

Learning Disability Partnership Board

**What happened at our meeting on
Monday 21st October 2024**



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Who was there?

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| Wendy Wall - LDPB Co-Chair | Kate Allez – CLDT Psychologist |
| Jan Marriott - LDPB Co-Chair | Amelia – CLDT, Assistant Psychologist |
| Paul Tyrrell – Inclusion Gloucestershire | Katie - CLDT, Assistant Psychologist |
| Emily Luckham – Inclusion Gloucestershire | Sue – Student Social Worker, PBS Team |
| Harriet Roberts – Inclusion Gloucestershire | Charlotte – PBS team |
| Saf Hopkins - Employment Adviser, GCC | Emily – PBS team |
| Leo Woodford – Camphill Village Trust | Tony Lafford – Orchard Trust |
| Karin Parker - Strategic Health Facilitation Team Administrator | Anna Peacock – Barnwood Trust |
| Janet Hawkins – Camphill Village Trust | Lara Gillman – GCC |
| Taylor King – Events and Wellbeing Manager, Prosperity Care | Helen – Hope House |
| Deborah Livingstone – Independent Supporter and Senior LeDeR Reviewer | Andrea – Hope House |
| Jacky Martel – Family Carer and Advice Coordinator, Access Social Care | Rose Savage – Enablement Team, Gloucester drop-in centre |
| Ian – Camphill Village Trust | Tamsin – Parent Carer Forum |
| Chloe – Expert by Experience | Farooq Ismail - Patient Experience Manager, GHT |
| Faith – Expert by Experience | Kim Whelan – Brandon Trust |
| Gemma – Support Worker | David – Expert by Experience |
| Mike Steed – Brandon Trust | Peter Martin - Expert by Experience |

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| Emma Stevens - Expert by Experience | Matthew Owen - Expert by Experience |
| Lucy White – Healthwatch Gloucestershire | Chanel – Student Social Worker, Kingfishers |
| Terri-Ann Clark - Expert by Experience | Mark – Expert by Experience |
| Althia Lyn – GCC | Mika Hayes Jones – Building Circles |
| Helen Kay – Building Circles | Stacey – Building Circles |
| Vicky – Kingfisher, Stroud | Troy – Kingfishers |

GCC means Gloucestershire County Council

GHC means Gloucestershire Health and Care Trust

GHT means Gloucestershire Hospitals NHS Foundation Trust.

GCC may have to give information in this document to someone who asks for it. This is because of a law, called the Freedom of Information Act.

What we talked about:



Wendy shared the ground rules for the meeting.



Jan explained that GCC want to find out more about the people coming to our meetings.

An "easy read" membership form with a light blue background. It has a header that says "Please fill in this easy read form" with a small icon of a person. Below the header are three sections: "Your name" with a small person icon, "Address" with a house icon, and "Phone" with a mobile phone icon. Each section has a white box for writing.

We have a new membership form for people to fill in.

People will only have to fill this in once.

A "Learning Disability Partnership Board Membership Form" with logos for Gloucestershire Learning Disability Partnership Board, NHS, and Gloucestershire County Council at the top. The form contains several sections with icons and text: a person icon with text about the board speaking up, a person icon with text about filling in the form once, a person icon with text about confidentiality, and a person icon with text about not having to answer questions you don't want to.

As there were lots of people at the meeting, there were not enough forms for everyone.



Paul will bring more forms to the next meeting.



Wendy said the topic for the meeting was relationships and friendships.



She said we will be talking about safe sex.

Some people may find this difficult to talk about.

Building Circles



Helen said Building Circles have been asked to give training about abuse awareness, self-advocacy and enablement.



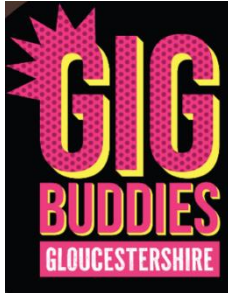
This training is to help people keep themselves safe and speak up for what they need.



Maike is the Training Coordinator.



Stacey is the 'Social Buddies' Coordinator.



Building Circles does Gig Buddies.

Social buddies is for the day time. Building Circles pair you up with someone who has the same interests as you.



Gig buddies is for the night time. Building Circles pair you up with someone who likes the same music.



Maike showed the group a training video.



The video covers when a relationship starts and a person might have a 'crush'.



It showed the person texting someone a lot.



The group talked about what they thought was and was not okay for someone to say and do.



In a full training session, Building Circles would get people to talk about how best to deal with the story in the video.



Helen said Building Circles can work with anyone in Gloucestershire who has a Learning Disability.



They can work with people in a group or own their own.



Here is a link to the Building Circles website: <https://www.buildingcircles.org.uk/>



Helen said Building Circles are looking for people with learning disabilities to help them run training.



This is paid work. Please get in contact with Building Circles if you are interested in this job.

Hope House Sexual Health Clinic



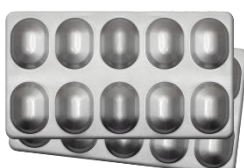
Helen and Andrea from Hope House came to talk to the group about what Hope House does and how they can help people.



They can give you an appointment to talk about your sexual health.



They can do tests if something doesn't feel right, to see if someone might have an infection.



Helen or Andrea can help someone find the contraception that is right for them.



Contraception can help stop people from getting pregnant. Some contraception can also stop ladies having periods.



There are lots of different types of contraception.



Time

Hope House can give people longer appointments if needed.



A professional needs to ask for someone to have a longer appointment, but anyone can ask to see the Hope House team.



Helen or Andrea can meet a person in a place they feel most comfortable.



They know it can be scary for some people to come to a sexual health clinic.



They know some people find talking about personal things difficult.



Ladies worry about having a smear test.

People don't have to have a smear test. It's up to the person themselves.



One person shared they had a smear test. It was okay, but it made them bleed a little.



Another person said music helps them. Lots of people like to have music in the background.



For a man to have certain sexual health checks they wee in a bottle.



Helen mentioned that people under 25 can get a special card called a C Card. Showing this card can get people free condoms. Hope House can give people C cards.



People can order sexual health home testing kits on the Hope House website: <https://www.hopehouse.nhs.uk/>



People can also ring the Hope House on **0300 421 6500** and ask for a nurse to call them back.

Inclusion Gloucestershire Research



Harriet from Inclusion Gloucestershire's research team came to talk about research they are doing.



Inclusion Gloucestershire are doing a survey to find out the main worries of people living in the county.



Anyone who is disabled, lives in Gloucestershire and is over the aged of 18 can take part.



You can do the survey on paper or on the computer.

The research team can help you do this.



People can also take part in a meeting or interview.



Inclusion Gloucestershire are doing another survey about talking therapies.

Talking therapies are when you talk with someone like a counsellor or a psychologist about things.



Who can take part?

Anyone who is over 18, has a learning disability, lives in Gloucestershire and has used talking therapies in the last 5 years.



What will I have to do?

Meet us in person, online or on the phone to talk about using talking therapies.

Why should I take part?



This research will help us know how talking therapies can be better for people with a learning disability.

You will get a £25 voucher for taking part.

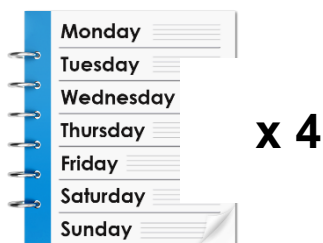
Treasure Seekers courses on Relationships and Friendships



Gill said Treasure Seekers have run courses on health, money, independence and better friendships for 10 years.



The courses helped people with life skills.



The courses ran for 4 weeks at a time.
Sometimes, people wanted the courses to be longer.



People had lots of questions about relationships and friendships.



From January, Treasure Seekers are starting a new course on relationships and friendships.



The sessions will be on a Monday morning at Treasure Seekers Hub from 10:30 – 12.

People can come for one session or lots of sessions.



What they will talk about in the session can change depending on the people who come.



On the Treasure Seekers social media, you will be able to see what the focus of session will be.



Gill will be running the course.

Anything else to talk about?



Karin has put copies of the new 'My Health Passport' out on each of the tables.



Leo mentioned the Camphill Village Trust's newsletter and the Severnside skills leaflet.



We brought the communication cards for people to take.



The Partnership Board helped decide what is on the card and how it should look.



The card explains the law and allows people to say how they want people to communicate with them.



Question: Is the Keep Safe scheme still running?



Emily will find out.



Jacky, from Access Social Care, told us about a new job for a family carer to support other family carers.



This would be paid work for 3 hours per week.



Prosperity Care said they have their music, dance and expression group.



The group is open to all, and they do things like theatre drama, learning about sounds and making props.



Sessions run from 1pm – 3pm every Saturday at the Prosperity Office, Gloucester Docks



They also have a creative art group.

Prosperity Care are hoping their 'Night club Nights' will start again. They used to meet at Jax but it closed. They are looking for a new place to host them.



They are planning a mini Christmas show.



Treasure Seekers have started a 'Signing with songs' session to help people learn Makaton.



The sessions are £3. You don't have to sing.



Lucy from Healthwatch told us about some work they are doing about Pharmacy's



They want to hear what people think about ordering medications.



Healthwatch are happy to visit people who want to talk to them about this.

Our next in-person meeting will be in December.

We will tell you the date soon.

It will be at Treasure Seekers Hub,
Eastgate Street, Gloucester



