the people that need it most, and they are helped to use the equipment safely. The facility will be open 7 days a week, from 8am-5pm.



If you think you or someone you support would like to use the Changing Place toilet facility, please get in touch with the Partnership Board to find out more. You can email: admin@partnershipboard.org.uk or ring tel: 05600 766114.



Optalis Day Service Members Committee

The new Members Committee has been running for around 6 weeks with 15 members and is becoming very popular! They meet on a Tuesday morning at the Acorn Community Centre.



Members from the 3 day services in Wokingham, Woodley and Earley come together to talk about how they feel about the day service. They try to advocate for other day service users who don't attend the meetings and for those that need help to express their wishes. It's a really active group that think about lots of different topics to help everyone who attends day services.



Recently they talked with the Acorn Community Centre Manager about installing satellite TV so people can watch the Olympics in 2012!





The Members Committee ran a Keep Safe Workshop which the group really enjoyed. This was to help prepare for our Partnership Board’s self advocate workshop which meant they brought some really good ideas to our workshop.



They also support the work of other groups like the Advocacy Sub Group. In October they went to an Advocacy Sub Group meeting to answer questions about advocacy.

Local Leaders Course



We were asked to run some training for people with learning disabilities who sit on various boards and committees so they can understand what it means to be a representative for a group, and how to speak up and listen well to others.



We worked with Karen Morton from the Capability Company to help us train 4 teams from: Support Horizons, CLASP, The Golden Planet Project (part of the Jigsaw group), and Day Services.



Some of the people who went on the course said:



It’s a good way of getting people’s voices heard.

It will help us be stronger Directors.



We have learnt skills for training people.



The next step is for Julie White to work with each group to help them roll out the training to the rest of their members.

Rose Buddies is back in Rose Street!

A few weeks ago Rose Buddies moved back to their Drop-in Centre at 44 Rose Street following lots of building work. The office is open from 9am-3pm, Monday to Friday and they try to make sure someone is there all the time.



Lots of exciting new workshops and activities are being planned for the new year. To get an up-to-date list, email: lisa.hookway@creativesupport.org.uk or ring tel: 0118 9799106 or mobile: 0779 109 2169.



Hate Crime Reporting Centre has moved!

It can be quite difficult and scary to report a crime at a police station, so a few years ago, the Partnership Board and CLASP started the Hate Crime Reporting Centre for adults with learning difficulties.



Since then, the Reporting Centre has had a few temporary homes but a few weeks ago, it moved to the Rose Buddies Drop-in Centre at 44 Rose St. The Reporting Centre is open from 1-3pm on Fridays and is now open to all vulnerable people who have been the victim of hate crime.



Involve Me

National Mencap have been working on a 3 year project called 'Involve Me'. This has resulted in a practical guide that aims to help people with profound and multiple learning disabilities be more involved with decision making and consultation.



Involve me
Practical guide
How to involve people with profound and multiple learning disabilities (PMLD) in decision making and consultation

National Mencap have agreed to visit Wokingham and run 2 training sessions on this topic in December. This is great news for us as it ties in so well with our local Big Campaign.



Children in Need



The Partnership Board, Support Horizons, Rose Buddies and CLASP all worked hard baking cakes and biscuits to sell during Children in Need week in November.



CLASP sold cakes at their Tuesday coffee morning where everyone wore silly hats whilst enjoying their purchases, and raised £73. Rose Buddies held a “Tea & Cake” sale on the Friday, and raffled a Pudsey money box too, raising £80. The Partnership Board and Support Horizons baked cakes and sold them in the office, raising £15.



A big thank you to everyone who either baked or bought to help Children in Need!

Addington Transition Event



It is really important that we reach out to young people in transition and their families, to help them when they move from Children’s Services to Adult Social Care.



Last year we introduced Partnership Board Information Packs for the Transition care managers to pass on to young people when they join the Transition Team. And on 29th November, we were invited to Addington School’s Open Evening to talk to young people and their families as they think about college and work options when they leave school. We spoke to lots of parents and teenagers and told them about the work of our Partnership Board.



We hope to see some of them at our meetings soon!

SPOTLIGHT ON A SUB GROUP

Spotlight on a Sub Group The Employment Sub Group

In May this year the Employment Sub Group started up again. Trina Reeves, Manager of the Supported Employment Service is the sub group lead. The group's members came together to work on projects to help people with learning disabilities get a paid job. But they struggled to meet because people were so busy, and they also found it difficult to find the time to run projects.

In Trina's other role, she was helping to run a Steering Group for her service (involving people who work with all vulnerable adults). The Steering Group is made up of people from Optalis, voluntary sector groups, Job Centre Plus, local colleges, the Council and health services. Their role is to share information on good practice, talk about developments and changes in supported employment. Trina had the idea to merge the 2 groups. On 24th November the Steering Group and Partnership Board Employment Sub Group had their first joint meeting.

We have thought about how we keep the new group connected to the Partnership Board, and members of the Steering Group have agreed to come and give reports from time to time to the Big Meeting.

The Jobs Action Network is supported by a Community Interest Company called Skillnet: www.skillnetgroup.co.uk. They cover the South East of England. The network is made of people with learning disabilities who act as local employment champions for their area. They talk about ideas to get more people into work and share good practice. They also have speakers to tell the group about things like changes to the Benefits system and support from Job Centre Plus. Two people from our Partnership Board used to take part in these meetings, but can no longer attend. **We are looking for some new representatives.** The inclusive meetings are quarterly and the next meeting is due on the **13th December** in Maidenhead. If you are interested please get in touch with the Partnership Board office.



Spotlight on another Sub Group The Advocacy Sub Group



The Partnership Board looked at what advocacy there is in Wokingham and where the gaps are. There are lots of different groups of people with learning disabilities in our area, so we asked each of the groups if they would like to help. We arranged a meeting for all the representatives from each group and made a plan.



Formal Meeting

Our Meetings

We have 2 sorts of meetings. 1 meeting is in a business meeting room where we sit around a table, and is only for members of the group. We call this our **formal meeting**. The other meeting is in a social meeting place, like the Gig House or the Meeting Place at the Bradbury Centre, and we get as many people as possible to come. We call this our **informal meeting**.



Informal Meeting

At the last **informal meeting** lots of people came and we worked with them to fill in a survey to tell us what they know about advocacy and what their groups are working on. They also told us what they would do to make people's lives better if they had *superpowers!*



At the last **formal meeting** we looked at what people told us in the survey and what gaps we had found - and we made an action plan. These are the first things we are going to work on:



- ✓ Tell the Council about the difficulties people have with transport so they can work on them in their Corporate Transport Strategy (the Council's plan). We will also tell them about the different things people with learning disabilities have done for themselves to make using transport easier.
- ✓ Run workshops to talk about paying for support and think about personal budgets.

If you would like to be part of our group please contact Julie White at the Partnership Board julie.white@partnershipboard.org.uk

Challenging Behaviour Event

On 5th October we worked with the 6 other partnership boards in our region to run a Berkshire-wide Learning Disability Partnership Board event on Challenging Behaviour. Over 100 people from a wide variety of backgrounds came together to think about better ways of including people with learning disabilities who have challenging behaviour.

National Context

We heard from Nick Buchanan (NHS Head of Commissioning for Mental Health and Learning Disabilities) who talked about the problems that people with challenging behaviour face. Nick also talked about the restrictions in services which mean people are not able to get the right help.

Family Carer Perspective

We heard from David and Jill Jack from the Challenging Behaviour Foundation who talked about their son James, and the challenges he faces every day. They shared their hopes for James' future which is to have his own home, space and life with the right support in a person-centred way.

What's Working & Not Working, and Workshops

We heard from representatives about what's working and not working in their area - and found that things like staff training and using money better, were important for all areas. And we held 5 different themed workshops where everyone thought about what could be done to keep people with challenging behaviour to live in their local communities.

Challenging Behaviour Charter

We invited everyone to sign their name to the Challenging Behaviour Charter and make a commitment to make the charter happen locally.

Our next step is to form a working group to think of the best ways to take this project forward. To read the report from the day, please contact the Partnership Board.



Spotlight on a Member

Helene Perry



Helene is a member of our Partnership Board, the Members Committee and the Advocacy Sub Group. Over the past year, Helene has become much more involved in the Partnership Board and has presented at workshops and given feedback at Big Meetings.



Helene has recently joined the Advocacy Sub Group where they look at what people want from advocacy in the area. Helene is a valuable member of the Sub Group as she is an expert by experience!



Helene works at the Rainbow Café at the Acorn Community Centre on Monday mornings and Friday mornings. She enjoys meeting people and helping them with their snacks and refreshments.



Helene loves horse riding and goes to the stables in Twyford regularly. There are lots of horses at the stables, and usually the trainer chooses a horse for Helene's lesson. But if Helene gets the chance, she chooses her favourite horse called Sarah!



Helene lives in Lower Earley with her mum, dad and brother called David. She helps her mum with the washing-up and enjoys preparing family meals, and baking cakes and biscuits.



At home Helene likes listening to music - especially songs from Buddy Holly and Jason Donovan. Her favourite shows on TV are the cooking programmes - that must be where she gets her enthusiasm for cooking from!

Our AGM - a date for your diaries!

The Learning Disability Partnership Board's Annual General Meeting will be on **Wednesday 22nd February** from 10am-4pm at Wokingham Town Hall.

Our AGM will be an opportunity for people to find out what we've been up to in 2011 and to help us make plans for 2012. A free buffet lunch will be provided. Please let us know if you would like to come.



Hidden in Plain Site - final report

This report from the Equality and Human Rights Commission looks at disability-related harassment (abuse), and our Partnership Board contributed to the final report.



The report says that harassment often happens but people don't realise it is abuse. It includes case studies and makes recommendations to public authorities to help them deal with this. To read the report, go to www.equalityhumanrights.com and in the search box, type *Hidden in Plain Sight* and then click on the link.



Social Care TV from SCIE (Social Care Institute for Excellence)

Social Care TV is an online service for everyone in social care. You can watch the videos online or download them to use in presentations - films such as Challenging Behaviour & Learning Disabilities, Safeguarding Adults and Improving Mental Wellbeing. All videos include supporting material and related information to help you put what you see into practice. To find out more, go to <http://www.scie.org.uk/socialcaretv/index.asp>



Woodley Food Store



The Woodley Pilot Light Trust, based at Woodley Baptist Church in Hurricane Way, is re-launching its Food Store Programme. The Trust will deliver basic food items to residents in the Borough who are on low incomes, free of charge. The church also offers counselling and debt managing services.



To find out if you or someone you know is eligible, contact Lesley Brown on tel: 0118 969 9956 (9am-12.30pm) or email: office@woodleybc.org. For details of what can be provided, go to: <http://www.christ-church-woodley.org.uk/food.html>

Supporting People with Challenging Behaviour



United Response is a national charity supporting people with learning disabilities, physical disabilities and mental health needs. They have expertise in working with people with challenging behaviour, and have developed a new community-based approach to work with this group of people.



To find out more, go to: www.nsasocialcare.co.uk and in the search box, type in *Best Practice Case Study: United Response* and then click on the link.

A Newsround Special on Autism



Newsround has made a special programme about autism which was shown on recently on BBC1. The short film made by a girl called Rose, called “My Autism & Me” shares what it is like to live with autism.

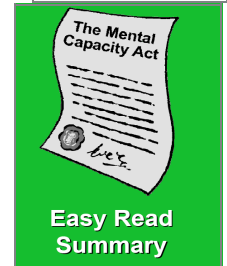


To see the film and find some helpful information, go to: <http://www.bbc.co.uk/newsround/15655232>

GENERAL NOTICES

Mental Capacity Act Guide, Homes Farm Trust

Hft are a national charity providing creative support for people with learning disabilities. They have put together a really useful guide for people with learning disabilities and their families & friends. The guide talks about the Mental Capacity Act. This is an important bit of law that helps people be included in decisions about their life. To find out more, go to: http://www.hft.org.uk/Family_Carer_Support/MCA_Resource_Guide.htm



Funding Programme and Trusts

Funding Your Future aims to give people a better understanding of funding in the voluntary sector. It gives suggestions for making your own funding bids stand out from the crowd and has information on funding programmes, trusts etc. Go to: <http://www.actionforall.org.uk/fundingyourfuture/trust>



The Newlife Foundation for Disabled Children

This charity provides support to children with disabilities and special needs, and their families. They also offer information and support around nurses and equipment, campaigns and awareness, and medical research. To find out more, go to: www.newlifecharity.co.uk



New Non-Emergency Number for Thames Valley Police: 101

101 is the new number to call when you want to contact your local police station and is available 24hrs a day, 7 days a week. The 101 number is being rolled out across England & Wales during 2011 as the new national single non-emergency number. It will replace the 0845 8 505 505 number, but both numbers will run until March 2012.



Remember!! If you have an emergency, you still need to ring 999!



Resources Lending Library

We have lots of interesting resources that people might like to borrow. When you are next passing our office, please drop-in and have a browse!



✓ **Health:** A CD-ROM called *A Picture of Health* with lots of useful easy read guides and information all about health - including different medical conditions and procedures, mental health and sexual health.

✓ **Eye Care:** A DVD and booklet from Look Up and SeeAbility called *You and Eye*.

✓ **Individual Budgets:** A DVD from the Dept of Health and CSIP called *Living your Life, Your Way*.

✓ **Self Directed Support and Personal Budgets:** A DVD from the Council called *Take Control of Your Life*.



✓ **Person Centred Planning:** Information from Families Leading Planning—aimed at carers.

✓ **Bereavement:** An accessible guide for people with learning difficulties and their carers from SpeakingUp.

✓ **TV:** A really useful booklet called *3DTV*, helping people to get more from the telly - eg games, practical ideas, scrapbooking etc.



✓ **Politics and Voting:** A toolkit with training booklets from Mencap called *Count Me In!*

✓ **Politics and Voting:** Information and CDs called *Our Vote, Our Voice*.

✓ **Parenting:** Parenting Toolkit for parents with learning difficulties with information from a variety of sources.

✓ **Parenting:** A DVD from Research In Practice called *Positive Parenting: Supporting Parents with Learning Disabilities*.



✓ **Parenting:** A report from CSCI called *Supporting Disabled Parents*.

✓ **Parenting:** A DVD called *Right to Choose with help & advice for parents with learning difficulties*.

✓ **Mutual Caring:** Booklets, DVD & CD-ROM from the FPLD about mutual caring and older family carers.

✓ **Relationships:** A CD-ROM from the FPA called *All About Us on growing up, personal and sexual relationships*.



✓ **Relationships:** A DVD from Skills for People about young people and love, sex and relationships.

RESOURCES LENDING LIBRARY

Dates for Future Partnership Board Meetings

Here is the list of our meetings for the rest of 2011 and throughout 2012.

Big Meetings are for everyone, and Self Advocate Workshops are for people with a learning disability and their supporters.

| Date | Time | What sort of meeting | Where |
|--------------------|-------------|------------------------|---------------------|
| 2011 | | | |
| Tue 13th December | 10am-12noon | Self Advocate Workshop | Bradbury Centre |
| Wed 21st December | 10am-12noon | Big Meeting | Methodist Church |
| 2012 | | | |
| Tue 24th January | 10am-12noon | Self Advocate Workshop | Bradbury Centre |
| Wed 22nd February | 10am-4pm | Annual General Meeting | Wokingham Town Hall |
| Tue 20th March | 10am-12noon | Self Advocate Workshop | Bradbury Centre |
| Tues 27th March | 10am-12noon | Big Meeting | Methodist Church |
| Tue 15th May | 10am-12noon | Self Advocate Workshop | Bradbury Centre |
| Wed 23rd May | 10am-12noon | Big Meeting | Methodist Church |
| Tues 10th July | 10am-12noon | Self Advocate Workshop | Bradbury Centre |
| Tues 17th July | 10am-12noon | Big Meeting | Methodist Church |
| Tues 4th September | 10am-12noon | Self Advocate Workshop | Bradbury Centre |
| Wed 12th Sept | 10am-12noon | Big Meeting | Methodist Church |
| Tues 16th October | 10am-12noon | Self Advocate Workshop | Bradbury Centre |
| Tues 23rd October | 10am-12noon | Big Meeting | Methodist Church |
| Tue 4th December | 10am-12noon | Self Advocate Workshop | Bradbury Centre |
| Wed 12th December | 10am-12noon | Big Meeting | Methodist Church |

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

Tel: 05600 766 114

Email: admin@partnershipboard.org.uk

Website: www.wokinghampartnershipboard.co.uk

