

Partnership Board: Learning Disability
1st of February 2022 – Notes of our meeting

Who was there:



Hello

Gemma Wilks – Allsorts	Tim Heaven – Co-chair of the LDPB
Pete Harper – Camphill Village Trust	Jan Marriott – Co-chair of the LDPB
Pam Evans – Treasure Seekers	Emily Luckham – Inclusion Gloucestershire
Olivia Watkins – Expert by Experience	Andrew McKay – Victim Support
Helen Kay – Building Circles	Denise Pittaway – Carer’s hub
Tanya – Barnwood Trust	Jennie Goodrum– You’re Welcome
Paul Yeatman – Independent Supporter and LeDeR reviewer	Holly Beaman - GCC
Pete Harper – Camphill Village Trust	Lucia – PBS Team (GCC)
Andy Rozwadowski – Building Circles	Bren McInerney – Community Volunteer
Bee Barker – Treasure Seekers	Paul Tyrrell – Inclusion Gloucestershire
Cody Gingell – Your Voice	Laurie-Ann Cook - GHC
Darren Strong – Expert by Experience	Ceri Jones - DEA
Jacky Martell – Access Social Care	Kayleigh Connors – Your Voice
Arron Gregory– LD Liaison Nurse	Simon Shorrick – GHC
Jan Burn – Treasure Seekers	Lorna Carter – Carers Hub
Sue – Family Carer	Sammy Roberts - LeDeR
	Ian Harper – Aspire Living



Tim Heaven shared the house rules for the Partnership Board with everyone.



The Health Action Group told us about what they have been doing over the last year.

You can read their presentation. It will be sent with this email.



The Health Action Group have done a lot of work to make things better for people in Gloucestershire – in lots of different ways.

Denise Pittaway said: It is a great idea to give people a Birthday Card to invite them to have an Annual Health Check



The Health Action Group has an Easy Read Newsletter

If you would like this, email Simon.

Email: simon.shorrick@ghc.nhs.uk



On Friday the 17th June there will be a Big Health and Wellbeing Day at Oxstalls Campus.

If you would like to have a stall, let Simon know.



Arron Gregory (a LD Liaison Nurse) told us about what the Liaison nurses do.

They help anyone with a Learning Disability who comes to the hospital. They might help arrange appointments for people and help find a quiet place to wait.



People can refer themselves to the Learning Disability Liaison Nurses using phone or email.



The phone number is:

0300 422 4985 or 0300 422 4953.

Their email is: ghn-tr.learningdisability@nhs.net

They work Monday to Friday, 9-5. Arron said they can be flexible and will support people outside of these times if needed.



Jacky said she is really pleased with the IHOT team. They did blood tests for her son and they were wonderful. She said that they would have been really helpful when her son was a child. There is a gap in children's services.

Holly said she will tell children's commissioning about this.



Kayleigh asked about the different types of nurses.

Holly said she will speak with Autism commissioners about the different types of nurses for people.



Sue (a family carer) asked:

Have support providers been told what to do about the new treatment for Covid for people who were on the shielding list?

She is worried they might not know, and people might not get the treatment.

Holly said:

She has told Public Health about Sue's question.

The treatment for Covid might be different depending on why the person was shielding.

People need to speak to their GP.

Holly will ask for Public Health to give people Easy Read guidance.



Gemma from Allsorts helped us to do a workout.

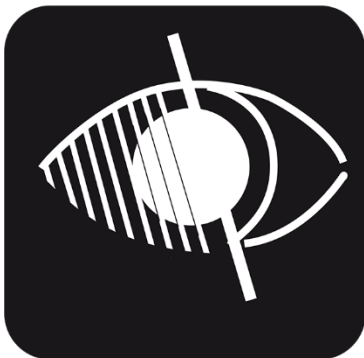


She told us Allsorts do online and face to face fitness classes.

They have a Wednesday class at 11am on Zoom. You can book on this here:

<https://www.eventbrite.co.uk/e/allsorts-sports-mash-up-registration-137580738693?aff=ebdsoporgprofile>

She said that Allsorts exercise is for anyone and everyone.



Megan Paul said it was not inclusive for her. She has a sensory impairment.

Gemma said that they have a member who has given them some ideas about how to make their workouts more accessible for people with a sensory impairment.



Jan Marriott suggested Glos Deaf Association might also be able to help make them more inclusive for the deaf community too.

Ian Harper suggested linking with Special Olympics



Paul and Sammy told us about the LeDeR Programme.

They said:

LeDeR is learning about peoples lives and deaths, so we can make healthcare better.



They talk about people with a Learning Disability from aged 4 and autistic people from over 18.

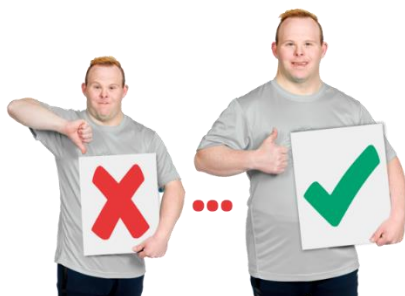
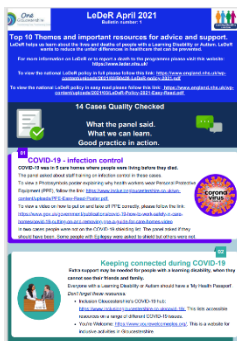
LeDeR tells us the main reasons why people die too soon.



LeDeR tells us how to make things better.

LeDeR bulletins are every 2 months. You can email Paul if you want to get the bulletin.

Paul's email is: paul.tyrrell@inclusion-glos.org



Paul Yeatman says he can see a real change in services because of the LeDeR programme.

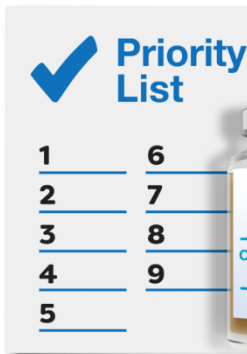


We split up into groups to talk about what the Health Action Group should do next.



People said:

- A focus on mental wellbeing, confidence and self-esteem
- Looking at mental health services, especially eating disorders.
- A focus on healthy living.



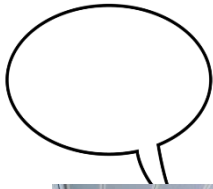
- Work to fast-track healthcare referrals for people



- 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.



Building Circles will be doing some training at the Big Health Day. They wanted to ask what training would be most useful?

Jan Marriott suggested their Relationships course.



Our next Partnership board meeting is on the 5th of April 2022 at 10.30am – 12.30pm.

We hope this will be a face-to-face meeting.

We will confirm this soon!