



Partnership Board: Learning Disability

17th of June 2021 – Notes of our meeting

- Who was there:**



Hello



Hello

Jan Marriott - LDPB Co Chair	Andy – Building Circles
Tim Heaven - LDPB Co Chair/ Inclusion Gloucestershire	Clare Hopkins - Inclusion Gloucestershire
Emily Luckham – Inclusion Gloucestershire	Vicci Livingstone – Thompson CEO Inclusion Gloucestershire
Simon Shorrick - NHS England	Tammy Bollen – Inclusion Gloucestershire
Claire Kennedy – Post covid syn- drome service	Jacky Martel – Parent Carer
Sue – Parent carer	Jan Burn– Treasure seekers /Kingfishers
Gill Parkinson – Treasure seek- ers/Kingfishers	Cheryl Hampson – GCC
Angela Ellis Paine – University of Birmingham	Janet Hawkins – Camphill Village Trust
Ian White – Camphill Village Trust	Victoria – Camphill Village Trust
Phillip Douch – Active Impact	Pam Evans Treasure seekers
Paul Yeatman – Independent Sup- porter	Deborah Livingstone – Independ- ent Supporter
Denise Medcroft – P.A.C.E	Lorna Carter – Carers Hub
Denise Pittaway – Carers Hub	Judith Rimmell – OT, and Parent Carer
Pam Evans – Treasure Seekers	Craig – Brandon Trust
Jan Burn – Treasure Seekers	Gill Parkinson – Treasure Seek- ers
Christine Searl – Inclusion Glouces- tershire	Jess Breedon – GCC Quality Team
Stephen – P.A.C.E	Magda Ede – GCC Quality Team
Antony Jeffers – Orchard Trust	Bren McInery

- Tim Heaven shared the new house rules for the Part-nership board.**



Recap – What is most important?



Tim spoke about the what is good about friendships and relationships, he said that friendship helps -

- You feel good about yourself.
- Feel more confident.
- Helps you work in a team.
- Gives you a support network.

Tim reminded everyone that having a disability should not stop you from having positive relationships.

Phillip Douch from Active impact told us about some of the work done in Gloucestershire to help people have friendships.

There are some good things going on, like:

- Gloucestershire Assistance, a GCC website to find PA/Care/Company. <https://www.glosassistants.org.uk/>
- Building Circles – They match up people with Learning Disabilities and non-Disabled people.

Phillip also told us GlosCol have done a big piece of work and have a new programme running.

- GiG Buddies – People who are interested in music can stay up late.
- Luv2MeetU (HFT) – They organise social groups and support people with romantic relationships.





Lorna Carter from the Carers Hub spoke to us about the buddy up scheme.

They have a new service in Gloucester carers hub called the Buddy up scheme. They help pair up carers to support each other.



Gill Parkinson from Treasure Seekers spoke to the group about the healthy friendship courses they run. They run 5 sessions. It costs £3.00 per session. The sessions help to:

- Know about healthy friendships.
- Understand boundaries.
- Help work out what keeps you safe.
- Help to understand what to do when you fall out or disagree.

If you are interested, then you can visit 52 Westgate Street, Gloucester or ring 01452 307201.



Personal Assistance & Community Enrichment

Denise and Steve spoke to us about P.A.C.E. We had a virtual tour.

Pace is a day centre that provides fun and friendly safe activities such as

- Bingo
- Disco
- Story Time
- Activity bingo
- Keep Fit



When things get back to normal they hope to run things like:

- Bowling
- Fishing
- Drama

- Bikes
- Arts and crafts
- ICT
- Tennis

If you would like any more information here are the contact details - paceld2013@gmail.com; 07923 2572187 WWW.PACELDSUPPORT.CO.UK

We split into breakout rooms to discuss:

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.

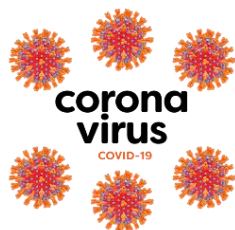


Big Health Week 21st – 25th of June 2021.

Simon Shorrick showed us the timetable of lots of different things to take part in, there is one zoom code for the whole week so you can pop in and out and join in the sessions you would like to.

**Big Health
Event**

This is the website for the event all the sessions and live events. <http://www.ghc.nhs.uk/bighealth2021> Contact [si-mon.shorrick@ghc.nhs.uk](mailto:simon.shorrick@ghc.nhs.uk) for more information.



Claire Kennedy spoke to us about Long covid. Claire told us the signs of Long covid are breathlessness, headache, severe tiredness.



If anyone thinks they may have long covid, they should phone their GP and tell them you think you may have long covid. You will need to rest your body and look after yourself.



Our Next LDPB is on the 12th of August 2021