

# Minutes from the Self Advocate's Workshop

Bradbury Community Centre

Tuesday 26<sup>th</sup> January, 2010



Wokingham  
Learning Disability  
Partnership Board



**Who was at the meeting:** Jodie Newman, Jennie Grieve, Julie White, Nick Cunliffe, David Chaffe, Roz Gilbert, Frankie Brewer, Suzanne Burbridge, Liz Trusty, Jason Archer, Phillip Pearce, Vicky Stubbs, Tim Murgatroyd, Peter Waite, Leilah Zaheer, Clare Soutter, Lynn Logan

## Welcome!

David welcomed everyone to our **1<sup>st</sup> workshop in 2010!**  
Today's workshop was to:

- ★ re-cap on our AGM (Annual General Meeting)
- ★ plan our Self Advocate Workshops for this year.



We started off with introductions and then we held **The Big AGM Quiz!!** David asked us 10 questions to see if we could remember what happened at our AGM last week:

**Question 1:** What does AGM stand for?  
Annual **General Meeting** - which is held once a year.



**Question 2:** What is an AGM?  
It is a chance to look back over the last year to think about what we did and plan for the coming year.

**Question 3:** What are the 4 Big Priorities?

- ★ Health
- ★ Jobs
- ★ Housing
- ★ Choice & Control



**Question 4:** What Priority was the most popular?

At the AGM, everyone was asked to pick a priority that they thought was the most important. It turned out that **Choice & Control** was the priority that most people picked as the most important.

**Question 5: How did we spend LDDF money this year?**  
(Learning Disability Development Fund)

- \* InnerSense (multi-sensory workshops for people with complex needs)
- \* Doing It Project (helping people with complex needs to plan their life)
  - \* Friday Alternative (a social group for people with Aspergers)
- \* Art Beyond Belief (art computer project) \* Healthy Activity Days
  - \* Rainbow Cafe (job training for volunteers at the café)
- \* Fun Fit Club \* Sun Club (social club in Reading) \* Radio Marmalade
- \* Friday Night Project (driver training) \* Internet Café \* Eye Care
- \* Travel Buddy Project \* Karaoke Club \* Community Allotments
  - \* Changing Places toilet facility \* Hate Crime Reporting Centre
- \* Community Life Group (a body board that can be used for training)



**Question 6: What's going on with "wow4me"?**

- \* CLASP has taken over the running of wow4me.
- \* Last year they had a celebration event at the library.
- \* There are monthly prize draws to encourage people to send in their reviews.
- \* They will soon be looking for "mystery shoppers".



**Question 7: What is the 5<sup>th</sup> Priority?**

The 5<sup>th</sup> priority was set by the Regional Programme Board - "Keeping People with Learning Disabilities Safe".

**Question 8: What did we have for lunch?!!**

This made us laugh!  
Everyone knew the answer to this!  
We had sandwiches and tasty snacks.



**Question 9: What did the Partnership Board do last year?**

- \* We found a host to give us office space (Support Horizons) and moved in.
- \* Jodie got the job as Partnership Board Manager. Well done Jodie!
- \* We will be holding our office opening at Support Horizons on 25<sup>th</sup> February.
- \* We have a new website:

[www.wokinghampartnershipboard.co.uk](http://www.wokinghampartnershipboard.co.uk)




**Question 10: What is our Big Campaign for next year?**


To look at ways of including People with Complex Needs in everything we do.



## Workshop Topics in 2009 and 2010

After the break, we talked about all the different workshops we held in 2009, and then thought about which topics we would like to cover in 2010. This table shows what we did in 2009:

DATE in 2009	WORKSHOP TOPIC
20 <sup>th</sup> January 2009	<p><b>"Having Your Say"</b></p> <p>The council asked us how we would like to be included in their consultations. Marlena O'Donnell and Mike Wooldridge ran this workshop.</p> 
3 <sup>rd</sup> March 2009	<p><b>"Choice and Control"</b></p> <p>Tim Holland and Emma Bayliss from Support Horizons came to talk to us about Self Directed Support.</p>
21 <sup>st</sup> April 2009	<p><b>"Valuing People Now"</b></p> <p>Jodie talked us through the plans from Big Government.</p> 
4 <sup>th</sup> June 2009	<p><b>"Health Action Plans"</b></p> <p>Mary Codling, Primary Healthcare Liaison Nurse, asked us what we thought about the Health Action Plan and how it could be made better. After the workshop, Mary made the changes and brought it back to us at another workshop later in the year - but we still thought it could be improved. We gave Mary our feedback and are waiting to see the final version.</p> 
14 <sup>th</sup> July 2009	<p><b>"Getting a Job"</b></p> <p>Sarah Griffiths from WBES (and CLASP) talked to us about the '10 Steps to Employment'.</p> 
1 <sup>st</sup> September 2009	<p><b>"Being a Good Citizen"</b></p> <p>Jason Archer and Frankie Brewer ran this workshop where we talked about projects that we would like to run . for example raising money for charity and a recycling and litter-picking project.</p>
13 <sup>th</sup> October 2009	<p><b>"Treating People Right"</b></p> <p>Dawn Johnson from %oice 4 Kent+talked to us about the good and bad labels people with learning</p> 


	disabilities are given, and a new communication booklet at the Royal Berks Hospital.
<b>24<sup>th</sup> November 2009</b> 	<b>"Internet Safety"</b> Jodie, Emma Bayliss, Lisa Hookway and Johan Baker showed us how to use the internet safely . for example talking in chat rooms and buying things safely over the internet.

So those were all the workshops we ran last year. Next it was time to think about what topics we would like to focus on in 2010.



The next table shows which themes we agreed to look at this year:

DATE in 2010	WORKSHOP TOPIC
26 <sup>th</sup> January 2010	<b>"Planning Workshop"</b> This was today's workshop where we planned our workshops for 2010.
9 <sup>th</sup> March 2010 	<b>"Looking After Our Money"</b> We had a successful workshop in 2008 where we looked at money. We think it's time to do another one! <i>Who will run it?</i> Leilah is going on training about money next month, and will tell us what she learned. We will ask Sarah Griffiths if she would like to help run this workshop.
20 <sup>th</sup> April 2010	<b>"Parents with Learning Difficulties"</b> Clare Soutter suggested this topic and it's something that Take Notice have talked about before. Everyone agreed. <i>Who will run it?</i> Clare and the Take Notice Group.
8 <sup>th</sup> June 2010 	<b>"Including Everyone"</b> This will tie in with our next campaign which is <b>including People with Complex Needs+</b> . We will use this workshop as a planning session for the National Learning Disability Week (which is the following week). <i>Who will run it?</i> Nick Cunliffe and Phillip Pearce. We will ask if Tanya Emmons would like to talk to us about the <b>Doing It Project+</b> being run by Dimensions.
13 <sup>th</sup> July 2010	<b>"Transport"</b> It is about time we looked at Transport again!

	<p><i>Who will run it?</i> Tim had to leave today's meeting early, but we are sure he would like to be involved in this workshop! We will also ask Tracey Mallett if people from the %We Can Get There+project would like to come to talk to us.</p>
<p>7<sup>th</sup> September 2010</p> 	<p><b>"Healthy Lifestyles"</b></p> <p>It's always good to think about our health . exercising and eating healthily.</p> <p><i>Who will run it?</i> We will ask if the Fun Fit Club would like to present, and if someone from the PCT would like to present too. We will also ask Lisa Hookway because she is running a Community Life Group that looks at being healthy. Jason would like us to look at the 2012 Olympics too.</p>
<p>19<sup>th</sup> October 2010</p>	<p><b>"Learning New Things"</b></p> <p>It would be good to introduce people to learning . for example literacy (reading and writing).</p> <p><i>Who will run it?</i> We will ask if Vicki Browne from Wokingham and Bracknell College would like to help with this.</p>
<p>7<sup>th</sup> December 2010</p>	<p><b>"Different Cultures"</b></p> <p>Whilst everyone is thinking about Christmas, it would be nice to learn about other religious festivals . for example Channukah and Divali.</p> <p><i>Who will run it?</i> Peter Waite and we will ask Rick Mears from Dimensions if he would like to help with this.</p>



That was the end of our 1st workshop for this year!! Our next workshop will take place on:

**Tuesday 9<sup>th</sup> March 2010, 10am–12noon,**

**Bradbury Community Centre**

The topic will be:  
**"Looking After Our Money"**

