



Gogledd Cymru **Gyda'n Gilydd**
North Wales **Together**

Gwasanaethau ddi-dor i bobl ag Anableddau Dysgu
Seamless services for people with Learning Disabilities

North Wales Together

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Bulletin July 2020

Hello and welcome

from Kathryn Whitfield: Programme Manager

Hello and welcome to our latest bulletin.

We thought it would be a good time to update you on what has been happening since our last bulletin that was sent out in April.



As Covid-19 has swept over the world, changing life as we know it, the learning disability transformation project has had to change as well. Firstly, as many of our team were on secondment from front line services, it was inevitable that team members have had to shift priority and help support services continue to run during the pandemic.

Myself, Paul Mazurek, Jeni Andrews and Liana Duffy returned back to Denbighshire. Sian Croston, Helen Dransfield and Steve Brown returned back to their roles in Flintshire. This left a small team consisting of Bev Futia, Kim Killow, Paul Hosker, Sioned Williams and Mark John-Williams who have kept things moving, re-addressing priorities and supporting project partners and citizens to work in a new way.

As of the 1st July, I am back leading the transformation project and Sian Croston, Helen Dransfield, Steve Brown and Paul Mazurek have also returned. Sadly Liana Duffy is unable to return to the project and we now only have Jeni Andrews 2 days a week. However with team members picking up additional hours and our collective effort, we are confident that we can progress with the projects objectives albeit in a different way.

I would like to thank everyone for their flexibility and hard work in helping services continue to deliver and supporting citizens during these very challenging times.

So, what have we been doing during lockdown?



Technology

We have had a huge push with technology to ensure that we can progress as many projects forward in a digital and online way. Through a combination of ICF funding and some donated equipment, the programme team distributed computer equipment, easy read information guides and provided a "virtual buddy" to support citizens, families and carers to enable them to get online. This has allowed citizens to engage with a range of online projects being funded by the programme and through other third sector organisations.

Rainbow cards

Helen Dransfield from our team did a wonderful job designing the rainbow card. Families and carers supporting individuals with a learning disability and/or autism were able to show the card to police when they needed to travel outside their area and/or needed to exercise more than once a day to maintain their wellbeing. North Wales Police formally accepted the use of the card across North Wales and over 1300 have been distributed to citizens.



LD Transformation Facebook Group

This group is just growing and growing! Thank you to Bev Fugia from the team who has hosted a number of Facebook live interviews over the past few months. Bev ran a series of interviews featuring a sample of funded project partners, the North Wales Participation Group as well as an interview with Neil Ayling, our programme host. Michelle Williams did a fabulous job interviewing Neil. Follow the link below for details of the Facebook group!



<https://www.facebook.com/groups/424132108223654>

It has been a great opportunity for everyone to hear directly from individuals involved with the programme and something the team will continue to do moving forward!

If you are interested in appearing, please drop us a note at learning.disability.transformation@flintshire.gov.uk.



Funded Project Partners

As you know from our last bulletin, we have a number of project partners working with us to deliver some of the objectives of the project. A number of these projects have been able to adapt and progress their planned work in a different way. As time goes on, we will keep you posted on progress. As for now, here are a few of the projects that have been able to adapt and continue to run during lockdown.

Makaton Choir - Conwy Connect

On 30th March the Makaton Choir ran by Conwy Connect transferred to weekly online sessions. Sessions have been regularly attended by members, parents, carers and support staff. Numbers have remained constant with the addition of 6 new members, parents and carers resulting a total of 23-26 people attending weekly.



What has worked well!

- Providing a space for people to meet up thereby maintaining social contact, continuing to bond as a group and also enjoying the benefits of signing and singing together.
- Members have adapted well to the changes.
- Isolation has been lessened and new skills have been learnt. All participants of continued to learn new signs and songs during this period.
- People are also connecting via the virtual choir Facebook page and WhatsApp group.
- New members from Conwy Connect have joined since lockdown. These are people who do not need to use Makaton as their main form of communication but are interested to communicate with other members. They also enjoy the social aspect of the group.

Well done Conwy Connect and all the members of the choir! It is brilliant to how well you have adapted to become an online choir. To view some videos and an interview about the choir you can visit Conwy Connects Facebook page in the following links:

<https://www.facebook.com/CC4LD/videos/2628908574018934/>

<https://www.facebook.com/CC4LD/videos/1659506880872659/>



I-Teams project via Flintshire Do-It

Flintshire DO-IT, like everyone else was massively challenged as to how they could continue their I-Teams Project when the Pandemic struck. Having had a recent introduction to zoom video conferencing they decided to take the plunge and see if they could deliver the programme of workshops and mentoring online.

Since the 7th of April they have been delivering one-hour interactive video sessions, walking people through the process of building a 'Circle of support'. The advantage of video-conferencing is that you can invite in guests from anywhere, so they were really lucky to have Marie James, Mum to Trystan, with whom they built a successful Circle, to help them through Trystan's transition in Carmarthenshire. She brought it to life brilliantly!

They have now held 9 Zoom workshops alongside individual zoom mentoring and are pleased to report that 5 'I-Teams' have formed a Circle online, with 4 more being planned.

Great to see this project progressing virtually and we look forward to hearing all about the great work this project does going forward.

Values and Behaviours Film – TAPE & Hijinx

The aim of this project is to coproduce a video to raise awareness of important issues around values and behaviours. It aims to be a valuable resource to raise knowledge and awareness about how to best support people with learning disabilities and embed key values and behaviours within the workforce.

In the current situation, the team at TAPE have moved this project online! The sessions got underway in May using Zoom and have given participants an opportunity to come together virtually, meet new people, learn new skills whilst getting involved in creative media. This has allowed citizens to stay connected despite physical distancing.

So far the project is progressing well and we are really excited to see the finished product!

This has been just a small sample of projects and we look forward to focusing on some others in our next project bulletin.

FLINTSHIRE DO-IT INVITES YOU TO

The I-Team weekly sessions

Create your own 'circle of support', a community network, just for you

**Every Tuesday on Zoom video conference
1.00 to 2.30 pm**

CONTACT MARK ON MARKPCPWILLIAMS@AOL.COM OR CALL 07951 244724



Get Checked Out North Wales

Welcome to our new website focusing on health checks. This was a piece of work that we were able to progress during lockdown enabling a platform for health related information, including a section on Covid-19.



We launched this sooner than planned as we felt this was a resource that would be welcomed during this time.

Because of this, we only launched with the English website, however the Welsh site is under development and will be live soon.

Check the website out at <https://getcheckedoutnorthwales.org/>

This is an early version of the website and we are happy to take feedback and set up some co-production groups to review documents and make improvements going forward.

We hope this website will be a great space that individuals, parents, carers as well as health professionals can get information and resources to make health checks and screening much easier for everyone.

Our main project website also has a host of information about our programme of work. Check it out at <https://northwalestogether.org/>

Project Evaluation

We are continuing to work closely with our project evaluators, with a bit of a shift in focus due to the covid-19 situation. Focus at the moment has been evaluating the impact of the work the team has been doing during lockdown. We are now looking at what is needed to sustain outcomes within North Wales Learning Disability Strategy going forward. We are therefore working with our evaluators on sustainability plans for the future.

