



## AUTUMN 2015 NEWSLETTER

An information and advice service for adults with a learning disability living in Calderdale and their families and carers

At the Learning Disability Partnership Board meeting in February

# Lead the Way was officially launched

In this picture from left to right:  
**Sarah Antemes** (Commissioning – Clinical Commissioning Group),  
**Sarah Mitchell** (Co-chair of LDPB),  
**Karen Midgley** (Calderdale MBC Commissioning and Strategy Manager),  
**Karen Graham** (Project Co-ordinator, Lead the Way),  
**Pippa Corner** (Calderdale MBC, Head of Partnerships and Personalisation),  
**Janet Hannan** (Project Ambassador, Lead the Way),  
**Chris Scheller** (Project Ambassador, Lead the Way).



[See inside to read more about Lead the Way's launch event...](#)

Continued from the front cover...

**Lead the Way** was started because families were saying they had problems finding out information.

**Lead the Way** will be able to put people in touch with things that are happening in their community and provide services that may be missing.

At the start of the project **Lead the Way** were given some money from West Yorkshire Sport to set up a sports session for all abilities. We asked a number of people what sort of activities they would like to do and worked the sports sessions around this.

Karen Graham spoke about how the Service is starting to develop by providing an innovative way of supporting people to access community based activities and information whilst promoting healthy life style choices and independence. It will ensure that people with learning disabilities and their families have support to lead a fulfilling life. This will include having choice and control over their life, having opportunities to develop and learn new skills whilst participating in the same range of activities that everyone else does.

It is really important to **Lead the Way** that we listen to and respond to what people want from the project. This is a real opportunity for people with learning disabilities and their families to have a bigger voice in shaping services in Calderdale.



**Lead the Way** is an information and advice service for adults in Calderdale with a learning disability, their families and carers. We will help you find out what you need to know and give you this information in a way that is easy to understand. So, you might want to know where to look for support when finding a job, or you may want to know what social activities are going on in your area. You may want to try a totally new activity or hobby... there is no limit!

## One to One Referrals

**Referrals** can be made to **Lead the Way** by ringing the office on 0300 012 0416. You might prefer for someone from Lead the Way to come and see you to take the referral or someone can make the referral for you.

**Lead the Way** also have an **easy-read website** with all our contact details on. It also tells you about all the groups that are running in Calderdale so take a look and get in touch!



# Meet the Team: Sam Beevers



**Lead the Way** now has a new member of the team, Sam Beevers, who joined the project in April:

“Hi my name is Sam Beevers. I work on the **Lead the Way** Project one day a week. My work at **Lead the Way** includes doing GP training with various doctors and nurses talking about all the problems that different people have when attending the doctors.

In my spare time I enjoy playing rugby for the Halifax RUFC mixed ability team. I was the captain when we played in a big tournament at Bradford and Bingley Rugby Union ground. Teams from all across the world took part in the event.

I also work at Higgins Close as a domestic assistant cleaner. I like to go in and make sure that the centre is always very clean and tidy for customers that come in to use the day centre.

I am a very big fan of Halifax RLFC. I travel with some of my family to the home and away games like the summer bash at Blackpool.”

# Meet the Team: Daniel Crampton



Also on the team we have Daniel Crampton who helps out with the admin side of the project:

“Hello, I am Daniel and I work on the **Lead the Way** project doing marketing and admin duties.

I live in Halifax with my family and in my spare time I enjoy socialising with friends and playing darts, also I enjoy watching Halifax rugby league. I also work as a Rugby League referee at weekends which can be great fun but also challenging.

I have been working with **Lead the Way** since the project started and find this a very interesting job and role to be involved in, I also work in the Dewsbury head office working for Cloverleaf Advocacy which I have been doing for two years carrying out marketing and admin tasks.”

# What have Lead the Way been doing since the last newsletter?



## Inclusive to all abilities sports sessions

The sports sessions have been running every Saturday, 11am–12:30pm at Centre at Threeways, Ovenden, Halifax.

We have had lots of fun trying out all the different sports and making new friends.



We couldn't have done the sessions without the help of our fantastic coach and volunteers so many thanks to you all!

Many thanks also go to Morrisons and Tesco for their generous donations of healthy snacks which were enjoyed by all with a welcome cuppa after the sessions!



## Life Coach Group

**Lead the Way** ran a life coach group. The aim of the life coach group was to provide people with the information they need to make informed choices about how to lead a healthy lifestyle.

The group was attended by a small, but really enthusiastic, group who regularly attended the course in Todmorden.

We had great fun learning about how our bodies work and what sorts of food are good for us. We tasted exotic fruits, made smoothies on juice bikes, watched films and played games to help us learn. We set ourselves goals or jobs to do each week so that the things we have learnt about gradually help us make changes to our lifestyle.

Thank you to everyone who attended for being so willing to join in, talk about things and support each other.

**Lead the Way** will be doing another Life Coach Group in north Halifax starting in September so look out for pictures and updates in our next newsletter.

## Creative Support Service



**Lead the Way** went to the Creative Support Service Annual General Meeting to talk about how the project can help adults with a learning disability.

Service users also gave a very professional drama piece around bullying and what we should do if this happens to us.

## Carers Focus Group



Carers of adults with a learning disability have been meeting regularly to talk about services and how they could be improved. The group have shared their own experiences and offered advice and support to other carers. It is also an opportunity for the group to feedback worries or concerns they have around services to the Learning Disability Partnership Board. The group invited Ann Ogilvie to come to their meeting to answer questions about the new Care Act and how the changes would affect them.

The group has had a couple of new people attending since the last newsletter and we would like to say a big welcome to them! To find out when the next meeting is give **Lead the Way** a ring.



## NHS England event

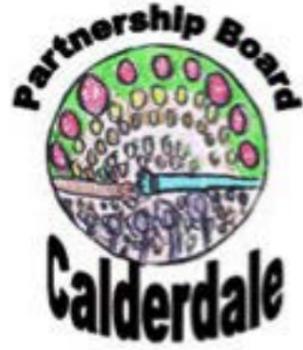
**Lead the Way** were invited to attend an event held at Todmorden Health Centre to showcase innovative projects that have been commissioned by Calderdale Clinical Commissioning Group. We had a stall, along with a small number of other local projects, and were visited by NHS Vanguard staff who were on a tour of Calderdale. They asked a number of questions about the service we provide and we were pleased to be able to tell them about what we have already achieved and our aims for the future.

## Safeguarding Week



The purpose of the week was to raise awareness of safeguarding in Calderdale - Dan and Jackie attended the day at the Market in Todmorden.

They spoke to a range of people about safeguarding - some local to Todmorden but many who had come into the town for the market. Some people had experience of safeguarding and wanted to give their opinions. Some had never heard of it and were happy to find out more.



## Learning Disability Partnership Board

**Lead the Way** also facilitate the Learning Disability Partnership Board meetings which are held every two months. If you would like to attend the next Partnership Board meeting, or would like more information please give us a call or visit the Calderdale Council Learning Disability Partnership Board website [www.calderdale.gov.uk](http://www.calderdale.gov.uk) where you can look at who was there and what we talked about.

## Other Events



**Lead the Way** has attended quite a few events over the past six months including Calderdale College Freshers' Fair, Golden Years Roadshow, Roadshow for families with disabled children, Ravenscliffe School Parents' Evening & Big Lunch and AGMs.

# What will Lead the Way be doing over the next few months?



Chris and Sam are working with GPs to make things easier for adults with a learning disability when they are visiting their doctor.

They have made a video, with the help of the Calderdale self advocates, letting doctors know how they would like things to improve.

Chris and Sam will be going round GP surgeries to give them training and information about problems adults with a learning disability face and how these could be improved.

## Creative Arts Group



**Lead the Way** will be working with Hoot Creative Arts to provide adults with a learning disability, and carers of adults with a learning disability, the opportunity to explore ways to maintain a healthy mind and well-being using the arts. We will be using instruments during the sessions as well as producing a piece of art for people to take home. No previous experience needed, let's just get together and have some fun learning!

The sessions will start on 1st October and will run for 10 weeks. Please see the poster on the right for more information.

**!!!NEW!!!!** 

**working with Hoot Creative Arts  
are starting an  
EXCITING NEW GROUP  
for adults with a learning disability & carers**

Come and find your creative selves using music and the arts while using these to keep a healthy well-being.

 So come and join our 10 week creative course 

**(all 10 sessions must be attended)**  
**£2.50 per session including refreshments.**

Places are limited

For more information and to book a place please ring Lead the Way on  
**0300 012 0416/07436 102 544**



## Lead the Way Planning Meeting

**Lead the Way** held a planning day on 20th August to ask people for their ideas on how we can develop the service.

The meeting was attended by staff from Lead the Way as well as adults who use services and carers.

Lots of information and ideas were taken on the day and **Lead the Way** would like to thank everyone who attended and for their input. The two main issues and barriers for adults with a learning disability appear to be employment and travel training which the team will look at and this will be discussed more at the next meeting.

If you would like to be involved in the next meeting please give **Lead the Way** a call.

# Updates

## Learning Disability Week event



As part of Learning Disability Week, **Lead the Way** and Healthwatch held an event at Centre at Threeways, Ovenden, Halifax.

During the day there were various stalls and workshops with lots of information about services that are available to adults in Calderdale with a learning disability.

The 'passports' were very popular and some great raffle prizes were won! **Lead the Way** would like to thank all the organisations for their very generous donations of prizes. **Lead the Way** would also like to thank all the organisations who attended and made the day such a great success!

We also had some fantastic entertainment provided by Magpie Movers and CSS!

Sarah (pictured on the left) and Sam (pictured on the right) opened the event.



Picture shows Oliver from First Buses with the Calderdale self-advocates.



## Calderdale Self Advocacy Network

We meet every two weeks on a Wednesday at The King's Centre, Park Road, Halifax between 1.30pm and 3.15pm.

We have been talking about lots of things like buses and applying for bus passes, hate crime mate crime and how we can keep ourselves safe. We have speakers who come to our meetings to answer our questions. We also go to the Learning Disability Partnership Board meetings and tell them about any issues we have with services.

The group went to Sainsbury's and were shown how to use the self-scan tills. Everyone found this very useful. Later in the year we will be going to the Calderdale Royal Hospital to have a look around.

Calderdale Self Advocacy Network held their Annual General Meeting on 1st July at The King's Centre, Park Road, Halifax. A new committee was voted in and changes were made to the constitution.

If you would like to find out when the next meeting is give Janet a ring on 07436 102544 or Jackie on 07769 167762. You will be made very welcome and refreshments are provided.

## Be Healthy Group



We meet on the last Monday of each month (unless this is on a Bank Holiday) at King Cross Library, 1pm–3pm.

The group talks about things around health and wellbeing. The group invite speakers to come and answer their questions.



The people who come to the group have said they would like to do some cooking so we will be hiring a kitchen and making a healthy meal so come and get involved in the planning of the menu. Our first cooking session will be on 26th October.



Be Healthy will be having a Facebook Café too at some of their groups. You can have a look at the different groups that are on the website and learn how to log on and keep safe.



If you would like to find out when the next meeting is give Janet a ring on 07436 102544 or Jackie on 07769 167762. You will be made very welcome and refreshments are provided.

# Other Organisations

## Mayfield Trust



People from Mayfield Trust enjoying a fun day out!

The Mayfield Trust provides services to children, young people and adults with learning disabilities and other complex needs.

Mayfield Trust has now moved to the Threeways Centre where we are busy turning the space into a day centre for adults with learning/physical disabilities and other complex needs. The centre is due to open in Summer 2015.

If you would like more information about the services Mayfield Trust provides then please contact the team on 07872 038244.



Would you like to volunteer? We can help to find you a placement, complete application forms, make travel arrangements and if you would like a mentor to volunteer with you, we can arrange that too.

Volunteers work in charity shops, kitchens, cafes, offices and help on the allotment. You can volunteer for two hours a week, or more. It does not cost you any money and you get travel expenses and money for food if you work for four hours or more.

Choice volunteers said volunteering helped them:

- Meet new people
- Build up confidence
- Gain new experiences
- Share skills and learn new ones
- Have fun!

Would you like to become a mentor? Mentors support and befriend volunteers. They receive full training, ongoing support and supervision. Choice volunteering offers support to anyone who needs it. We need mentors who are patient, flexible and caring. Mentors do different tasks:

- Fill in application forms
- Accompany volunteers to interviews
- Organise travel arrangements
- Regular volunteering placement  
e.g. charity shop, office or cafe.

It is a chance to share your skills, help someone build their confidence, and have fun. Mentors need to complete a training course, covering: Mentoring and befriending, Disability Awareness and Safeguarding Adults at Risk. Choice is committed to the personal development of all mentors.

If you would like to speak to someone about Choice, please contact Audrey Smith on 01422 438727.



Well, that's all for now.

Please do give **Lead the Way** a call if you need any information or advice on 0300 012 0416 or would like to arrange a one to one visit to make a referral.

**Phone: 0300 012 0416**

**E-mail: [info@leadthewaycalderdale.org](mailto:info@leadthewaycalderdale.org)**

**Write to:**

**Lead the Way**  
Centre at Threeways  
Nursery Lane  
Ovenden  
Halifax  
HX3 5SX

Our easy-read website address is:

**[www.leadthewaycalderdale.org](http://www.leadthewaycalderdale.org)**

**Lead the Way** are also on  
**Facebook** and **twitter**.



# Please give us your feedback...

**Overall how useful have you found the Lead the Way Newsletter?**  
(Please place a tick through the appropriate picture below)



**Very Useful!**



**Not Sure**



**Not Useful!**

**Comments** (Please let us know what you found good/bad about our first newsletter)

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## Registration Form

If you would like to receive future newsletters please fill in the section below and return by post or telephone us on the number below.

Name .....

Address .....

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Email .....

I am an adult with a Learning Disability

I am a Carer

I am a Professional

I am another interested party (please state)

How would you like the newsletter sending to you:  Post  Email

Lead the Way, Centre at Threeways, Nursery Lane, Ovenden, Halifax HX3 5SX. 0300 012 0416