



EASY-READ MINUTES

Friday 13 December 2024

The Library in Ellesmere Port

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The Learning Disability Partnership Board is people working together to make things better for people with learning disabilities.



What's Inside?

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Separate Document	All the Actions - Things people need to do.
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People at the meeting

Name

Jill Cooper	NHS - Reasonable Adjustments and Learning Disability Co-ordination
Sean Donelly	NHS Cheshire and Merseyside - Cheshire West Place Learning Disability & Autism Project Manager
Michael Gentle	Self-Advocate - People's Choice Group / Canal Street (supported by PA Simba)
Jackie Goldstraw	People's Choice Group and See Communications
Katy Griffiths	CWAC - Senior Travel Trainer
Alistair Jeffs	CHAIR - Vivo - Director
Sheila Little	CWAC - Councillor
Ali McAvoy	People's Choice Group and See Communications
Meaghan McCauley	Volunteer and Learning Manager at Dial
Martin McGuinness	Self-Advocate - People's Choice Group
Jo Moss	Parent-Carer
Pauline Oultram	Parent-Carer
Tracy Parry	Vivo - Minute Taker
Sarah Reidy	Supported Employment Service Co-ordinator
Rob Robertson	Cheshire and Wirral Partnership Trustee
Gemma Robinson	CO-CHAIR Self-Advocate People's Choice / Canal Street
Vanessa Usai	Parent Carer Forum - Chair
Helen Walton	Cheshire West Integrated Care Board - Senior Project Manager Learning Disabilities and Autism
Claire Walley	CWAC - Adult Social Care Programme Manager



WELCOMES



Alistair Jeffs and **Co-Chair** Gemma Robinson welcomed everyone to the meeting.



Alistair said that Karen Bunnagar is leaving Canal Street. She has been an **amazing member of staff at Vivo for over 19 years**. She has been a good **Champion for the Advocacy group**. Everyone said a **Big Thank you to Karen**.



Updates on Actions from the last meeting and Ongoing Actions



! ACTION 52 - Housing Improvement Agency Meetings ongoing

David Biddle is retiring from the council.

Claire Walley said she has asked Michelle Taylor about this and will **report** back.



! ACTION 47 - Rent Issue when 53 weeks in the year ongoing

Claire and the **Housing Benefit** manager are making an easy read letter. It will be sent out each time there are **53 weeks** in the year.



Councillor Little said people will get the information before it happens. So there will be no need to worry.



⚠️ **ACTION 42 - Safe and Accessible Homes ongoing**

Alistair said he will make sure this **Sub Group** is working well again. It will be more involved in housing decisions for the future. So people can get the right housing at the right time.

People with lived experience and Parents and Carers will work with Council staff and Transport to make Housing **Strategy**. People will have **Personal Housing plans** that say what they want and need as part of their **Reviews**.

Jo Moss said we need more communication. She asked how people who do not have a named Social worker will be supported with housing **Reviews**.

Claire said they have more staff working extra hours to help **review** people. They will look at their accommodation needs now and for future.

⚠️ **WE WANT Claire to lead the Safe and Accessible Homes Sub Group until a new staff member is found to replace David Biddle - Action 53**

Learning Disability Conference

Alistair said we will be hosting a Learning Disability Conference in 2025. A working group will start planning soon.

⚠️ **WE WANT Alistair to arrange a new Working Group to plan our Learning Disability Conference - Action 54**



Jo Moss asked what is happening with the Day Services **Review**. Changes are due from April. It should have been finalised in November but we have not heard anything about it. **Communication** needs to be better.



Michael Gentle said he wants to make his own decisions. Not to have someone telling him which day service he has to attend. He does not want to get a letter on 1 March telling him what is happening in his life. Nothing has been made clear.



Councillor Little said everyone will have an individual **Review**. They will be asked is there anything they want done differently or in a better way.

They are not rushing to change things.

A video message of what is happening would help.



Alistair said he will arrange meetings in the new year to explain what is happening. He understands that people are anxious.

! WE WANT Alistair to arrange meetings to explain what is happening with the Day Services Review - Action 55



! Action 41 Equality Diversity and Inclusion Board (EDI) We still need someone from the Learning Partnership Board to go to the **EDI** meeting too.



Co-Chair Report

JUST ONE THING TIPS

By Gemma Robinson



Gemma shared her Easy Read presentation about 'Just One Thing' Tips on staying healthy. She has learned a lot from Michael Mosley's radio programmes and books.



She said small changes to your daily routine can make you healthier.

Preparing for bed at 9pm and having 8 hours sleep with no phones in the bedroom can help you Sleep Well.



Eating Well means lots of fruit, vegetables and protein. Home cooking not processed food or too many treats.



She said **fasting** has helped her lose weight. There are different ways to fast - people need to check with their doctor first.

Drinking Well means lots of water and herbal teas. Limit **caffeine** and alcohol. No fizzy drinks. She has learned it is best to have no **caffeine** for 1 hour after you get up.



Exercise can be any movement rather than sitting. You can do what you enjoy.

Jill Cooper said the Countess of Chester hospital now give **caffeine** free tea and coffee to their patients. It seems to help them sleep better. And have less falls.



! WE WANT Gemma to share her information about caffeine on an easy read News poster - Action 56



Update

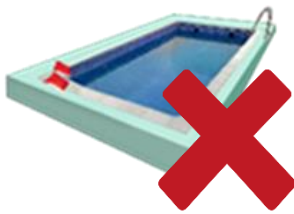
Some of the **Sub Groups** did not **report** at this meeting because there was not enough time.



Sub Group Update

CARERS GROUPS

from Dorothy Jump and Vanessa Usai



Dorothy Jump sent Alistair a **Report**. She is not happy that **Hydrotherapy** was taken off the Actions list. Alistair said there is nothing we can do about the Willows **hydrotherapy** pool. We have made everyone aware it is a very important issue for us.



She went to the Vivo Carers meeting. All staff need to know that they can ask for **Reasonable Adjustments** for the people in their care. And Annual Health checks.

Parent Carer Forum - Vanessa Usai

Vanessa said the forum is for Carers of 0 to 25 year olds. To bring them together in person and online to share views and experience.



They met at Vicar's Cross Golf club in November for Mental Health Day.

And had an online meeting about Education and Health Care Plans in December.



Coming up are -

23 January - Drop in session at Down Syndrome Cheshire, Denton Drive, Northwich.

11 February - **Neurodevelopmental** Forum at Hartford Golf Club.

14 May - Preparation for Adulthood at Ellesmere Port.



Sub Group News

PEOPLES CHOICE GROUP

by Martin McGuinness, Pauline Oultram, Ali McAvoy, and Jackie Goldstraw



Ali and Jackie sent a full **Report** including news about

Information shared about events, staying healthy and cold weather.



Social Groups Christmas activities including a drama performance, carol singing, and lunch at Chester Cathedral.



Our Working Group work on the easy read **Independent Travel Training Leaflet**. And visit to **SUSO** in Macclesfield to talk about **Oliver McGowan training** and working together next year.



Finishing our **Report about cancer awareness. And looking for more funding for new projects like healthy food.**



Issues we have come across - like staffing levels and lack of drivers stopping people from going out when they want to. And finding it hard to be part of the **Oliver McGowan training.**



Sub Group Update

REACHING OUR POTENTIAL

From Sarah Reidy



Supported Employment News

Sarah Reidy is a Supported Employment **Co-Ordinator**.

The Supported Employment Service is for adults with a learning disability or Autism. To help them find and stay in work.



Since January 2023

- 118 people have started on the service
- 68 people have a job
- 42 people have been working for more than 3 months

There are a lot of different employers.



jobcentreplus
Work Coach



People can work for 15 hours and 59 minutes a week without affecting benefits. They get Work Zone Disability Advice to work out in money, whether each person would be better off in work. So people can make the right choice about work for themselves.



Gemma said she used the Supported Employment service but it wasn't right for her.



Jo Moss said she was not impressed with her experience of Supported Employment.



Sarah said they do things differently to suit each person. Finding work from a few hours a week to full time. They can encourage and guide people or be there full time with them while they learn if needed. They support people for as long as they need. And go back if there are any problems. Or if people want a different job.



They want the Social Care Team to refer more people who want to work. And for the NHS and Council to offer more jobs for people.

Alistair asked Sarah to share videos of people supported into work to help encourage others.



INDEPENDENT TRAVEL TRAINING

from Katy Griffiths



Katy Griffiths is a Senior Travel Trainer.

Katy shared a presentation. They are being trained to be **accredited** Travel Trainers.

She said they teach, children, young people and adults how to travel, safely, **independently** and confidently.



They teach each person the exact route they need. Usually using public transport.



They have had referrals from the council Transport Team. They will start training people next year. **Ask your key worker or Social worker for more details.**



ANNUAL HEALTH CHECKS

By Meaghan McCauley
from Dial West Cheshire



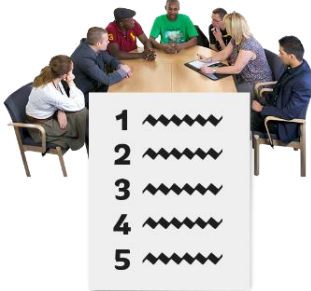
Meaghan said Dial are trying to help people who have not been having a health check. Sometimes people have not heard about it or find it difficult to book.



Sean Donnelly said last year Cheshire did better than average. 89.3% of people due a health check test had it.



Only people on the Learning Disability Register can have an Annual Health Check. Not people with a Learning Difficulty or just Autism. Doctors, Nurses and Pharmacists can refer people for tests.



Alistair invited Dial House to join the Board and come to future meetings.

Gemma talked about an upsetting visit to the doctors.

Helen Walton said they had a meeting with the Primary Care team to talk about it.



We Said You Did

Gemma spoke up about an upsetting visit to her doctor.



The Staff team were told at a meeting how their attitudes had affected Gemma. They all did the **Oliver McGowan training** to make sure they do better in future.



Other items

ANY OTHER BUSINESS

from Alistair Jeffs



Rob Robertson from the Cheshire and Wirral Partnership Trust talked about the CANDDID (Centre for Autism, **Neurodevelopmental Disorders** and **Intellectual Disabilities**) Conference and their Hear My Voice videos.

<https://www.canddid.nhs.uk/Hearmyvoice>



And Our Voice Matters videos.

<https://www.cwp.nhs.uk/ourvoicematters>



The Council have invited people to a meeting about the Adult Social Care Webpage. They want to redesign it and ask people what they think about it. Sessions will be

- 17 December Winsford
- 19 December Chester
- 20 December Ellesmere Port



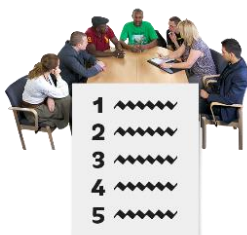
Jo Moss said she was waiting for a reply - Claire Walley will check for her.

Meeting Changes - Times for next Year

10.00 till 10.30 - Social time

10.30 till 12.30 - Meeting

12.30 till 1.00 - After meeting recap time



And we will have any guests speaking at the start of the meeting. Then the **Co-Chairs Report** and then Updates on Actions and **Sub Group Reports**.



We Said You Did

Gemma and Jackie talked about how the meetings could work better for people with learning disabilities. Kevin and his staff talked to Alistair and Jackie too.

Alistair has made these changes so meetings work better for everyone.



Virtual Tours

Helen Walton asked Mark from Bartex design to design a **Virtual Tour** for their website of the Countess. It will include the main area, reception, toilets, and an example of a treatment room. She asked people to let her know and extra ideas.



! WE WANT Canal Street Self Advocacy Group to give feedback to Helen for Mark at Bartex. About what we want included in hospital Virtual Tours - Action 57



Charlotte Walton shared a written **Report**. The **Care Quality Commission (CQC)** will be inspecting our **Adult Social Care Services**. It will be in the week starting **3 February**. They want to see if the Services are good or not.



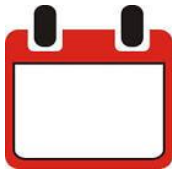
Co-Chair for the next meeting is **Martin McGuinness**. He wants to talk about **accessibility** issues. Including shops with no ramps and uneven pavements in Northwich.

! WE WANT Alistair to invite Peter Grimes and James Holden to the meeting to talk to Martin. They have been doing an environmental survey in Chester - Action 58

Thank you to Gemma for being **Co-Chair** and to everyone attending today.



NEXT MEETING INFO



Date

Friday 14 February 2025



Place

Ellesmere Port Library
Civic Way, Ellesmere Port, CH65 0BG



Meet

9.45 for catch up and refreshments
(meeting starts at 10.30am)



Finish

12.30 in the afternoon (recap until 1.00pm)



For more information ask Tracy Parry

Email: Tracy.Parry@VivoCareChoices.co.uk



These easy read **minutes** were made by:
Ali McAvoy and Jackie Goldstraw from
See Communications. Janet Hutcheson
and Penny Scott from **Canal Street Advocacy**
and Georgina Hulme of **Peoples Choice Group**.