

Minutes from the Self Advocate's Workshop

Bradbury Community Centre
Tuesday 7th September, 2010



Wokingham
Learning Disability
Partnership Board

Including Everyone!

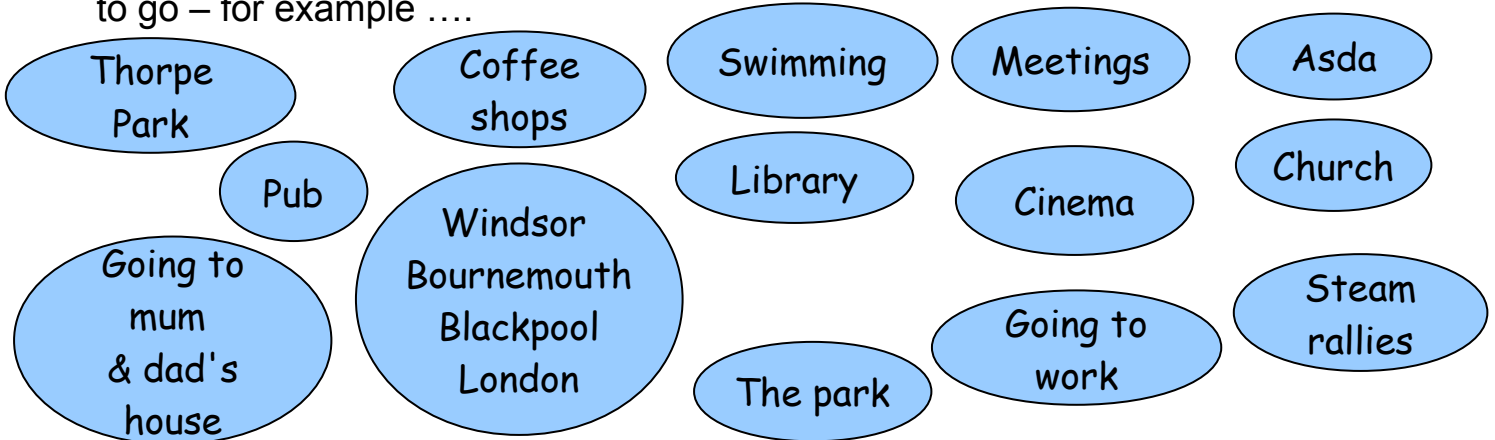
Jodie welcomed everyone to today's workshop which was about **Including People with Complex Needs!**

Our Big Campaign this year is about including people with complex needs (people who need a lot of support with day to day life). Last year the Partnership Board gave some LDDF money to a project called the **Doing It Project**. We invited a group of people from Dimensions to tell us how the project is going.



Icebreaker

Mike got us started. He asked us to say our name, our favourite place in the community, and how we get there. There were lots of different places people liked to go – for example



How did people get there? They either walked, rode a bike, drove a car, got a lift in a minibus, took a train or bus, or used their wheelchair.

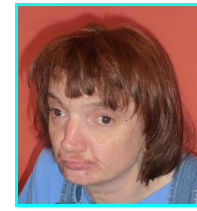


The Doing It Project!

What is it?

The Doing It Project involves 5 people: Tracy, Errol, Paul, Julie, Steven and their supporters. Steven could not make the workshop today, but we met everyone else including their supporters who helped with the workshop (Helen, Mike, Alison, Julie and Leah).

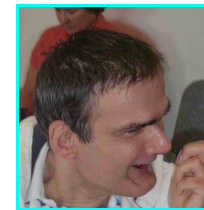
Sometimes everyday things that lots of us take for granted, can be hard for people with complex needs. Even getting out and about is difficult – especially for people who use a wheelchair.



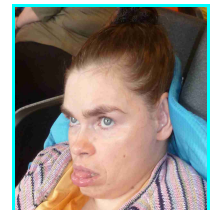
Tracy



Errol



Paul



Julie



The idea of the project is help people with complex needs enjoy the same things as everyone else. There are things that are important to all our lives like work, education, relationships and being part of the community. The Doing It Team have been working to understand what stops people being included in these things (these are sometimes called barriers). They have been coming up with ways to get over these barriers. The plan is to share what they learn with other people so that more people with complex needs can live a better life.

Time for us to do some work!

The Doing It Team wanted to get our thoughts on what difficulties people with complex needs face (**problems**), and ideas to get around the problems (**solutions**).

We got into 4 groups and each group thought about this for each of these topics:

Education



College

Getting a Job



Work Place

Relationships



Transport



Here are a few suggestions from the groups:

Group 1 – Education:

Problem:
Not enough school or college places.
Too many cuts.



Solution:
Learn outside college - for example the library, or go to Partnership Board workshops and meetings.

Group 2 – Work:

Problem:
Employers assume people with complex needs can't work. They see the wheelchair, not the person.



Solution:
Train employers to see what people **can** do, and not what they **can't** do. Explain the role of a Job Coach.

Group 3 – Relationships:

Problem:
It's difficult to meet people and they don't know what's going on locally.



Solution:
Use Personal Budgets to get support to meet people. Join groups like CLASP and Take Notice.

Group 4 – Transport:

Problem:
Public transport is difficult to use and is expensive.



Solution:
Train people to use public transport and get a bus pass or travel tokens.

Film Clips

Next we watched 2 film clips of people with complex needs doing everyday things with support, and afterwards we thought about what we learned.



Film clip 1: Tracy



Tracy did very little for herself, but now she is being helped to be more independent. The clip showed Tracy in a café choosing her food and drink. Tracy usually relies on a wheelchair, but her supporters encouraged Tracy to walk to the counter to make her own food and drink choices. Then they guided her hand to pour her drink into the glass. Although Tracy still needs lots of support, she was able to do some things herself.

Film clip 2: Steven

Steven hadn't left his house for 10 years, but now he is being supported to get out and about and is able to go into his local shop. The clip showed Steven buying a new light bulb. He gave the shop-keeper the old bulb and then accompanied the shop-keeper down one of the aisles to get the new bulb, and carry it back to the counter to pay.



These changes in Steven and Tracy have taken a lot of time and encouragement but it has been worth it. Something that seems small to you or me is a big achievement for them! Afterwards, we thought about Tracy and Steven's achievements and had a really good discussion about things we had noticed in the film clips.

Peer Advocacy

What is it? Peer advocacy is when you team up with a buddy or a friend, to help them and give them support. You get to know that person and understand what they like so you can help them to speak up. Helen said that if anyone is interested in Peer Advocacy, to let Jodie know. We can give people training and help to be a good advocate. Helen said she would help introduce the peer advocate to someone in the Doing It project. She talked about matching people (this is when you look at people's characters and interests to make sure people are well suited – for example some people enjoy being around loud, bubbly people and other people prefer peace and quiet)



Feedback

It was nearly time to finish our workshop, so Helen asked us *“What have we learnt today?”* We went round the group and everyone said 1 thing they have taken from today’s workshop. Here are a few of our comments:



Good to see Tracy making her own choices in the café.

Pleased to see someone who has not left the house in so long, now be a part of his community.

It was interesting to hear about the Doing It Project.

Tracy and Steven will be more confident each time they go out.

Good to see Tracy walking instead of using her wheelchair.

Filming people and their achievements is a really good idea.

Going to the same places (like the shop Steven went to) helps people to build relationships with people in the community.

Good to see support workers helping people to get out and about and be independent.

Some of us here are working hard to break down barriers, and going to shops and cafes, just like Tracy and Steven.

Good to see people being supported to do things (like pour their own drink) rather than doing it for them.

CLASP need to make more effort to work in a way that includes EVERYONE.

We realised that we’re already doing lots to include people with complex needs.

It’s good to see everyone supporting each other in today’s workshop.

Our new guests at today’s workshop really enjoyed meeting everyone and hope to be able to make new friends.

That was the end of the workshop.

The **Doing It Project** is really important and is all about sharing information and working together to find solutions to problems. Helen thanked everyone for all their hard work and will come back to let us know how the project is going.



Our next workshop will take place on:

Tuesday 19th October 2010, 10am–12noon
Bradbury Community Centre

We will be thinking about:

Learning New Things (for example reading and writing)