

Wokingham
Learning Disability
Partnership Board

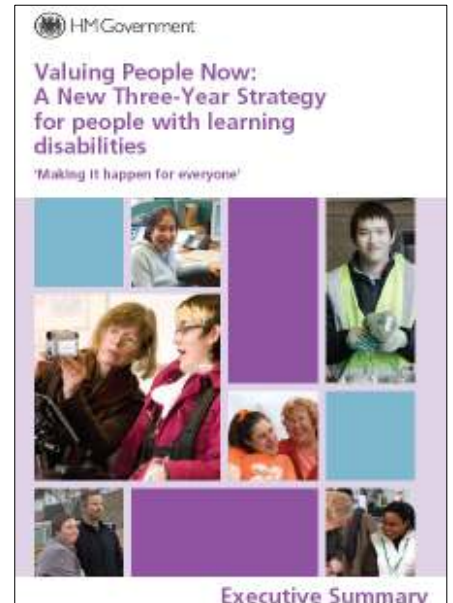
Newsletter

Spring 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 Story:** 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

The Partnership Board has moved!

For a long time now, we have been trying to get some office space for our Partnership Board. In January, we finally moved to the offices of Support Horizons, and now we have somewhere for people to visit!



We held a launch event on 26th January, and lots of people came to celebrate with us – including the Wokingham Times who wrote a lovely article and took this picture!

Here are our contact details:

Learning Disability Partnership Board
c/o Support Horizons
3 The Courtyard (off Denmark St)
Wokingham RG40 2AZ



tel: 05600 766 114
email: admin@partnershipboard.org.uk
website: www.wokinghampartnershipboard.co.uk



Choice Champions:



Marlena O'Donnell from the council set up a training course earlier this year, to give people who have personal budgets mentoring (helping) and leadership skills. These people, called 'Choice Champions', were trained to talk to others about personal budgets – for example, what it is like to have a personal budget.

9 people went on the course and they learned lots of things like how to ask the right questions, how to listen to other people, how to get their ideas across and how to speak with confidence! Everyone thought the course was really good and they are ready to help other people find out what it is like to have a personal budget. This picture is of the Choice Champions and their supporters getting their course certificates from the Mayor, Barrie Patman.

If you would like to find out more about Choice Champions, please contact Marlena O'Donnell on tel: 0118 974 6773 or by email:

marlena.o'donnell@wokingham.gov.uk

Take Notice Group's 10th Anniversary Celebration and the Icebreaker Social Club:

On Friday 26th March, the **Take Notice Group** celebrated 10 years of being a self advocacy group by having a party! Lots of people danced the night away at the disco and enjoyed a drink from the bar! During the evening, the Take Notice Group presented a gift to **Julie White** (Inclusion Worker) who left at the end of April to go travelling in her new campervan! (More about Julie at the end of this section!)



Take Notice Group



The 10th Anniversary Party was organised by the new **Icebreaker Social Club** – a social group formed by CLASP members so that people with learning disabilities can make new friends and meet up with old ones, and have a jolly good night out! The Icebreaker Social Club meet every 6 weeks and their first social evening was their launch party at the Cantley Lodge Hotel last October.

Their next social event was a visit to the pantomime in December, followed by a Karaoke Evening run by Mencap in February.

The next Icebreaker Social Club will be a **Cinema Night** at the Bradbury Centre on **Monday 17th May**, 7-9.30pm. The film will be “**Mamma Mia**” and entrance will be £3.50 (which includes popcorn!) and people will be able to buy hot dogs and drinks too.



For more information about the Icebreaker Social Club, please contact CLASP on tel: 0118 979 6364 or email: clasp24@aol.com

Hate Crime Reporting Centre:

Sometimes a police station can be a scary place if you have to report a crime, so CLASP wanted to set up a Hate Crime Reporting Centre for vulnerable people in the Wokingham Borough and asked the Partnership Board for some LDDF money to help set it up.



The Reporting Centre is now open on Friday afternoons, 1-3pm at the Bradbury Centre in Rose Street. **Vicky Stubbs** has been trained by the police to take down the details of hate crimes from vulnerable people, and together with her supporter, John McNulty, takes details of hate crimes and reports them back to the police and the Community Safety Team at Wokingham Borough Council.

CLASP and Prevention Services held a **launch party** on Friday 27th January and it gave people the chance to meet the Community Wardens and the Police Community Safety Officers, **Will Gilbert** and **Vicky Williams**. Will and Vicky put their aprons on and helped out in the café serving drinks and snacks to everyone! **Carol-Ann Bidwell** met lots of people to explain the good things about having a Reporting Centre on our doorstep.



Also at the Bradbury Centre on a Friday afternoon is the Internet Cafe where people can be supported to use the internet (for £2) and they can buy some food and drink and meet friends too!

The Core Group has a new member!

The Core Group is made up of people who represent the different areas of learning disability. This means people from voluntary and community groups (known as the third sector), the council and health service (known as the statutory sector) and other services (known as providers). Most importantly, there are people representing people with learning disabilities and family carers.

The Core Group usually have 2 people with learning disabilities but since Paul Rickson stepped down, the only representative we had is David Chaffe (who is also our co-chair). The Core Group asked CLASP if they would like to nominate someone – so they held an election and **Timothy Murgatroyd** was voted in as our newest Core Group member! **Congratulations Tim!**



Workshops for Family Carers:

The Relationships Sub Group is running 3 different workshops for carers around **Relationships**. The 1st one took place on Thursday 25th March about **Promoting Positive Self Esteem and Social Skills** - and the feedback from the training was really good. The next 2 workshops are:

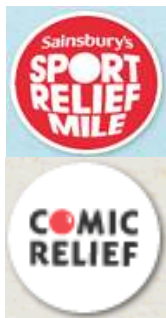


- Tues 22nd June** about **Emotional Development & Sexuality**
- Wed 6th October** about **Sexual Health & Personal Relationships**.

If you would like more information, about these workshops or the Relationships Sub Group, please contact Jodie Newman on tel: 05600 766114 or email: jodie.newman@partnershipboard.org.uk.

Raising Money for Charity:

In March, **Chris Isherwood** joined hundreds of people at St Crispin's Leisure Centre in Wokingham to raise money for **Comic Relief** by running the Sports Relief Mile! Friends and family sponsored Chris and he raised **£25.42!** This money will help make a difference to people's lives in the UK and across the world's poorest countries.



We say "Well done Chris!"

Goodbye Julie White!



And now for some sad news.... **Julie White** was our Inclusion Worker for the Partnership Board since it started in 2003 (as well as working for Webcas, CLASP and Take Notice!). Julie did an excellent job helping people with learning disabilities in the Wokingham area to speak up but decided to take a long break from working and is now looking forward to a 3 month trip across Scandinavia in her campervan with her husband, David!

We are all very sorry to say goodbye to Julie because she has been a **very important part of our lives.**

Here are some pictures from Julie's last Partnership Board Big Meeting in April where we presented her with a card and some gifts.

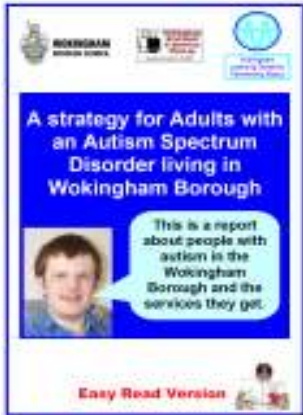


Focus on a Project

1. Autism Project

What is Autism?

Autism is something people are born with. For people with autism, the world is a mixed up place that doesn't make any sense to them.



Last year, the Partnership Board commissioned (asked for) Robert Pasterfield to look into how to make things better for people with autism in the Wokingham area. Robert wrote a report that included lots of suggestions, and one of the suggestions was to run some training for everyone whose job is to support people with autism – for example housing, social care etc - so that they can be more effective (better at what they do). The Council are putting together a group to look at these issues and make a plan to make things better for people with autism in Wokingham.

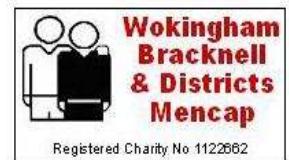
In the meantime, the next step was to put on some training. The Council's Learning & Development Team have organised training for staff that work at the Council. They have also paid Robert Pasterfield and his colleagues at Wokingham Mencap to run some training for other people and groups.



Lots of courses have now taken place and over 200 people have been trained already! There has been some excellent feedback, and there are a few more courses still to run – [please contact Robert or Michael at Wokingham Mencap on tel: 0118 979 8539 to book your place.](#)



New courses are being prepared on particular subjects (such as employment support) and for specific staff (such as support workers). Watch this space for more information!



Any more news for people with Autism?

If you have autism and would like to join the [Friday Night Alternative](#) which is a [social group for adults with autism](#), please contact [Robert](#) on [tel: 0118 979 8539](#). This social group meets once a month, on a Friday night at The Olde Leathern Bottle pub on Barkham Road, Wokingham.



2. Prevention Services

What is Prevention Services?

Adults with learning disabilities who don't get a community care service from the Council (because they haven't been assessed as having a 'critical need'), might need help with doing everyday things - such as writing a letter, reading a bus timetable, filling out a form, etc.

Prevention Services has set up a **Drop-in Centre** at **44 Rose Street, Wokingham**. People can visit the Drop-in Centre from 1-3pm, Monday to Friday and get the support they need to find out what's going on at the cinema, use the internet or make a phone call etc... and have a friendly chat over a cup of tea at the same time!



ROSE BUDDIES



Lisa Hookway is based at 44 Rose Street and as well as supporting the Drop-in Centre, she also runs lots of different groups during the week called "**Rose Buddies**". Some of the groups are free and people can pop in when they feel like it, and some of the groups have a cost and people need to book. You can contact Lisa at the Drop-in Centre on tel: 0118 979 9106 or email: lisa.hookway@wokingham.gov.uk

Here are the different **Rose Buddies** groups:

The Fun Fit Club:

This group used to be called Weight Busters and met at the Acorn Centre. It is still a healthy eating and exercise group, but now they meet twice a week at the Drop-in Centre in Rose Street. **Monday sessions**, 10-11.30am, are **Exercise Classes** and cost £2 each and people need to book - (please note that from June, the exercise sessions will be at the Rainbow Park Community Centre in Winnersh). And **Wednesday sessions**, 2-3.30pm, are **Healthy Eating and Food Tasting classes**. These sessions are free but people still need to book.



The Cooking Group:

As well as learning to cook basic meals, the Cooking Group also looks at things like how to cook a meal on a budget, what to look out for in supermarkets, keeping your kitchen and utensils clean. They meet at the Bradbury Centre in Rose Street on **Mondays**, 1-3pm, and a 6 week course costs £12. This is a popular group and has a waiting list, so people need to contact Lisa to book their place!



Community Allotments:

The community allotments are at Oakfield Court on Barkham Road. People can go to the allotments at any time during the week, but if they would like support to do some gardening, the supporters are there on Tuesdays 1-3pm and Wednesdays 10am-12pm. These supported gardening sessions are free but people do need to book with Lisa beforehand.



Community Life Group:

This group is for people aged 18-35 years and aims to teach people about everyday things such as personal health, emotions, keeping safe, budgeting (looking after your money). Sometimes they have fun group activities so that people can get to know each other better! These sessions take place on Thursdays, 10am-12pm at the Bulmershe Leisure Centre in Woodley, but sometimes they are out in the community or at the Drop-in Centre. The sessions are free and people can pop along when they feel like it, but it's a good idea to ring Lisa first to see where they are meeting!



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Internet Café and Hate Crime Reporting Centre:

These 2 things take place on a Friday afternoon, 1-3pm at the Bradbury Centre, Rose Street and people can drop in when they feel like it.

Internet Café: At the Internet Café, people are supported to use the internet so they can check out the latest information from websites like 'Reading FC' (Andrew's favourite website!) or write letters and make greetings cards (Jackie's favourite thing to do!). There is a big screen TV so people can watch "The Specials"



or the news, and Jonathan is there every week selling sandwiches and healthy snacks from about 12.30pm. So people are welcome to pop in, have some lunch, and then get some support to use the internet at 1pm!



Hate Crime Reporting Centre: Vicky works with John to run the Hate Crime Reporting Centre from 1-3pm, which is in a private area in the café. (There is more information about this in the “Good News” section.)

Lisa is also hoping to start a craft making session in the café, so watch this space for more details!

To make all these **Rose Buddies** groups easier to see at a glance, here is a timetable for the week!

	Group	Time	Where	Details
Mon	Fun Fit Exercise Class ***** 	10-11.30am *****	44 Rose Street *****	£2 a session, Please book *****
	Cooking Group	1pm-3pm	Bradbury Centre	£12 for 6 wks Please book
Tue	Community Allotments	Supported 1-3pm	Oakfield Court, Barkham Rd	Free! Please book
Wed	 Community Allotments *****	Supported 10am-12pm *****	Oakfield Court, Barkham Rd *****	Free! Please book *****
	Fun Fit Club	2-3.30pm	44 Rose Street	Free, pls book
Thu	Community Life Group (things like safety, health, budgeting)	10am-12pm	Bulmershe Leisure Centre, Woodley	For 18-35yrs Free! Drop-in
Fri	Internet Café, Crafts & Hate Crime Reporting Centre 	1pm-3pm	Bradbury Centre Rose St	£2 to use the internet, rest is free! Drop-in.

Focus on a Sub Group – Housing

The Housing Sub Group has been very busy working to get people into their own homes! Rod Clay is the Lead for the sub group and Catherine Turner is the community team's Housing Officer.



Here are the main things they are working on at the moment:

Shared Ownership:

What is shared ownership? It is when someone buys a house (or buys part of the house) with help from a Housing Association plus some funding from either Big Government or a family member. The person then pays a mortgage through Income Support for the share of the house that they own, and then pays rent for the part of the house that they don't own.



The Learning Disability Team has been given a grant from Big Government to help 3 people buy houses this year, and if this goes well, the team will apply for another grant next year. 2 people in Wokingham are in the process of buying their own home, which means there is 1 pot of money left to help 1 more person!

Easy Read Housing Documents:

Some of the housing documents (like the Housing Needs Register and Tenancy Agreements) are quite difficult to understand, so the sub group have been looking at turning these forms into easy read.



Housing Needs Data List:

This is a list of people in the Wokingham area who are likely to need housing in the future. This could be people at residential college, people who are unhappy where they live at the moment, and people who have elderly parents.



The list works on a timescale of up to 10 years so that people's future needs can be thought about ahead of time! The list contains lots of information about people so that Catherine can match potential (possible) sharers – things like the amount of support needed etc. Catherine updates this list every 3 months.

Council Housing Waiting List:

This is the Council's Housing Register and is a list of **everyone** in the area who needs housing - not just people with a learning disability (also known as "Social Housing"). People put their name on the list, and for every month that they are on the list, they get a point. When a home is available, the person with the most points at the top of the list gets first choice. Unfortunately getting to the top of the list can take 6-10 years which is why the Housing Sub Group is trying to get everyone to register (put their name on the list) as soon as possible so they can start earning points right away!



Registering also helps the council's Housing Department understand people's future needs – things like number of rooms and accessibility needs (like whether it is suitable for someone in a wheelchair) - so that they can start planning and asking for money now.

Social Housing is one of the safest forms of housing because it is a "tenancy for life" which means you won't be asked to leave. Catherine will be sending out letters to everyone known to the community team to encourage them to get on the council's housing waiting list - this will take quite a long time because there are so many people! If you would like to get on the waiting list now, you don't have to wait for Catherine to write to you, you can contact the Housing Department at the Council on tel: 0118 974 6000.

Future Housing Developments:

There are 7 proposed developments (this means new houses being built) in the Wokingham area over the next few years. The Housing Sub Group hope to show the council how many people with learning disabilities would like their own homes, so they could possibly "reserve" some for people with learning disabilities!



Focus on a Member – Steven Allen



Steven has been an active member of the Partnership Board since it started! He lives in Woodley with his parents, Pauline and John, and his brother Richard lives nearby. Steven went to Addington School and then went to Berkshire College of Agriculture where he learnt lots of interesting things about plants.

Steven has been working for Asda for the last 10 years, and his job is to collect the trollies and make sure they don't clutter up the car park and block the roads! Remember all that snow we had in January? – well, Steven was even pushing trollies in that weather! He said it was good fun, but very cold and slippery!!



Steven likes to write stories and letters – he's writing a book at the moment! He also likes learning about local history – especially the Victorian period and the Brunel railways. He lives near a famous railway cutting (Sonning Cutting), and the area around his road used to be called the 'Bloody Avenue' due to the awful accidents that workmen had when they were working in the area... yuck!

Steven loves his family holidays and is lucky to have been on quite a few recently! His favourite holiday was Disneyworld in Florida!



Steven thinks the Partnership Board is a great place for people and groups to get together and talk about the things they have done, and the things they are planning to do. He says that the Partnership Board's role is to tell people with learning disabilities that they do not have to be lonely or isolated, and that help is at hand when it's needed.

He is a member of CLASP and helped to write the Easy Read version of the Autism Strategy for Wokingham - his input was really important! He also goes to the Big Meetings and Workshops and always joins in with the discussions. Steven says he was a little bit nervous when he joined the Partnership Board but has now made lots of friends and feels part of the community!



General Notices



Have you seen our website lately?

Tony Bland has been very busy updating our website and now we think it's much easier to use! Go to www.wokinghampartnershipboard.co.uk and let us know what you think!! You can either contact us through the "Contact Us" box on the website, or ring/email us at the Partnership Board Office.

Would you like to play indoor hockey?

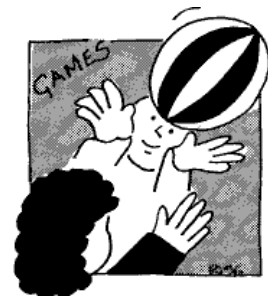
James Parsons would like to set up an indoor Hockey Team called the **Wokingham Knights**. James has already done a lot of work on this – he's organised hockey sticks, balls and gum shields, he's arranged for a coach to teach the team, and he's organised a kit for the team!



The training will take place on Tuesdays (and possibly Fridays) at Cantley Park, and he's looking for 8 players. So far, 7 people would like to join the team... so James is looking for **1 more person** and the training can start! If you would like more information, please email James at: James.Parsons@dimensions-uk.org

All 4 Sport:

The Council run sports and physical activity sessions for adults with additional needs, called All 4 Sport – things like table tennis, football, new age kurling, tennis, badminton, basketball and much more. In fact they would be happy to hear your ideas for other sports too!



The All 4 Sport sessions are a great opportunity to meet others, make friends and improve overall health and well-being. Each session costs £1.50 and the 1st session is free! For more information, please contact Holly Eldridge in the Sports Development Unit on tel: 0118 974 6265 or email: all4sport@wokingham.gov.uk

GENERAL INFORMATION

Have your say!

If you missed the **Big Meeting** in March when we talked about the **changes** the Council is making to adult social care, you have another opportunity to have your say! There will be consultation sessions on:



- Wed 19th May, 6-8pm at the Bradbury Centre, Wokingham
- Thur 20th May, 10am-12noon at the Oakwood Centre, Woodley
- Fri 21st May, 10am-12noon at the Salvation Army Hall, Lower Earley



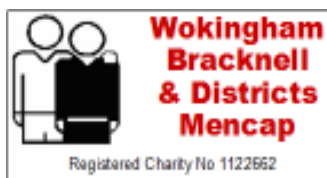
WOKINGHAM
BOROUGH COUNCIL

People will need to contact Pippa Freeguard by email: putting-people-first@wokingham.gov.uk or ring tel: 07500 606229 to book their place on a session.

Wokingham, Bracknell & Districts Mencap - will be holding a **“Race Night and Dinner Evening”** on **Thursday 24th June**, 7pm at the Dog and Duck in Emmbrook, Wokingham. The evening costs £10, and dinner will be served at 7.30pm with racing starting at 8pm.



Their **Autumn Ball** will be held on **Sat 25th September** at Bearwood Lakes Golf Club in Wokingham. The evening starts at 7.15pm and finishes at 12.30am. The evening costs £45 and includes a champagne reception, 3 course meal, live music, and an auction and raffle. Tables can be booked for 8-10 people.



For more information about both these events, please contact Wokingham, Bracknell & Districts Mencap to book your place on tel: @ 0118 979 8539 or email: admin@wokinghammencap.org

Useful weblinks:



Social Networking Site: We ran a Self Advocate Workshop last year about how to use the internet safely. We talked about using Facebook and other social networking sites, and mentioned one that is especially designed for people with learning disabilities. Here is a reminder of the address: <http://www.specialfriends.com/public/>

Foundation for People with Learning Disabilities: To read the latest information from the Foundation for People with Learning Disabilities, go to their website: www.learningdisabilities.org.uk



Extra employment help for carers: Carers will now be able to get better employment support so that they can combine paid work or employment training with their caring responsibilities. See the attached link for more details:
<http://nds.coi.gov.uk/content/detail.aspx?NewsAreaId=2&ReleaseID=409326&SubjectId=2>

Healthcare for people with learning disabilities: The Dept of Health will be looking into allegations (complaints made) that people with learning disabilities may have been given a lower standard of healthcare. For more details, go to:
<http://nds.coi.gov.uk/Content/detail.aspx?NewsAreaId=2&ReleaseID=412526&>





Hate Crime: These 2 links will take you to information relating to Hate Crime. The first link is from “info4local.gov.uk” which has news and information from big government to local government. And the second link is from the Home Office:
<http://www.info4local.gov.uk/documents/related-links/1528434>
<http://press.homeoffice.gov.uk/press-releases/support-victims-hate-crime>

Valuing People Now – Personalisation Through Person Centred Planning: The following link will take you to the Personalisation document from the Department of Health.
http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/@ps/documents/digitalasset/dh_115249.pdf



INFORMATION

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 8 th June	10-12pm	Workshop – Learn about healthy eating and exercise. 	Bradbury Centre Rose Street
Tues 15 th June	10-12pm	Big Meeting	Methodist Church Rose Street
Tues 13 th July	10-12pm	 Workshop – Find out the latest plans for transport and travelling in Wokingham.	Bradbury Centre Rose Street
Tues 21 st July	10-12pm	Big Meeting	Methodist Church Rose Street
Tues 7 th Sept	10-12pm	Workshop – How can we get better at including people with complex needs? 	Bradbury Centre Rose Street
Tues 14 th Sept	10-12pm	Big Meeting	Methodist Church Rose Street
Tues 19 th Oct	10-12pm	 Workshop – Learning new things (for example reading and writing).	Bradbury Centre Rose Street
Tues 3 rd Nov	10-12pm	Big Meeting	Methodist Church Rose Street
Tues 7 th Dec	10-12pm	Workshop - Find out about different cultures and different festivals. 	Bradbury Centre Rose Street
Tues 14 th Dec	10-12pm	Big Meeting	Methodist Church Rose Street

Thank you for reading

We hope you found our newsletter interesting!

- If you are not on our mailing list and would like to sign up to our free newsletter...
- If you would like to find out how you can get involved in the work of the Partnership Board and its sub groups...
- If you would find it useful to have a copy of this newsletter in a different format...

....then please contact us!

Here are our contact details:

Learning Disability Partnership Board

c/o Support Horizons
3 The Courtyard (off Denmark St)
Wokingham
Berks
RG40 2AZ

tel: **05600 766 114**



email: admin@partnershipboard.org.uk

website: www.wokinghampartnershipboard.co.uk

