

 Gloucestershire
**Learning Disability
Partnership Board**
Annual Report
2021-2022



Tim Heaven
Co-chair



Jan Marriott
Co-Chair

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About this report



This is a report about what the Learning Disability Partnership board has been doing since April 2021.



The Learning Disability Partnership Board brings together different people and groups who want to make things better for people with a Learning Disability in Gloucestershire.



We have two co-chairs:

Jan Marriott and Tim Heaven



Hayden Price has also been co-chair this year - planning and leading our April 2022 meeting.



Every Partnership Board meeting we invite people to speak about things that are happening in Gloucestershire.



We also have a time in small groups where people tell us what they think.



We are proud of the work the collaborative board has done this year.

There has been better partnership working.

How things changed because of Covid-19



The Learning Disability Partnership Board met online over Zoom in 2021 and the beginning of 2022 so people could stay safe from Covid 19.



In 2021, the co-chairs of the different partnership boards met altogether.

They met to talk about how people were affected by Covid.

We called this the Collaborative Partnership Board.



The Collaborative Partnership Board was really good over lockdown.

The partnership boards helped the big bosses to understand what was happening for disabled people in Gloucestershire.

This helped them to make changes quickly.



There were Partnership Board bulletins made:

<https://www.gloucestershire.gov.uk/health-and-social-care/disabilities/partnership-boards/>



Inclusion Gloucestershire put information about Covid-19 on their website in a way that different people could understand.

<https://www.inclusiongloucestershire.co.uk/covid-19/>

This helped the Partnership Boards to tell people important things.



The Collaborative Partnership Board had some good co-production training in July 2022.



We want to say a big thank you to everyone who has helped keep the LDPB going and making it such a positive group.

What the Learning Disability Partnership Board has been doing this last year



This year we made some ground rules. They help make sure everyone is included in our meetings.



In March 2021, we did a short survey.

We asked people what is most important?



1. People said the most important thing is friends and relationships.



2. People said the second most important thing is people listening to me.



3. People said the third most important thing is having help to be fit and healthy.



4. People said the fourth most important thing is having more things to do.



5. People said the fifth most important thing is learning new things.

In 2021 and 2022, we planned our meetings around the five things people said were most important.

June 2021 – Friends and relationships



At June's Partnership Board,

We did a presentation about how friendships help us.



Active Impact told us about the work done in Gloucestershire to help people make friends.



The Carers Hub told us about a Buddy Up Scheme for carers.



Treasure Seekers told us about the healthy friendships courses they run.



We had a virtual tour of P.A.C.E. (Personal Assistance and Community Enablement).

P.A.C.E is a daycentre in Gloucester.



The Post Covid Clinic also came to tell us about Long Covid.

We helped the clinic by making an Easy Read Long Covid presentation.

We asked people to tell us why friendships and relationships are so important.



People said that it can be very lonely without friends.



People said there is not enough support to find a partner.



People said communities are important.



People said friendships can keep you healthy and give you a good sense of worth.

August 2021 – Friends and relationships



We told people about loneliness and how it can affect our health.

We told people it is important to make new friends and keep in touch with friends we already have.



Camphill Village Trust told us about a project called A Life of Opportunity.

This is where people think and talk about the kind of life they want.



Active Gloucestershire told us about the Special Olympics project.



Luv2MeetU told us about their social club which can help people to make friends and to date.

October 2021 – Making friends and People Listening to Me



At October's Partnership Board we heard about some more ways people can make friends.

We heard about The Butterfly Garden in Cheltenham.



Gig Buddies came to talk to us about a project where disabled people are matched with a volunteer who will go with them to different gigs and activities.

People at the Partnership Board were excited and thought it would be good to have Gig Buddies in Gloucestershire.



After the meeting, the co-chairs met with Building Circles, Forest Voluntary Action Forum and Camphill to talk about setting up a Gig Buddies in Gloucestershire.



We are excited that we have been able to help Building Circles to apply for funding to run a Gig Buddies Project in Stroud.

We are excited that there is funding for a 3 year license for Gig Buddies.



We are also pleased that Camphill and Forest Voluntary Action Forum are looking into doing Gig Buddies in the Forest of Dean.

At the October Partnership Board we heard about One Gloucestershire's Personalised Care Programme.



They said the personalised care plan will help people to be more in control of what happens to them on a day-to-day basis.

<https://www.gloucestershireccg.nhs.uk/wp-content/uploads/2020/02/Personalised-Care.pdf>

NHS
Gloucestershire
Clinical Commissioning Group



We also found out about Social Prescribing and Creative Health.

Social Prescribers work to help people before they become sick, and to support people to stay healthy by providing local advice and help.

December 2021 - People listening to me



At December's Partnership Board, we talked about the second most important thing from the survey:

People listening to me.

INCLUSION
GLOUCESTERSHIRE
BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES



The advocacy team from Inclusion Gloucestershire talked about what advocacy is.

Advocacy is when someone helps you to have a louder voice.

They told us about speak up groups people can join.

They told us about the advocacy they can offer.



Your Voice told us what self-advocacy is.

They said self-advocacy is about knowing your rights and speaking up for yourself.

Your Voice asks people about the changes they want to see in Health and Social Care.



PoHwer told us about lots of different types of advocacy they offer.

You can find out more about PoHwer here:

<https://www.pohwer.net/gloucestershire>



The training team from Inclusion Gloucestershire told us about co-production.

They said co-production is when disabled people are involved from the beginning until the end of any project.



Active Impact told us they got a grant to do some work to help disabled young people to be involved in their community.

This project is called Building Connections.



You're Welcome showed us their website, and how to find different things to do.

<https://www.yourewelcomeglos.org/>



You're Welcome also has a group on Facebook.

<https://www.facebook.com/groups/yourewelcomeglosinclusivecommunity/>

February 2022 – Being fit and healthy



At our February Partnership Board, we talked about help to be fit and healthy.

This is the third thing that people said was most important in the survey.



The Health Action Group told us about what they have been doing this year.

The group has a newsletter.

You can email Karin Parker if you want to read them:

Karin.Parker@ghc.nhs.uk



The Learning Disability Liaison Nurses came to the Partnership Board to tell us about the help they give people at Gloucester and Cheltenham hospital.



We talked about the Intensive Health Outreach team (IHOT) and how they can support people to stay fit and healthy at home.

People said the service was really good and they think it would be good if there was a similar service for children.

<https://www.ghc.nhs.uk/files/IHOT%20Leaflet%2020132.pdf>



People asked about the new treatment for Covid for people on the shielding list.

People were told to speak to their GP for up-to-date advice on covid-19 treatment.



People were worried there was not enough Easy Read information for people about the new Covid treatment.

Gloucestershire has a lot of other Easy Read documents that can be found here <https://www.ghc.nhs.uk/other-areas/learning-disabilities/key-documents-resources/>



Allsorts told us about their inclusive online exercise classes.

We all did a workout. It was fun!



Gloucestershire LeDeR team told us about the LeDeR programme.

They said LeDeR tells us the main reasons why people die too soon and tells us how to make things better.

There is a Gloucestershire LeDeR newsletter.

<https://www.inclusiongloucestershire.co.uk/engagement/leder/>

April 2022 – More things to do and Learning new things



At our April Partnership Board, we talked about what things there are to do and how to learn new things.

This is the fourth and fifth thing that people said was most important in the survey.

PACE told us they support people to be in the community.



Everyone who comes to PACE has a goal they are working towards.



People decide what they want to do. There are different activities they can try.

Here is their website:

<https://paceldsupport.co.uk/>



Building Circles told us they do befriending. They match people with volunteers who are interested in the same things.



They do lots of training courses. Some courses are about sex, healthy relationships, internet safety, self-advocacy, mental health, and Prevent duty.



They run social events.

They run activity workshops. This is where people can have taster sessions to try new activities, like Tai Chi, pottery, or other new things.

<http://www.buildingcirclesglos.org.uk/>



Art Shape told us they are an access arts charity.

They work with different people who face disabling barriers.

<https://artshape.co.uk/>



The Music Works told us they are a charity based in Kings Square in Gloucester.



They have a centre where they have lots of equipment. They have broadcast rooms, a teaching suite, and a sensory room.

They run a DJ collective.

<https://www.themusicworks.org.uk/>



Andy and Steph told us about Hate Crime.



They said the most common crimes are where someone hurts you or takes something from you.



Anyone can be a victim of crime.
But people with a disability are
more likely to be victims of crime.

Steph said if you see someone in
trouble, or if you are in trouble,
you can call or tell the police.



If it is happening to someone you
know, you do not have to get
involved, but the police need to
know.

VS VICTIM SUPPORT



Steph and Andy told people how
to report a hate crime and how to
get support from Victim Support.



Someone said it is hard to know
who to ring. It would help to have
a card with the numbers on. Steph
and Andy said they will have
cards soon.

Helen from Building Circles asked how people can get free lateral flow tests for volunteers.



Holly told us after the meeting that people need to go online to find out if they can get free covid tests.

Volunteers cannot get them for free but shared lives carers and paid carers can.

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

June 2022 – Learning new things and getting a job.



At our June Partnership Board, we talked about how to learn new things, including how to get a job.



This is the fifth thing that people said was most important in the survey.

We heard about the GEM project.



GEM is a network across Gloucestershire.

It gives one to one support.

GEM helps people take steps into training, education or getting a job.



We heard about the Employment and Skills Hub.

They give people advice and help with careers, training and skills.

Some of the things they help people with:

Interview skills

Writing CVs

Finding long-term paid work

Getting the small changes people might need at work

We heard about the help you can get at the Jobcentre.



The Jobcentre helps people to get back into work.



If people tell the job centre they have a Learning Disability, they get a Disability Employment Advisor.



The Jobcentre help people to find Disability Confident employers.

They have been doing Disability Confident Job Fairs.



Access to Work
Making work possible

They help people with Access to Work. Access to Work helps fund people to move back into work.



People said things that stop them from getting a job and keeping a job are:

Not feeling confident and not having reliable help.



People need advocacy and help understanding the system and getting ready for a job.



It is a complicated system. Lots of different organisations are doing similar things. There needs to be more joining up.



People don't always know what is available to help them get a job.



It would be good to have Easy Read information about what help there is in Gloucestershire to get a job.



Prosperity Care told us about some activities they are running.



They have a regular nightclub evening at Jax Nightclub,



A Zumba class,



And pottery and art classes.

<https://www.prosperitycare.co.uk/events>



Adult Education told us they give training to people who are 19 and older.



They work with people who have mental health, learning disabilities, and physical disabilities.



They have different types of courses.



They don't want to take people away from organisations. They want to add to what people are doing.



Sevenside Skills told us about what they are doing at Taurus Crafts.



People can learn different skills, like how to work in a café or work in the shop.



There is classroom-based learning too and people can get certificates.

<https://www.camphillvillagetrust.org.uk/skills/>

How we run the meetings



We are proud that we have had a clear plan this year.

We listened to people in the survey and we planned our meetings to talk about the things that matter to people.



We are proud of the co-production video we made. This is on YouTube.

<https://www.youtube.com/watch?v=Wz zXp9YEJ1U>



We were proud to speak for the partnership board at a National Learning Disability conference.

We told them about co-production and Covid.



This year it was good for the Co-Chairs to talk to the Gloucestershire Care Providers Association about the Partnership Board.



We are pleased that there are stronger links between the Experts by Experience at the hubs and the partnership board.



We are proud that lots of people and said that our partnership board is one of the best meetings they come to.



We are happy that people have kept coming and working together to make the partnership board great.



We have had people from Victim Support, the Department of Work and Pensions, parent carers and a support provider join the Partnership Board.



Department
for Work &
Pensions

We have had about 40 people come along to each meeting.

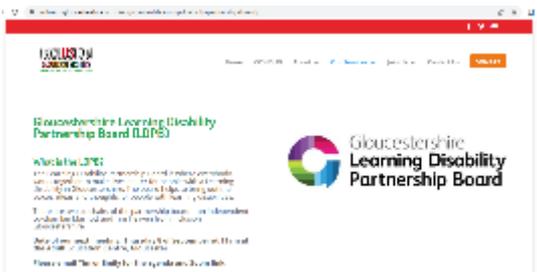
Plans for next year – April 2022 – March 2023



We want to keep on making sure that the collaborative partnership board understands what is important for people who have a Learning Disability.



Next year we want to start using Facebook to tell people important messages.



We will share more information on Facebook and on the Partnership Board website.



We want to keep listening to what is important for people in our community and make sure we are talking about those things.

We want to make sure that we do something about what we hear.



After our meetings we will decide what the board is going to do about barriers we heard about.

We will call these actions.

At the next meeting, we will have a 'You said, We did' when someone from Gloucestershire ICB will tell us what is going to happen next about the barrier they heard about.



We want to make sure things keep getting better for people who have a Learning Disability, their family, carers and those organisations who support them in Gloucestershire.



We hope to have a mixture of face to face and virtual meetings in 2022 and 2023. We will keep using Zoom.



If anyone would like to join our meetings, they can email:



- disabilitiescommissioning@gloucestershire.gov.uk
- janmarriott@outlook.com
- TimH@inclusion-glos.org

Other Information

Here are some extra things that people might want to read.

1. [Our Ground Rules](#)
2. [Our Survey](#)
3. [The Survey Results](#)
4. [What people said in our small groups](#)

Ground Rules

	<p>Everything must be in Easy Read.</p>
	<p>People must use words everyone can understand.</p> <p>People should not use big words.</p> <p>People should not talk too fast.</p>
	<p>People can shout out if they do not understand what people are saying.</p>
	<p>It is important to have breaks.</p>
	<p>Everyone must make sure people with a learning disability can speak up and give their opinions.</p>

Our Survey: What is Important to you?

 	<p>My name is Tim.</p> <p>I am co-chair of the Gloucestershire Learning Disability Partnership Board.</p>								
	<p>We are doing a survey.</p>								
	<p>We want to know what five things that are most important to you.</p>								
<table border="1"> <tr> <td data-bbox="209 1473 347 1615">  </td> <td data-bbox="347 1473 486 1615"> <p>Friends and relationships</p> </td> </tr> <tr> <td data-bbox="209 1615 347 1742">  </td> <td data-bbox="347 1615 486 1742"> <p>Learning new things</p> </td> </tr> <tr> <td data-bbox="209 1742 347 1870">  </td> <td data-bbox="347 1742 486 1870"> <p>Choosing where I live</p> </td> </tr> <tr> <td data-bbox="209 1870 347 2002">  </td> <td data-bbox="347 1870 486 2002"> <p>Help with money and benefits</p> </td> </tr> </table>		<p>Friends and relationships</p>		<p>Learning new things</p>		<p>Choosing where I live</p>		<p>Help with money and benefits</p>	<p>We have made a list of important things.</p>
	<p>Friends and relationships</p>								
	<p>Learning new things</p>								
	<p>Choosing where I live</p>								
	<p>Help with money and benefits</p>								

<table border="1"> <tr> <td data-bbox="204 389 400 696">  </td> <td data-bbox="400 389 592 696"></td> <td data-bbox="592 389 783 696"> <h1>1</h1> </td> </tr> </table>			<h1>1</h1>	<p>Please can you write a 1 next to the thing you think is most important.</p> <p>Please can you write a 2, 3, 4, and 5 next to the other things you think are important.</p>
		<h1>1</h1>		
	<p>If there is something different that is important to you, please write it in the box at the bottom of the page.</p>			
	<p>We don't need your name for this survey.</p>			
	<p>What we find out we will share with the Learning Disability Partnership Board.</p>			

		<p>Friends and relationships</p>	
		<p>Learning new things</p>	
		<p>Choosing where I live</p>	
		<p>Less hate crime</p>	
		<p>More things to do in the day</p>	
		<p>More things to do at night</p>	

	<p>Help with money and benefits</p>	
	<p>People listening to me</p>	
	<p>Better transport</p>	
	<p>Better healthcare</p>	
	<p>Things to help me be fit and healthy</p>	

What else is important to you?

Survey results



What is most important?

Survey Results so far...



42 people have filled out our survey

So far the **most important** thing for people is:

Friends and relationships



The 2nd most important thing for people is:

People listening to me





The 3rd most important thing for people is:

Things to help me to be fit and healthy



The 4th most important thing for people is:

More things to do in the day



The 5th most important thing for people is:

Learning new things





People told us they think it is important to:

See their mum.



Have parties!



People said:

“It is important to stick to the right people who are there for me and like me for who I am.”



“I want an independent social life.”

People told us they want people to listen to them.

They said:





People said learning new skills are important.

People said:



“I want to be more confident in myself and to talk up more to other people.”



“They stopped all the courses I loved and learned so much in and it made me more isolated.”



“People could do with more help to learn how to use the buses.”



People said:

“It is important activities do not cost so much money.”



What people told us in the breakout rooms during each meeting

April 2021 Partnership Board:

People in break out rooms said:

- Friends and relationships: People agreed this felt the most important to people. Friendships have been very important to people in lockdown.
- People listening to me: People felt this had not been done over the last year such as DNAR's for individuals with Learning Disabilities. Individuals with Learning Disabilities and their families' voices must be heard to raise awareness.
- Things to help me be fit and healthy: People said we need more work around healthy food, eating and exercise. People said support staff need training about what healthy food is and why it is important, so that they can help people to make healthy choices and to cook.
- More things to do in the day: Some people are stressed out around going back to groups. Some people are scared to go out and need help to feel safe again. People have been alone for so long; they are finding it hard to get back to normal. Lots of activities have been on pause. People will need a slow introduction. Support planners are waiting to do reviews until after Covid. People are unsure about their support.
- Learning new things: People told us they need more stuff to do. People said they should have help to make a timetable of activities so they can try new things People said: They were surprised hate crime was not something people thought was important. There have been problems getting doctors' appointments. Carers are needing greater Mental Health support.

June 2021 Partnership Board:

We asked people what is the most important thing about friends and relationships?

- Is it about loneliness? People said sometimes. Through LeDeR we have seen people dying of loneliness during the pandemic, when lack of social contact meant that they stopped eating and drinking as they were so depressed. If someone does not work, life can be quite lonely without friends.
- Is it about finding a partner? This is important and there is not enough support for people with Learning disabilities to do this. Where it is not supported, it is more likely that people might take risks.
- Is it about being part of your community? Yes, it is important to be part of a community. Communities have helped each other during the pandemic, neighbours checking on each other has really helped, so lots of people felt

this was very important. Yes, there are things we might find more fun with a friend like going to the cinema or a local group.

- It is also: A sense of worth. Knowing that people are spending time with you not because they are paid to but because they want to
- Being like everyone else
- Avoiding boredom – it is boring being alone all the time.
- Having positive friendships and relationships can keep you healthy, we spoke about eating healthy too. When we are sat at home on our own, we can eat more, but when we are with friends this will keep us healthy and we may not eat for the fun of it.

At the August Partnership Board, we had so many visitors we did not have small groups.

October 2021 Partnership Board:

We split up into groups to talk about what we can do to make friendships easier for people. Here are some things people said:

- Social media can help people to find out about organisations that help with friendships.
- Confidence building can really help make friendships easier for people.
- There need to be enough safe spaces for friends to meet
- “We have over 120 organisations in Gloucestershire. Let’s work together to network and make reasonable adjustments.”
- Problems with transport can make it harder for people.
- People want help to meet other people who like the same things.
- When people live in residential homes, staffing can make it difficult to make friends.
- Gloucester and Cheltenham have more to offer than some other areas.

December 2021 Partnership Board

We split up into groups to talk about who is not listening to us and what we can do to get people to listen.

Some of the things people said were:

- Doctors are not making referrals for people to see specialists.
- Doctors are saying they are not doing Annual Health Checks anymore.
- Doctors are speaking to parents and carers and not the person with a learning disability.
- There are problems with doctors not making reasonable adjustments and not recording information. People have to keep saying the same things over again.
- If you are someone with a Learning Disability with Mental Health issues, mental health services do not understand your

needs and how to communicate to you.

- Services are not joined up. It makes people worry and get frustrated.
- Social workers are not listening. They are using complicated words and timetables and too much information.
- Learning Disability Nurses are really important.
- It feels like professionals do not have the time to give to people with a learning disability
- People listen but they don't hear and don't understand and do nothing about it. We get tired of saying the same thing over and over again
- If a person tells them about something that is wrong, the professional should help them to get to the service/person they need, not just say "Not Me"
- Police do not support victims and those who have offended.
- Housing Associations are not listening to people.

People said ways to make things better would be:

- People understanding reasonable adjustments
- More Easy Read information before, during and after the meeting with Professionals
- Listen to my concerns. This may take longer due to my learning disability and communication difficulties.
- The Crisis Team need Learning Disability Awareness training. This should be delivered by Experts by Experiences.

February 2022 Partnership Board

We split up into groups to talk about what the Health Action Group should do next.

People said:

- A focus on mental wellbeing, confidence and self-esteem
- Looking at mental health services, especially eating disorders.
- A focus on healthy living.
- Work to fast-track healthcare referrals for people
- We should look at education and nutrition, and healthy eating programmes.
- Sleep: Lots of people have problems sleeping
- We need to celebrate what we are doing well.
- We need to do more with working and involving people with a learning disability.
- We need to make sure we are sharing information and resources.

We also talked about what would help people to be fit and healthy.

People said:

- Having a walking group might help
- There will soon be an active buddy carer scheme – that will help carers to be more active
- Allsorts activities for adults and children

- Annual Big Health and Wellbeing Open Days
- A central list to help people to find out about health and fitness sessions for all.
- A balance of exercise classes like Zumba but also more on mental health and wellbeing like Yoga.
- Inclusive fitness activities – including outdoors sports and access to gyms.
- Eating well
- Having enough social activities
- Exercise we can enjoy at a pace people feel comfortable with.

April 2022 Partnership Board

We split up into groups to talk about what stops people from going to new places or trying new things.

They said, things that stop them from trying new things are:

- Not feeling confident
- Not having anyone to go with
- They are worried about Covid
- Support workers or family are worried about Covid
- Not feeling motivated
- Having to change their routine
- They are not sure where to start
- Not being able to use the bus pass until 9.30
- Not having transport
- Bullying on buses
- Not having enough staff or volunteers
- Some digital training courses are inaccessible.

People told us about new things they would like to try:

- They would like to play and watch football.
- They would like to learn how to spell and how to understand big words.
- They would like to do a First Aid course and a pet First Aid Course.
- They would like to have some Healthy Eating recipes
- They want to learn about using public transport.

June 2022 Partnership Board

People said things that stop them from getting a job and keeping a job are:

- Not feeling confident and not having reliable help.
- People need advocacy and help in understanding the system and preparing for a job.
- People think having a peer mentor or a job buddy would help.
- It would be good to hear about positive stories of what is possible.
- People do not always tell the Jobcentre they have a Learning Disability, so might not get the right help.
- Some people's families don't always want them to get a job.
- People are worried about if having a job will mean they will have less money.
- It is a complicated system. Lots of different organisations are doing similar things. There needs to be more joining up.
- It is not easy for people to get help who do not have the Internet or can't use a phone.
- People don't always know what is available to help them get a job.
- It would be good to have Easy Read information about what help there is in Gloucestershire to get a job.
- One of the problems people have in getting to work is the buses.
- Young people who left college during Covid left without a plan.