

Wokingham
Learning Disability
Partnership Board

What's Going On

Find out "What's Going On" with the Partnership Board, and other important news and information updates from Wokingham and around the country.

October 2009 Issue

Update on what happened at the recent Core Group meeting

Our last Core Group meeting was held on 16th September. Here is an idea of **some** of the things that we talked about:

- Nick Cunliffe and David Chaffe will run some workshops about **Valuing People Now** at Day Services. We talked to staff at Day Services about the Partnership Board on 12th October.
- We want to find a way to get more **family carers** and **people with learning disabilities**, to sit on each of our **sub groups**.
- Alan Reeve shared the draft **Workforce Plan** and asked for feedback. (Valuing People Now says that all Learning Disability Partnership Boards should have a local workforce development plan. The plan should make sure that everyone who works with people with a learning disability should be properly trained and given the right support to make sure people get good quality care.)



- We thought about the **roles and responsibilities** of being a member of the Core Group - so we can make sure our Core Group works well and makes a difference.
- We talked about our campaign to get public services (like the Council and health service) to **employ more people with learning disabilities**.

Update on what happened at the recent Big Meeting

Our last Big Meeting was held on 8th September. Here is an idea of **some** of the things that we talked about:

- We thought about **Big Government's consultation** called "**A Better Future**" which looks at what people with autism need to make life better for them. We looked at **Wokingham's Local Autism Plan** so that we could compare it with what Big Government is suggesting, and then talked about what should be included in our Partnership Board's response to the consultation.



- **Mike Stillman** from the **Putting People First Team** talked about the new guide his team are putting together to help **people arrange their own support**.
- Jodie was pleased to announce that **Annette Drake**, a local councillor, has joined our Core Group as a representative from Wokingham Borough Council.



Update on what happened at the recent Self Advocates Workshop

Our last Self Advocates Workshop was held on 1st September and our theme was **Being a Good Citizen!** We started off with an icebreaker, where we thought about ways we are helpful to others, and then we thought about what being involved in the community means. After the break, Jason, Frankie and Clive talked about their Good Citizen Projects:



Jason would like to start a **Recycling Project**, and he explained why saving the planet is important to him.

Frankie would like to start a **Fundraising Project**, because she would like to raise money for different charities.



Clive has already started his **Litter-Picking Project**, as he feels it's important to keep Wokingham clean and tidy. Clive has already got the local police and community wardens involved!

Recent events and events coming soon!

Healthy Activity Days!

Due to popular demand, **Gareth** and **Sara** from the **Occupational Therapy Team** got some LDDF money to run some more Healthy Activity Days for 2009!!! They wanted people with learning disabilities to try out new and exciting healthy activities, and here's where they went:



The gang at RAF Hendon

- Wellington Country Park
- RAF Hendon
- The Hawk Conservancy
- Tobogganing
- River Boat Trip

We wrote about the first 2 trips in our Newsletter, but here's what happened on the other days!

Hawk Conservancy:

On 22nd July, a group of people with learning disabilities walked miles around the hawk conservancy site looking at lots of different birds of prey – hawks, eagles, falcons, harriers and lots more. They watched a magnificent display of the larger birds (vultures and kites) flying around, including a pair of American eagles. Then they were lucky enough to ‘fly’ a bird on their own – which involved them wearing a big thick leather glove, holding out their arm, and the bird flew over to sit on their arm!



Sandra Blue

At the end of the day, they visited the conservancy’s laboratory to see how the eggs were incubated (that is when eggs are kept warm and protected until they are ready to hatch) with the help of the conservancy staff.

Tobogganing:

A week later on 28th July, a group of fearless younger (and young at heart!) people with learning disabilities went to the **Snowzone** in **Milton Keynes**. Everyone had to dress up in very warm clothing because there was real snow to toboggan on! The toboggans were large circular rubber dinghies, and everyone worked really hard pushing and pulling them to the top of the slope, before the exciting and exhilarating ride back down again! Some people are planning to go back again because they enjoyed it so much!



The Fearless Crew!

Windsor River Boat Trip:

On 18th August, the final activity day was a boat trip on the River Thames in Windsor. In the morning, everyone walked around the town and saw some of the soldiers (who had been ‘Changing the Guard’ in Windsor Castle) returning to their barracks, playing brass instruments as they marched. After a picnic in the park near the river, they went down to Windsor Pier to start the boat trip.



Chris and Julie

They enjoyed nearly an hour on the boat going down-river, seeing all the water fowl, people fishing off the bank, and others swimming in the river! When they returned to the pier, they walked back to the bus and came home tired... but happy!



CLASP and the wow4me website

CLASP have taken over the running of the 'What's On in Wokingham' website, www.wow4me.org.uk. As part of their campaign to get more people to make use of the website, they held a Celebration Event on 24th August at Wokingham Library so people could find out about some of the new developments and have a go at using the website.



CLASP also wanted to encourage people to **add their own reviews** of places, groups and activities that they have tried, so they used the Celebration Event to launch their **monthly prize draw**. Everyone that submitted a review was entered into the draw, and the 4 lucky winners were....

- **Andy Hoyle** who won a £30 voucher for Rossini's Italian Restaurant
- **Viv Harris** who won a Gift Experience
- **Dawn Young** and **Anne Hare** who each won a cinema pass

There will be a **new winner every month** - the next draw will be **Tues 27th October** so please keep sending in your reviews, and get down to the CLASP office on the 27th to see who will win another great leisure-based prize! (You will find the review forms online in the 'Things To Do' section of the [wow4me website](http://www.wow4me.org.uk), or ask the CLASP team for a paper copy.)

NEWSFLASH!!!!!!!!!! *The winners of the September prize draw were:*

- **Peter Waite** who won a signed Reading Football programme
- **Phillip Pearce** who won a free gym pass.



If you need help to use the wow4me website, pop along to the CLASP coffee mornings (Tuesdays 10am-12noon, Bradbury Centre). There are laptops available and Julia, Julie, and Sarah are happy to support people to use the [wow4me website](http://www.wow4me.org.uk).



CLASP Newsletter: CLASP have just produced their first newsletter. To download a copy, go to: <http://www.wow4me.org.uk/newsarticle.asp?article=48> Alternatively, if you would like a paper copy, please contact the CLASP team.

CLASP Social Club: CLASP have just started running a **social club** and their first event was on 17th October at the Cantley Lodge Hotel. We'll have news and pictures of how it went next time!

If you would like to find out more about CLASP and what they do, please get in touch with the CLASP team on **tel: 0118 979 6364** or **email: clasp24@aol.co.uk**.

Take Notice and the Safer Places Project

Have you heard about the **Safer Places Project**? Shops in the Wokingham Borough have signed up to be places where people who **feel under threat** could go and **feel safe and get support**.



Take Notice Group



Phillip Pearce & Maggie Philbin

Take Notice are planning to go “live” with their Safer Places Project in time for Christmas. BBC Berkshire interviewed the Take Notice lead for the project, **Phillip Pearce**, on Monday 12th October. The scheme also featured in the local newspaper and was on the local news!

There has been a lot of support for this project and the group is planning to invite shopkeepers, police and the Community Safety Scheme to a launch event in December. Watch this space for more details!

If you want to find out more about the **Safer Places Project**, speak to Phillip or any of the Take Notice members on **tel: 0118 979 6364**, or email: clasp24@aol.com.

Putting People First Update

Arranging Your Own Support: **Mike Stillman** and **Marlena O'Donnell** at the Council are working on some guidelines that will help people who have a personal budget think about the different ways they can arrange their own support.



On 12th October they held a workshop. 9 people attended (6 of the people were from our Partnership Board). Mike and Marlena shared the guide with the group and the feedback was good. They will go away and make some changes based on what people said and then the guide will be ready to share with everyone else. **CLASP** are also working on an **easy read** version of the guide!



The next **Putting People First** event is on **10th December**, 10am-1pm at the Crescent Centre, Lower Earley. This event is for people with learning disabilities, and other people who get support from social care as well as family carers.

The event is about **Self Directed Support** and **Personal Budgets**. There will be a market place to give people ideas of the sorts of things they can spend their personal budget on, a chance to talk to people about

self directed support and workshops for people who would like to think about how personal budgets could work for them.

To find out more, please contact Marlena on tel: 0118 974 6773, or email: marlena.O'Donnell@wokingham.gov.uk; or Mike on tel: 0118 908 8225, or email: mike.stillman@wokingham.gov.uk.

Local News

Brokerage: Support Horizons would like to help people with a disability with their brokerage service.



If you get help from the Council, and you would like more choice in the support you get, then you could choose to work with a support broker. Brokers can help you plan your support and give you information about different services and other opportunities so you can make choices about what you want to do and who you would like to support you.



Emma and Alice

If you would like to find out how a broker can help you with your personal budget, please give Emma or Alice at Support Horizons a ring on tel: 0118 989 3959, or you could email them on emma.bayliss@support-horizons.co.uk.



Two Left Feet: Offers dance for everyone and will be celebrating its 1st Birthday with a session on 21st October at the Oakwood Centre in Woodley, 7.30-8.30pm (doors open at 7pm). The birthday party will be a Party Classics Night, with music from the Club Marmalade crew. To find out more about their classes until March 2010, go to their website: www.twolefffeet.org or tel: 0772 348 3881.

Me2 Club: The Me2Club is a charity that provides help and support to local children with additional needs. To read their latest newsletter which includes volunteer stories and local events, please go to their website – www.me2club.org.uk, or contact Amy Russell on tel: 0118 969 6369.



The Council's Signposting Service: Julie Quarrell at the Council is putting together a new Signposting Service that will help everyone in the community find out about what is going on in the Wokingham area. This service will be different to our wow4me website because wow4me focuses mainly on social and leisure opportunities.



The Signposting Service database will contain a much wider range of information, including how to get benefit advice, help with employment, help with transport, information about charities, help to live at home (things like shopping, cleaning, maintenance) as well as social and leisure information.

If you would like more information, or have a suggestion to be included on this database, please email Julie on: Julie.quarrell@wokingham.gov.uk.

Transition Event: The Wokingham Transition Event will be hosted by Addington School on **Thurs 19th November** in the evening. The Learning Disability Partnership Board Transition Sub Group is helping to run the event and will be open to all parents of children with additional needs in the Wokingham Borough. For more information, please contact **Val Wright** at Addington School on tel: **0118 966 9073**, or **Francis O'Neill / Sznies Dombay** in the community team on tel: **0118 974 6832**.



Black History Month – 2 Events Coming Up! On **Wednesday 21st October**, 6.30pm, there will be a 'Question Time' event at the Reading Civic Centre talking about **black representation in politics**. If you want to join the lively debate, where panellists will be taking questions and discussing ways to increase black representation in local political life, please ring tel: **0118 939 0771** for more information. Entrance is **FREE** and refreshments will be provided.



On **Friday 23rd October**, 7.30pm, the Crescent Centre in Lower Earley will be hosting an '**Audience with Lloyd Honeyghan**' – a former British, Commonwealth, European and World Welterweight Boxing Champion. Please ring Ashwani Gupta to reserve your **FREE** place on tel: **0118 974 5790** or email: ashwani.gupta@wokingham.gov.uk.

Social Skills Group: **Alison Grewal** and **Julie Willis** from CTPLD's Health Team will be starting a social skills group, which will take place either on a Monday evening or Thursday morning. When we have more information, we'll let you know!

Halloween and Club Marmalade! Club Marmalade will be running a **Halloween Event** on **Sun 25th October** at Chameleon, The Late Bar, Wellington Road, Wokingham from 7pm-11pm. For more information, ring Andrea McCombie-Parker on tel: 01344 755528 or go to their website www.clubmarmalade.org.uk.





The Link Visiting Scheme: The Link Visiting Scheme is a befriending scheme for the over 60's and is supported by Wokingham Borough Council. The Link works as a partnership between various churches in Wokingham Borough, Woodley Age Concern and Woodley Lookout. For more information about what they do, visit their website, www.linkvisiting.org or ring Marjie on their **new** tel: 0118 979 8019.

Training and Events

Challenging Hate Crime Conference: The **Thames Valley Partnership** is running a **FREE** conference about **Challenging Hate Crime** on **December 1st**, 9.30am-3.30pm at the Kassam Stadium, Grenoble Road, Oxford. To find out more about the conference and to get an application form, please ring Debbie Coles on tel: 01844 202001.

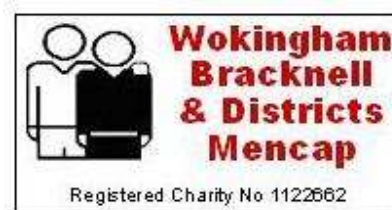


For other information about the Thames Valley Partnership, go to their website: www.thamesvalleypartnership.org.uk.



Bracknell and Wokingham College – LLDD courses: To see the latest prospectus (brochure) on courses for 2009/2010 at Bracknell and Wokingham College, please contact Vicki Browne on tel: 01344 390485, or email: vicki.browne@bracknell.ac.uk.

Autism Awareness Workshop – Wokingham Mencap: Wokingham Mencap will be running training sessions for people who work with adults with autism and who would like to improve their understanding.



Dates are: **Thurs 29th October**, **Thurs 12th November** and **Tues 17th November**. All workshops are from 9.30am-12.45pm at the Bradbury Centre, Wokingham. For more information, please contact **Robert** or **Michael** at Wokingham Mencap on tel: 0118 979 8539 or email: admin@wokinghammencap.org.

Learning Disability Today Exhibition, London: This event will be held at the Business Design Centre in London on **25th November**. The programme for the day includes seminars, an exhibition of 100 trade stands, and interactive zones! Tickets start at £20 but the Valuing People team have some **FREE tickets to give away** to people with a learning disability and their families. Please contact Mita Shah on tel: 07917 594 017 or email: mita.shah@dh.gsi.gov.uk. To find out more about the event, go to: <http://www.pavpub.com/pavpub/microsites/LDTNovember2009/>.

Resources (things like websites, newsletters and information packs)

Easy Health has lots of information about health in an easy to understand way. The website is for people who want to understand their own health, and to help health professionals like doctors and nurses to give a better service. The people at Easy Health say “If people understand what is happening with their health, then they will feel more confident in taking control of it”. To find out more, go to www.easyhealth.org.uk.





Asthma UK is a charity that helps people with asthma, healthcare professionals and researchers understand this condition. Asthma UK are currently working on an easy read publication to help people with learning disabilities learn more about their condition, and we will let you know when it is available! In the meantime, if you would like to contact the charity, please ring Kate Taylor on tel: 020 7786 4923 or email: ktaylor@asthma.org.uk.

Palliative Care: Palliative care is about making the last part of someone’s life as good as it can be. If you need help offering care and support to people with a learning disability at the end of their life, the following organisations can offer some help:



The National Network for Palliative Care of People with Learning Disabilities (NNPCPLD): <http://www.fastuk.org/atcommunity/orgview.php?id=2930> or ring Linda McEnhill on: 01223 460473, email: LindaMcEnhill@natnetpald.org.uk
The Intellectual Disabilities and Health website is: http://www.intellectualdisability.info/mental_phys_health/cancer_id.htm

Using Technology Safely: A website is available that gives top tips on how to use social networking sites safely www.thinkuknow.co.uk. It also covers topics such as gaming and cyber bullying too.

Using technology safely is something that our members wanted us to focus on at a **Self Advocate Workshop**. So, at our next workshop on **Tuesday 24th November**, we will be looking at the internet and **how to keep cyber-safe!** If you or someone you know would like to come to this Workshop (which is for people with a learning disability), please let Jodie (tel: 0118 989 2031) or Jennie (tel: 0118 974 6832) know.



Policy and Law (Information from the Government)



Mental Health – New Horizons: The Government would like everyone to have better mental health. They are working on a new plan to make things better for people with mental health problems. This plan is called **‘New Horizons: Towards a Shared Vision for Mental Health’**. The Dept of Health put out a consultation to ask people what they think should be included in New Horizons and talked about things like:

- What the Dept of Health has already done to make things better for people with mental health problems.
- What things still need to be thought about?
- What needs to happen in the future?

You can download the full document and easy read versions at www.dh.gov.uk/mentalhealth.



Westminster Briefing – Hate Crime: Following the tragic deaths of Fiona and Frankie Pilkington, there will be a Westminster Briefing called “Overcoming a Crisis of Justice: Ensuring Prevention and Protection from Disability Hate Crime”. This is a one-day event and will take place on Wed 9th December – for full details, go to: <http://www.westminster-briefing.com/wp-content/uploads/2008/12/Event-Synopsis-Disability-hate-Crime1.pdf>. If you have any questions, please contact James MacDaid on tel: 0207 096 2917 or visit their website at www.westminster-briefing.com.

Reports

These 2 reports are from the Foundation for People with Learning Disabilities (FPLD). Go to the FPLD's website: www.learningdisabilities.org.uk to read these reports in full, or email: fpld@fpld.org.uk or ring: 020 7803 1100.

Fathers of children with learning disabilities: The FPLD has carried out a survey about fathers who care for their children who have learning disabilities. The report is called 'Recognising Fathers' and talks about how fathers are sometimes left out because the focus tends to be on mothers as carers. To download the report and access other information about fathers, please go to the [Recognising Fathers](#) pages on the FPLD website.





Life in the Community: The FPLD has found out how people with higher support needs could be helped to build relationships with their local communities. Find out more about the [Life in the Community project](#), as well as how to get some useful guidance and a [Stories from Life in the Community DVD](#) that accompanies the project. To download, please go to the FPLD website.

General Information

Are you a soap-watcher?: **The Specials** is an internet TV series about 5 young people with learning difficulties who share a house in Brighton - called Hilly, Sam, Lewis, Lucy and Megan. You can check in every week to see what they've been up to by logging on to www.the-specials.com.



BBC Documentary on Employment: Love Productions (from BBC1) are making a documentary about unemployment, and one of the areas they will be looking at is **people with disabilities finding employment**. Eva Arnold from Love Productions would like to speak to people about their **experiences finding work**, and whether their disability has affected job opportunities. In order to gather as much information as possible before filming starts, Eva would like to hear from people by early November.



As well as gathering information, Love Productions are also looking for someone with a learning disability who would like to **appear on the programme** to talk about their experiences. For more information about this project, please ring Eva on tel: 0207 067 4889 or email: eva.arnold@loveproductions.co.uk, or go to their website at www.loveproductions.co.uk.



Want to make a film about yourself or your group?: MWS Media listen to people who don't usually have much of a voice in the community, and make films to tell their story in their own words. They also work with public sector businesses to help get their message across, showcasing the good work they do in the community. To find out more, go to their website at www.mwsmedia.co.uk/public or ring Kiri Nowak on tel: 07794 376 687 or 01635 44812.

A New Network for Voluntary/Community Organisations (VCOs): RAISE (Regional Action and Involvement in the South East) is setting up a network for VCOs in the South East for those who have an interest in health and social care. If you would like to join the network or have any comments or questions, please ring Richard Andrew (RAISE Senior Policy Officer) on tel: 01483 885265 or you can email him at: richard@raise-networks.org.uk.

Reading Walk-in Health Centre: A new walk-in health centre has opened at Broad Street Mall, Reading. The health centre will be **open to anyone**, including people who do not have a GP or are registered somewhere else. Appointments will be available from 8am-8pm, 7 days a week.

You can contact the centre on tel: 0118 902 8300 or email: bw-pct.readingwalkinhealthcentre@nhs.net or go to their website: www.readingwalkinhealthcentre.nhs.uk/holding.asp.



Partnership Board Meeting Dates in 2009/10



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

Date	Time	What sort of meeting?	Where?
Thur 19 th Nov 2009	7-9pm	Transition Event	Addington School
Tue 24 th Nov 2009	10-12pm	Workshop: Technology	Bradbury Centre, Rose St
Wed 2 nd Dec 2009	10-12pm	Big Meeting	Methodist Church, Rose St
Tues 19 th Jan 2010	10-4pm	Annual General Meeting	Town Hall, Market Place, Wokingham
Tue 26 th Jan 2010	10-12pm	Workshop	Methodist Church, Rose St
Tue 9 th March 2010	10-12pm	Workshop	Methodist Church, Rose St
Tue 16 th March 2010	10-12pm	Big Meeting	Methodist Church, Rose St
Tues 20 th April 2010	10-12pm	Workshop	Methodist Church, Rose St
Wed 28 th April 2010	10-12pm	Big Meeting	Methodist Church, Rose St
Tues 8 th June 2010	10-12pm	Workshop	Methodist Church, Rose St
Tues 15 th June 2010	10-12pm	Big Meeting	Methodist Church, Rose St
Tues 13 th July 2010	10-12pm	Workshop	Methodist Church, Rose St
Wed 21 st July 2010	10-12pm	Big Meeting	Methodist Church, Rose St
Tues 7 th Sept 2010	10-12pm	Workshop	Methodist Church, Rose St
Tues 14 th Sept 2010	10-12pm	Big Meeting	Methodist Church, Rose St
Tues 19 th Oct 2010	10-12pm	Workshop	Methodist Church, Rose St
Wed 3 rd Nov 2010	10-12pm	Big Meeting	Methodist Church, Rose St
Tues 7 th Dec 2010	10-12pm	Workshop	Methodist Church, Rose St
Tues 14 th Dec 2010	10-12pm	Big Meeting	Methodist Church, Rose St

Thank you for reading!

We hope you found our “What’s Going On Guide” interesting!

- If you are not on our mailing list and would like to subscribe to our free newsletter...
- If you would like to find out how you can become 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!



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