



SPRING 2016 NEWSLETTER

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

Hello and Welcome

to our Spring newsletter.

Lots of things have been going on over the past few months and we hope you enjoy reading about them.

There are some exciting times ahead for Calderdale Social Services and the way in which services are provided. Lead the Way are looking forward to working with the team to make services better for people with a learning disability.



Groups

GP Training



During the past three months Chris and Sam have continued visiting GP practices with one of the learning disability nurses to provide awareness training. They have also spent some time looking at feedback they have received and how things can be made better.

The doctors, nurses and receptionists have said they like learning about better ways to communicate and, in particular, like Sam's involvement. They also like hearing the views of other people with a learning disability on the self advocates' film. This film is in the process of being remade and updated. Thank you so much to everyone who has been brave enough to feature in it!

There are still lots of practices who haven't yet accessed the training and the learning disability nurses are working hard to encourage them to do so. As a result of reviewing the training Chris, Sam and the learning disability nurses have also decided to put together a pack of useful information for GPs and other practice staff.



Healthy Lifestyles Group

The second healthy lifestyles group was really well attended and enjoyed by people from day services across Calderdale, with the six month course having flown by! The participants learnt a lot during this time about healthy eating, drinking water, doing exercise and managing stress. They played lots of games and tasted lots of different foods to help them with their learning. In particular it was great to see people remember information and make healthier choices as a result.

We would like to thank, the specialist dietician, Rebecca Martin, for her visit to the group in January to provide information about diabetes in a way that was fun and easy to understand. It was lovely to see the people within the group taking part so well, support each other and to see their confidence grow by the week! It was with a lot of sadness that the course came to an end on 24th March, although the party on final session almost made up for it! Feedback throughout the course was very positive. People said:

“People have thoroughly enjoyed it and will miss spending time with you all learning about health and well-being.”

“It really has been a good course this has!”



We would like to thank the partners who have worked with LTW on the course, particularly Karen Green, the life coach, and all the day service staff for their support.

Employment Focus Group & Employment Event



Lead the Way held its second employment focus group meeting on 20th January. The meeting was attended by a number of different agencies and individuals. We talked about holding an employment event aimed at promoting the employment of people with learning disabilities to employers. We discussed who we would like to invite to attend this and who might like to share their own good news stories about what work means to them.

'Small Differences Big Changes' Employment Event



Following on from the Employment Focus Group an employment event was hosted by Lead the Way and Audrey Smith from Voluntary Action Calderdale on 23rd March. The event was called 'Small Differences Big Changes' and was held at The Centre @ Threeways.

The event was to tell people about the positive contributions people with a learning disability can make in the workplace as well as removing the fear factor for employers.



We had two very interesting presentations from Mandy Whalley and Alison Thwaite. Mandy talked about her personal experience of finding a job for her son and about putting together an 'employment passport' to support him in his workplace. Alison explained about the Down's Syndrome Association's Workfit programme and the positive results this is achieving in matching job seekers with employers.

We also had two wonderful speakers, Charlotte, who shared her experience of working in Costa Coffee, and Mildred, who told us about a past job as a 'lolly pop lady' at a crossing control.

The event highlighted how employers often only need to make small changes to support someone into and at work but that these changes can make a huge difference to someone's life.

The event was well attended and generated a lot of discussion around what changes people would like to see and how these can be achieved. Although we had hoped to attract more local employers the event was a great starting point for further action.

The next Employment Focus Group will be held on Thursday 30th June from 1–2:30pm at the Centre @ Threeways. Please contact Lead the Way if you would like to attend.

Creative Arts Group



The Creative Arts Group meets every Thursday 10:00–12:00 at Lower Edge Day Services.

The group has done lots of different activities so far this year and everyone is enjoying coming to the group, including the support staff who are using ideas from the group to do with other people they support.



Vase and flowers to get us in the mood for Spring!

The group has also enjoyed some music sessions with James and they are all looking forward to seeing him again.

We have even had a go at drama with Angie from Cloverleaf Advocacy.

We talked about the changes we see in spring. Lots of lovely flowers grow and there is more daylight. We looked at how caterpillars change into butterflies.

The group made their mosaics from dried pasta and pulses.



Making mosaics



Planting bulbs in our decorated plant pot

THANK YOU!



We decorated a plant pot and planted a bulb. We are looking forward to seeing the bulb flower in a couple of months time.

Lead the Way would like to thank all the staff and students at Lower Valley Day Services for making the group feel so welcome.

So why don't you come and join us, get creative and make new friends. £2.50 each week including a drink and biscuits. Everyone welcome! Ring Lead the Way on 0300 012 0416 for more information.

Carers Focus Group



The Carers Focus Group continues to meet regularly to talk about services in Calderdale for adults with a learning disability. If there have been any issues these have been passed on to Adult Social Services and the Learning Disability Partnership Board with some very positive outcomes, with equipment being replaced and social workers allocated.

The group talks about difficulties they experience as carers including taking their cared for person to the toilet when they are out and about and society's views on opposite sex carers going into the toilets with their cared for person, in particular if it is a male carer. They have also discussed issues arising when travelling abroad and the poor facilities on aeroplanes.



The carers attending the group had asked for some more information about the benefit changes. We held a joint meeting with the carers group from The King's Centre on 20th April to listen to Jackie from the Department of Work & Pension. Everyone found the information very useful, we were made to feel very welcome and everyone enjoyed a delicious homemade bun! The Carers Focus Group was given a lesson in origami at an earlier meeting, everyone found this lots of fun, if not a little confusing! Thanks Mary for the lesson... and your patience!



Voting



Did you vote on 5th May in the local council election and to elect a local Crime Commissioner?

You can't vote if you haven't registered. This is easy to do by filling in a form or registering online. You will need your date of birth and your National Insurance number. Only people who are over 18 years of age can vote.



You will be able to vote on 23rd June to say if you want Great Britain to stay in the European Union. This is called a Referendum. You will still have to register to vote if you haven't already done this.



Promote the Vote Event



Lead the Way, Adult Social Services and the Electoral Services worked together to hold an event at the Halifax Town Hall. The event was to give information about how people can register to vote. We also talked about what services Calderdale Council provide. Two councillors came to the event to answer questions.



There was also a pretend polling station set up so people would know what it looked like and what they would have to do when they go to vote.

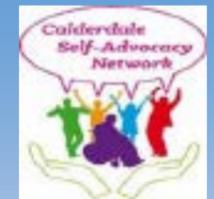
You can only vote if you have registered. You only need to register once unless you change your name or address then you will have to register again.

Learning Disability Week



Learning Disability Week starts on Monday 20th June 2016.

Learning Disability Week this year is all about friendship and relationships. So come and join us on Friday 24th June for cake, coffee and a chat and meet old friends as well as making new friends!



LEARNING DISABILITY WEEK

Come and celebrate Learning Disability Week!

We are having a cake, coffee and chat morning



When: Friday 24th June

Where: The Maurice Jagger Centre (opposite the Halifax Bus Station)

Time: 10am until 1pm

Bring your friends along and meet new friends

Have a go at Origami (making things out of paper)



Enjoy some lovely homemade buns



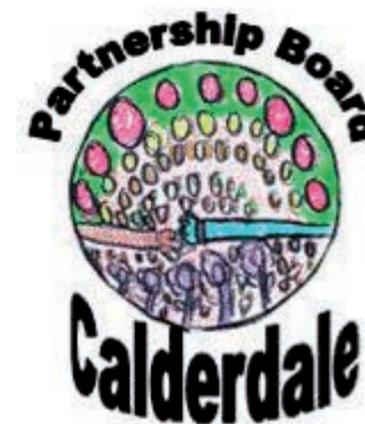
Calderdale Self-Advocacy Network

The Calderdale Self-Advocacy Network were very happy to find out that they have been given the money needed for 2016 to continue their groups. The network can now start to make plans for the year and what they would like to be involved in.

The self-advocates are working with Calderdale Social Work Teams at the moment to make things better for adults with a learning disability. They want to make sure that people get to spend their evenings how they want to spend them. Social workers asked the self-advocates if they would like to visit their office to see how a social worker spends their day. They would really like to do this and we will make arrangements for this to happen... pictures to follow!

Some self-advocates went to a 'Peer Review' meeting. The meeting was about services in Calderdale and how good they were. Some people from another council came to check what people thought about Calderdale services. They also went out to services to check if they were doing what they should be doing.

The self-advocates went to a Promote the Vote event in March run by Lead the Way and Social Services. They told people at the meeting about when they went to vote and how easy it was to register.



Three more self-advocates received their certificates for finishing the Engagement Champion training. Everyone is looking forward to working with Megan Vickery. They will be asking their friends and family what they think about services in Calderdale. All the information they get will be passed to the Clinical Commissioning Group (CCG). The CCG will use this information when they are making big decisions about services in Calderdale.

The self-advocates have also been doing some training with Inclusion North around meetings and what it means to be a self-advocate. At the first training session the self-advocates talked about the ground rules they use at their meetings and how to make sure people are ok with them.

At some of the network meetings the self-advocates would like to do some creative activities. The group made Easter cards at the last meeting. This made everyone feel happy!

People from the network go to The Learning Disability Partnership Board meeting which is at The Mereside Café, Shibden Park. You can check the Calderdale Council Website to see when the next meeting is or ring Dean on 01422 393973.

The Self-Advocacy Network enjoyed a late Christmas meal in February. It was a lovely day and everyone enjoyed the food!

Update From Jackie Dolman, Calderdale Self-Advocacy Network Co-Ordinator

The Calderdale Self-Advocacy Network Co-ordinator, Jackie Dolman, has just spent three weeks volunteering in Lesbos. Jackie has been helping refugees from Syria. Jackie says...

“Hi everyone! I’m just back and I’m really tired but very pleased to have been able to volunteer. It was hard and upsetting in a lot of ways but the people helping were brilliant. The people who live on the island, all the volunteers and the refugees themselves were all working together as equals to make sure everyone who needed it was looked after. So thank you to you all for your support, we managed to MAKE A DIFFERENCE!”

The network meets at The King’s Centre, Park Road, Halifax. If you would like to know when the next meeting is please ring Janet on 07436 102544 or Jackie on 07769 167762.



Be Healthy Group

At the last meeting we invited Social Services to join us to see how we can work together to make things better for adults with a learning disability in Calderdale.

There are going to be lots of changes in social services this year. The self-advocates have been going to meetings to talk about what they want the new service to be like. The group talked about people having the same social worker all the time. This would make things easier when people need to get in touch with social services.

The group would also like to do some cooking sessions during the year.

The group would like to thank Tesco for their very kind donation which they will use to buy food for the cooking session.

If you would like some more information about what the groups are up to and when they are meeting next please give Jackie a ring on 07769 167762 or Janet on 07436 102544.



Eating healthy meals at home and getting enough exercise—these are two big ways to stay healthy but it’s just as important to be able to meet friends, go out and socialise when we want.

So the Be Healthy Group will look at whether it is possible to choose food for health and go out to eat. Can you do both?

We are going to look at places we use often that are in many towns. This way the information will be useful for us if we go anywhere else and to others in other areas. We have chosen everyday places to eat that are easily available and that suit a range of ages, food types and prices.

We will look at a pub chain, a coffee shop chain and a fast food chain and find out what their healthier options are and how good the information they give out is to help you **CHOOSE FOR HEALTH!**

Meet The Team

Lead the Way have started a new exciting project called ‘Connecting People’. The project will be looking at ways to involve older people in their communities and reduce loneliness and isolation.



If you would like some more information please contact Lorraine on 07817 292972.



“My name is Lorraine Wrigley. I have 3 children, 2 step children and 3 very small grandchildren.

I have lived in Calderdale for over 30 years and worked on community projects in and around Calderdale for over 15 years. My hobbies include socializing with my family and friends, reading, walking and spending time with my grandchildren, who I adore! My favourite drinks are cappuccino and prosecco!

I began working for the Connecting people project, which is part of the Lead the Way project in February 2016. I am really looking forward to meeting new people in the North Halifax area, particularly those that are socially excluded and feel isolated. I am a peoples’ person and feel that I treat everyone with respect, making them feel included and listened to. Compassion, hopefulness and empathy are values that I aspire to and I genuinely care about other people and will always make time for others.

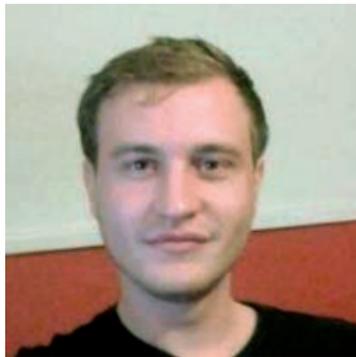
I truly believe that the best way to progress and strengthen a community is to build strong links and connections with other people—sharing ideas, knowledge, and resources.”

Growing Together Project

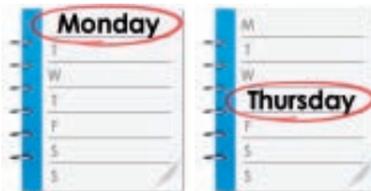


'Growing Together' invites the community of Ovenden to get involved at Threeways Centre to grow a brighter future with People's Health Trust Funding.

Are you interested in gardening, food, fresh air and exercise? Would you like the chance to get a little fitter, an opportunity to do something different, meet new people, learn some new skills or just want an excuse to get out of the house? This initiative could be right up your street.



This project has been made possible by funding from The Health Lottery's Health Bloom in addition to the fantastic support provided by Lloyds Banking Group. Chair, Daniel Sutherland said: "The newly confirmed funding gives the project a life of its own now. We've had a number of local people ask us about it already, so we're excited about how it is going to take shape."



All interested people can contact Debs by e-mail: debs@3ways.org.uk. The site is open Mondays and Thursdays 10am til 3pm every week for now. It is hoped that further funding can be obtained to extend the opening hours of the site to include weekends. No appointments are necessary, just turn up on either Monday or Thursday.



Debs, who is the Growing Together Facilitator said: "I am thrilled to be part of this exciting new project and looking forward to meeting up with the people of Ovenden. What a fantastic resource this will be."

Lead the Way would like to offer their congratulations to Cloverleaf Advocacy who have been successful in their bid for the Calderdale Advocacy contract. This will start on 1st April 2016. If you would like to make a referral or would like some more information you can contact the team on 01422 849589.

Finally... everyone at Lead the Way and The Calderdale Self-Advocacy Network would like to wish the former Chief Executive Officer of Cloverleaf Advocacy, Roger Milthorp, all the very best in his retirement. We have enjoyed every minute of working with you!





If you would like to make a referral,
or would like some more information,
please contact Lead the Way on:



Phone: 0300 012 0416



E-mail: info@leadthewaycalderdale.org

Our easy-read website address is:

www.leadthewaycalderdale.org



Write to:

Lead the Way

Centre at Threeways, Nursery Lane

Ovenden, Halifax HX3 5SX



Lead the Way are also on

Facebook and **Twitter**.