

Minutes from the Self Advocate's Workshop

Bradbury Community Centre
Tuesday 25th January, 2011



Wokingham
Learning Disability
Partnership Board

Planning our Workshops for 2011!

Jodie welcomed everyone to today's planning workshop which was about planning the topics for our Self Advocate Workshops in 2011.

We started off with an icebreaker called **'New Year's Resolutions'**. Philip asked everyone: **What is a resolution?** A resolution is a goal to work towards during the year to improve yourself. It might be to give up something or learn something new, or change something about ourselves. We all got into groups to think about our resolutions for this year. Then we made posters showing what they were.



Here were some of our ideas:



Make my bed and
keep my room tidy

Go to bed
earlier

Learn to use
the internet

Save money

Do more cooking
at home

Learn to sew

Get out and about
and visit new places

Get up on time in
the mornings!

Lose weight and
eat more healthily

Read more and
go to the library
more often

Be more
friendly

Be more
organised

Try to be on
time for meetings

Keep in touch
with friends

Learn new things

Get a job

Get fit

Stop biting my
fingernails

Go swimming



Stick up for myself



Workshops we ran in 2010 and ideas for themes in 2011

Next we thought about all the different topics we had covered in our workshops last year. They were:



26th January
Planning our Workshops in 2010



9th March
Looking After Your Money



20th April
Voting in the Elections



8th June
Healthy Lifestyles



13th July
Transport and getting around



7th September
Including people with complex needs



19th October
Learning New things



7th December
Celebrating Different cultures

Our 'New Year Resolutions Icebreaker' had given us lots of ideas of how to improve ourselves, and our next job was to think how we could link some of them to topics for our workshops this year. A few of the workshops were things that we will **need** to cover (for example the National Census), but most of them came from what we would **like** to do! Also, as well as our regular self advocate workshops, **we will also be running 2 extra workshops** that the council has asked for help with:

15th February: "Your Services" Survey

The council will be sending a survey to some social care customers in the Wokingham Borough. They need to find out what people think of the service they get, so every year they pick a group of people randomly (that means picked by chance) and send them a form which says "What do you think about your services". If you get one of these forms, please come to the workshop and we will help you to fill it out!



1st March: Occupational Therapy

Sara John from the community team and other occupational therapists want to tell us about the service they offer. They have lots of information and helpful advice about how we can keep healthy and independent. They also want our ideas about different ways they can help us.



Here are the dates for the rest of the workshops this year, and the themes we hope to cover. (Please note that this is just a guide and although the **dates will not change**, the themes might!)

22nd March: National Census

Soon we will be getting a form through the post about the National Census. The census happens every 10 years and it is a way for Big Government to plan for the services that are needed in different areas. Every household has to complete the form which asks for details about ourselves and what we do. The workshop will let us help people to understand how to fill in their forms.

Volunteers to help run this workshop: Julian, Julie and Juanita



10th May: Relationships

The Royal Wedding will take place in April and Philip thought it would be a good opportunity to run a workshop about relationships. We will ask Julie and Joseph from the nursing team in CTPLD if they would like to help us with this. We also thought we could talk about other events going on in the country.

Volunteers to help run this workshop: Tim, Philip, Anthony



21st June: Benefits

A few of our resolutions were about money, and understanding all the different benefits we are entitled to is complicated! So we will see if someone from the Benefits Agency would be able to help us with this workshop.

Volunteer to help run this workshop: Steven



9th August: Being a Carer

A few of us help out family members or friends because they have an illness, disability or they are an older person, so we thought it would be a good idea to have a workshop about people with learning disabilities who are also carers. We will ask Mencap and the Princess Royal Carers Trust if they would like to help us with this. We will include some information about bereavement too (this is when someone you love dies).

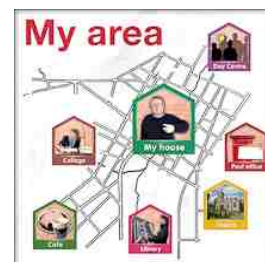
Volunteer to help run this workshop: Peter



20th September: Being Part of Your Community

Jason would like to run a workshop about the different clubs and social activities in our area. We could tie it in with how people are using their Personal Budgets to pay for social activities. We could also help people plan how they would get there, what support they might need with transport, etc.

Volunteers to help run this workshop: Nick, Kelly, Jason



1st November: Keeping Safe

A lot of people thought safety was an important topic to cover. Things like keeping safe when you are out and about, keeping safe when using the internet, health and safety in the kitchen, and first aid. And as the workshop will be around Fireworks Night, we could include some tips on how to keep safe with fireworks too! We will ask Johan Baker if she would like to help us with this workshop.

Volunteers to help run this workshop: Frankie



13th December: Understanding how to be a co-chair

David and Paul are our co-chairs and their "term of office" (how long they have this job) will finish in 2012. Then there will be an election to find someone with a learning disability to replace David and someone else to replace Paul. The workshop will help people learn the skills to be a co-chair, and understand the roles and responsibilities of being on a "board" (like the Members Committee).

Volunteer to help run this workshop: David



Before we ended the workshop, we thought of an extra idea for a workshop in 2012 - "**Sport and Exercise!**". We could run this workshop around the time of the Olympics and include information about *All4 Sport* and the *Wokingham Sharks Football Team*. Andrew Cook volunteered to help run this workshop.



That was the end of our workshop!

Our next workshop will take place on:

Tuesday 22nd March, 10am–12noon,
Bradbury Community Centre

We will be talking about:
The 2011 Census

