



SPRING 2017 NEWSLETTER

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

Hello and Welcome

Hello and welcome to the spring 2017 edition of our newsletter!

Since our last newsletter there have been lots of exciting changes at Lead the Way and we have lots of news to share!

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!

We are still working very hard to raise awareness and to make services better for people with a learning disability.

New Team Members and Introductions



We are very excited to tell you that we have some new team members. Our team has just got bigger! Here are some introductions from our new team members...



My name is **Amanda** and I am delighted to have started work here with Lead the Way. I have been involved with working with people and communities for a very long time and love it! I live in Huddersfield with my husband and twin toddlers. As well as voluntary work and being involved with church I am studying part time too. Just as well I love being busy! In my not very spare time I go to the gym, read and enjoy catching up with friends. I love meeting people and learning more about them and what makes them tick. I look forward to getting to know more people through my work here and to meeting you all very soon.



A big hello to everyone reading! I'm **Natalie** and I have just started as Service Ambassador for Lead the Way. I have done lots of different community work before as I just love meeting people and working with them to make our communities great places to be. I think it's really important that everyone should have a voice and be given the opportunity to use it which is why I'm very excited to be part of the Lead the Way project and team. I have a particular passion for social and digital media like film and anything arty. I'm really looking forward to meeting you all very soon so if you see me out and about, come over and say hi.



Hello everyone my name is **Roy** and I will be a Project Ambassador for Lead the Way.

When I was younger I could not read or spell properly and this affected my confidence. I was lucky enough to have lots of 1 to 1 support at school and I went on courses. This helped me to learn how to read and spell. Over 10 years ago I was able to start training at Café HX1, a training café that helped me to learn how to run a café and cook for customers. I gained a qualification at NVQ level. I gained confidence and learned to be in a work environment. 1 to 1 support really helped me.

I then worked at Scope. This was a day service that supports people with learning disabilities. They got funding and were able to take volunteers and I was one of them. This work also trained me to be in a working environment. As a volunteer I helped in classrooms, supporting others 1 to 1, I suppose kind of helping others who had the barriers to confidence that I once had.

Scope really supported me with training, I trained in first aid, equality and diversity and safeguarding where I achieved a really high score in my test. I progressed with Scope to mentoring, which was the next level up from a volunteer. What I learned in mentoring gave me the confidence to apply for Lead the Way.

I want to bring my skills to Lead the Way to support others. I want to help people gain confidence and show people that having a learning disability or a label does not have to be a barrier to who they are or who they want to be.

I now live independently and I enjoy doing my own housework and cooking. I have a pet cat called Frankie who I love and I enjoy playing on my Xbox.

I believe that anything is possible. I am really looking forward to working for Lead the Way and meeting everyone.

Groups

Art Group



The art group meets every Thursday from 10am to 12 noon. This is a friendly group who are always happy to try new things! If you would like to join the group, meet new friends, get creative and have fun then give us a call. A warm welcome and a cuppa is guaranteed!

We often get lovely comments from people who have attending an enjoyed being a part of our Art Group:



Hannah (my daughter) and I always look forward to our Thursday Art Sessions each week. I have been helping out at the group for a while now and I really love the friendly, comfortable atmosphere we have as a group. We all get on so well together and will help each other with the projects if needed. Janet is a lovely, helpful teacher with lots of ideas which the group enjoy realising through a variety of art and craft projects. It's so nice to take something you have made home with you. The work is photographed which makes you feel very proud of what you have produced. The two hours spent there just fly by as you become so absorbed in your work. To sum it up: Lots of different art projects, lots of fun – roll on next Thursday!”



LEAD THE WAY

Come and join our creative arts group
 Meet new people and make friends while having fun making things together



We meet every Thursday morning 10-12 at Lower Valley, Rastrick
 £2.50 per session, including a drink and a biscuit.

For more information ring
 0300 012 0416
 Easy-read website www.leadthewaycalderdale.org



Carers Focus Group

If you are a parent carer of an adult with a learning disability and would like to meet with other parents then why not come and join our friendly Carers Focus Group.

The group meets about every 6 weeks, usually at The King Cross Library. This is a very informal group where parents come together to offer each other support regarding services in Calderdale. The group regularly attend The Learning Disability Partnership Board meetings which is also attended by Commissioners, health professionals, carers and adults with a learning disability.

The group have also enjoyed some relaxation time with craft sessions and they have also met up with other carer groups in Calderdale.

In February the group will enjoy meeting up with another carers group and experience some massage treatments.





New members needed for our new Focus Group!

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



If you would like to be part of a group shaping Lead the Way please e-mail:

karen.graham@cloverleaf-advocacy.co.uk



Be Healthy Group

The Be Healthy group has now changed and this is working very well. Instead of meeting monthly the group are now meeting once every three months for the full day. A mini bus is hired for the day giving the group more opportunity to go out and about and meet other communities.



The group has so far been to Barnsley to meet other self-advocates. They were also involved in the Todmorden Lamp Lighter Festival. The group enjoyed a lamp making session and then joined in the parade. It was a great atmosphere and everyone enjoyed being out as a group at night time.



Lastly, we would like to wish Yvonne all the best as she takes on the role of co-chair at the Learning Disability Partnership Board meetings. If you would like more information about any of the groups please give **Jackie** a ring on **07769 167762** or **Janet** on **07436 102544**.

Calderdale Self-Advocacy Network



The network has been very busy, as always! The network meets once a fortnight at The King's Centre, Park Road, Halifax.

Here are just a few things the network has been doing over the past few months:

The network met with some self-advocates from Bulgaria, this was arranged through Change. Change is a human rights organisation run by people with learning disabilities. It was a great chance for the group to find out how self-advocacy works in different countries. Everyone enjoyed the visit and we all learnt a lot about each other's network. The groups swapped social media details and we hope to keep in touch, and who knows maybe another visit could be arranged!



Self-Advocates from Calderdale and Bulgaria



GP Quality
Checkers receiving
their certificates.
Well done everyone!

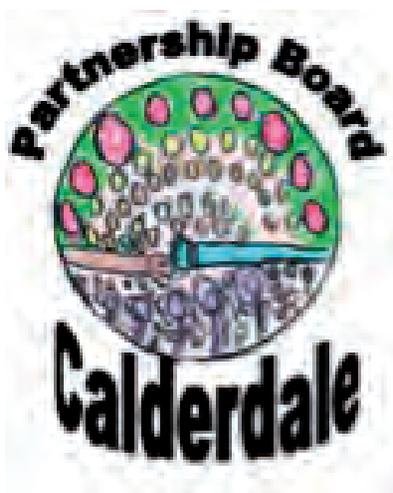
Some members of the network have become volunteers with Lead the Way for their GP Quality Checking project. The volunteers attended a two-day training course which was run by Sunderland People First. The group talked about good and bad practices and how we can make sure that services are right for people with a learning disability, and their families and carers. The group will work closely together and there will be more information once the group have carried out their first check!



The network has worked closely with the bowel screening team at the Calderdale Royal. Equipment was brought in to the group for them to have a look at. Easy read information was also given for the group to share with their friends and most people said they would not be as worried now if they were sent a letter to attend a screening. A visit to the unit was also offered and this may be arranged in the future.

Further Engagement Champion training will be carried out this year to refresh people. The group will also be involved with Hate Crime, becoming Hate Crime Champions and promoting at events. The group are also working with See Ability and after they have received training they will go out and promote healthcare to other people with a learning disability.

Calderdale Learning Disabilities Partnership Board



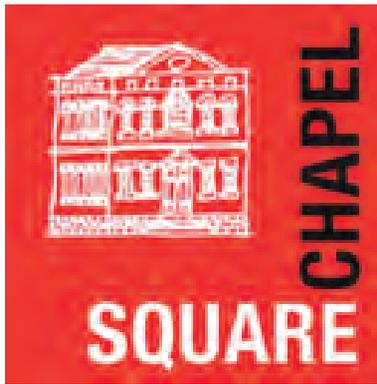
Do you have a learning disability or are you a family/carer of an adult with a learning disability?

Do you want to become a member of the Calderdale Learning Disabilities Partnership Board?

The Board brings together people with learning disabilities, their representatives, families/ carers, voluntary organisations to work together to ensure that they have choice, inclusion, independence and access to the same rights as everyone else in all services.



The Board meets six times a year. For more information please contact **Karen Graham** at Lead the Way on **0300 012 0416** or **www.calderdale.gov.uk/socialcare/learning-disability/for-learning-disabilities/disability-partnership-board/get-involved.html**



Gig Buddies

Square Chapel has received some funding from Calderdale Council's Children's and Adults Services to develop Gig Buddies in Calderdale.

The idea behind Gig Buddies is to enable adults with a learning disability to enjoy all the great cultural things going on in their community, by pairing them up with a volunteer who will become their own cultural buddy for going to gigs and events on a more regular basis.

More information will be available over the next few weeks at www.squarechapel.co.uk.



The Connecting People project has been busy... connecting!

We have been visiting lots of groups, activities and projects around North Halifax and connecting with people who run them and participate within them. We are facilitating an event on 9th March to begin to share stories of success in North Halifax and to look at resource sharing and peer support.



We have a very exciting pilot project to raise awareness of neighbourliness. This is going to be a collaborative project and we simply can't wait! We will be working with **BusOasis** and taking the bus out into the community and chatting to people about how to be more connected to their neighbours, and their community.

We are recruiting volunteers and look forward to introducing our new look team very soon!

We are also working with projects to look at new ways of connecting people through the digital world.

We are always looking for new ideas and new ways of connecting. We are especially interested in connecting with people who feel disconnected, and lonely – if you feel like this or know someone who does please come and talk to us.





Ravenscliffe School

Last school term, Lead the Way worked with two groups of post-16 students at Ravenscliffe High School to complete a One Page Profile. Building on from this work, we are now working with the same students to create a personal profile which will record important information about each student such as hobbies, skills and future goals. It is hoped that this personal presentation can be used by the students for a variety of purposes, will adapt and change with the person and will also feed into their EHC Plans. By using person centred practises and focussing on the Preparing for Adulthood outcomes, employment, independent living, good health and community inclusion; students are empowered to think about the things that really matter to them and begin thinking about what they will do once they have left school.

This term we looked at employment, first discussing the different reasons for getting a job such as learning new skills, meeting new people and being included in the community. We have gone on to explore different types of employment such as employed, self-employed and volunteer. Additionally we discussed each student's hobbies and thought about the skills they had developed through these, which can also be useful in the workplace. The students have started progress on their personal presentations which are already starting to look very interesting and colourful!

I enjoyed doing my Profile”



To find out more about one page profiles please follow this link: www.helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/



Some of the checkers receiving their certificates after finishing the training

GP Quality Checking

In November Lead the Way recruited thirteen volunteers who wanted to become GP Quality Checkers.

Sunderland People First came to Calderdale to do a two-day training session with the group. During the training the group talked about what makes a good GP practice and how this makes it a much better experience for people when attending appointments. The group looked at things like easy access to the building, pleasant and friendly staff, information provided in easy-read, people being offered annual health checks and screening, as well as many other things.

The checkers will put together their own checklist for the surgery visits. After the visit a report will be put together, this will show things that they are good at as well as things that need to change.

The group will carry on meeting regularly until they are ready for their first GP visit.



Pregnancy Focus Group

Another project that Lead the Way are developing in partnership with community midwives and other healthcare professionals across Calderdale and Kirklees, aims to improve support for men and women with learning disabilities on issues from family planning advice through to help and support for new parents.

Initially we are looking to secure funding to produce a training DVD which will help community midwives and provide tools and resources to improve communication and care for expectant mums and dads with a learning disability.

What do you think about these new projects? We would love to hear from anyone who would like to get involved or pledge their support, either as a professional or funding body or simply to share personal experiences and what support has helped you.



Please contact **Natalie** on:

natalie.ratner@cloverleaf-advocacy.co.uk



Employment Focus Group: Future Projects

We know that one such priority both locally and nationally, is helping people into employment. Recent research has suggested that whilst the majority of people with a LD would like to work, just 6% were in paid employment in 2016.

Lead the Way is passionate about supporting people to achieve their goals and ambitions and will be working together with other local and national organisations that offer advice and support from creating CVs to supported employment.

Our colleague Roy, who began working at Lead the Way in December 2016 in his first paid job, has been sharing his experience of finding work and what difference working for Cloverleaf has made to him. Look out for the video on our website **www.leadthewaycalderdale.org** coming soon!



Project Search



Lead the Way will be involved with support and working with an exciting new government project called Project Search. Project Search aims to find full time paid employment with local employers for young people with learning disabilities.

Project Search will provide internships for young people which will last one year, it will be aimed at young people whose goal is competitive employment. Young people will spend their time within a business where they will learn skills that help them in employment. They will take part in work in three types of work that will help them to find out and learn about different roles.

They will have the support of their family, their teacher and also an employment specialist. It is hoped that at the end of the internship they will be able to secure permanent employment.



To find out more about Project Search visit:
<http://preparingforadulthood.org.uk/resources/stories/supported-internships-project-search-model>.



Learning Disabilities Week



This year's Learning Disabilities Week will take place on 19th to 25th June 2017.

The theme will be friendships and relationships.

We plan to have some exciting events happening for people to take part in this important time, we will be advertising these shortly if you would like to take part.



To find out more about Learning Disabilities Week please visit: <https://www.mencap.org.uk/get-involved/ldweek>

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.

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](#).

Tell us what you think!

Lead the Way are keen to get your views on how the service is run and the support we provide.

Please let us have your comments and feedback on what we currently offer and

let us know if there is anything you would like to see us do in the future.

Carers are at the heart of our service so should be included at all times. Thank you.

(Please place a tick through the appropriate smiley face)

Overall how useful have you found the Lead the Way newsletter?



Extremely
Useful!



Useful



Not
Sure



Not
Useful!

Comments (Please let us know what you found good/bad about our Newsletter)

Please return your completed form to **Lead the Way**, Centre at Threeways,
Nursery Lane, Ovenden, Halifax HX3 5SX. Alternatively, ring or email us.