



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

Seamless Services for people with Learning Disabilities

Bulletin November 2020

Hello and welcome

from Kathryn Whitfield: Programme Manager

Hello and welcome to our latest bulletin.

Since returning back to the project team in July, we quickly put into action our recovery plan to get the project back on track, looking at what we can realistically deliver during these times.



All the team are working remotely from home, working hard to get projects delivered virtually and supporting project partners to deliver their objectives in a different way.

Firstly, I am very pleased to announce that Stephanie Hall joined the team in September to take up the role of ALN (Additional Learning Needs) Lead. Stephanie will be working remotely to deliver on some key pieces of research, namely to:

- Map current trends in post-19 destinations for young people with complex needs
- Produce a good practice guide that collates examples from across the region in ways in which the individual development needs of young people with complex needs can be met in the local community, as well as a guide for individuals and families involved in decision making regarding provision.
- Complete an analysis of the gaps and barriers that prevent this group from accessing local education, training and employment opportunities and an options appraisal for how these might be overcome.



If you are interested in this piece of work, or would like to contact Stephanie, she can be emailed on Stephanie.hall@flintshire.gov.uk

If you are a family member, carer or individual with a learning disability and would be willing to be interviewed by Stephanie to help support this project, please drop Stephanie an email.

Welcome to the team Stephanie, we are all looking forward to working with you!



Provider Forum

Our provider forum began meeting virtually in June 2020, to provide a safe space for project partners and North Wales providers to get together and look at how they can support each other. This has been especially useful during these times, when projects have had to be adapted to be delivered in a different way. This is allowing participants to identify opportunities for collaboration as well as identifying duplications of effort. The sessions are being ran every 3 weeks and all providers are welcome to join as a safe space to get advice, share best practice and network.

Update on our values and behaviours work

Since we ran our values workshops, the ethos of our project has been about:

- Everyone is an individual and should be treated with dignity and respect.
- Voice, choice, control and independence is at the heart of everything we do.
- We deliver person centred care, putting the person at the heart of everything we do and helping them achieve their potential.
- We are always honest and transparent and not afraid to say when something goes wrong.

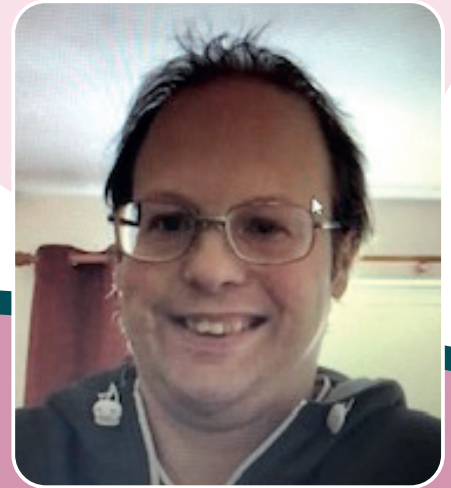
We have been working with TAPE music and Film and Hijinx to produce a film based on this ethos demonstrating what good support looks like. The film makers will be featuring in the Learning Disability Wales annual conference where they will answer questions about what it is has been like to be involved in the project. You can also check out feedback from participants here aswell <https://northwalestogether.org/values/>.

As well as the film, a small group of participants have been working on developing an E-Learning course, embedding some of these values and key behaviours linked to the Social Services and Wellbeing (Wales) Act 2014.

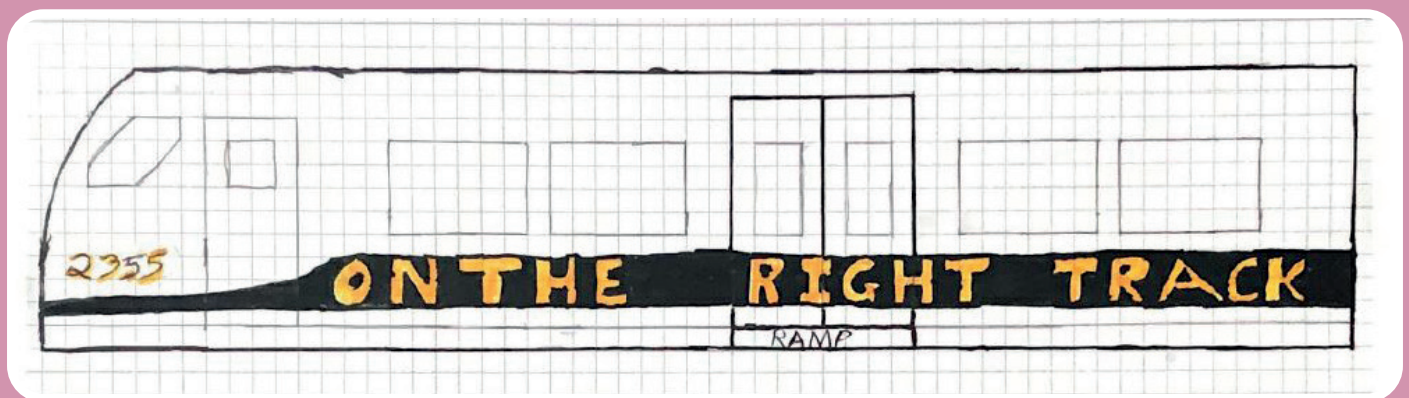


Nick's Story!

Nick is part of the Wrexham SWS Group (Standards of Wrexham's Services), a group that he attended weekly before the lockdown. When lockdown happened Nick didn't have access to IT and was unable to participate in activities that were being ran. Nick was provided with an iPad and was able to join in remotely via zoom.



He wanted to get involved in the E-learning group and came up with the concept of "being on the right track". Learners can hop on board and get an overview of key areas integral to supporting people with a learning disability, getting off at stations about **communication**, **enablement** and **active support** and **person centred risk**. He drew this train to explain the ideas he had and we are now supporting Nick to bring this train to life through animation.



Nick has been so creative as part of this project and is now learning new skills around animation. Work is on-going, and we are hoping the E-learning will be live on our website, the NHS learning@wales platform and learning pool by the end of the year.

With stories and videos from people in North Wales, we really hope it will be valuable local resource to help raise the profile of people with a learning disability really embedding some of the key principles around key values and behaviours.



Get Checked Out North Wales

Our website has been live for a while and we have now set up a group to review all the documents and layout to look at making some improvements. Over the coming weeks you will see some tweaks and changes being made based on peoples feedback.

Please let us know if you have any feedback by emailing Sian.croston@flintshire.gov.uk.



We have also commissioned Shane Howard to work on some short basic animations featuring Shane the Sheepdog all about being healthy which we look forward to sharing on the website.

Paul Hosker from the team has just kicked off a project looking at developing short films about physical and mental health, which will feature on this website. You can email Paul if you want to learn more about this project - Paul.hosker@flintshire.gov.uk

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.

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

Have you had your Flu Vaccination?

Now more than ever it is so important to keep an eye on your health and ensure you have the flu vaccination. This winter will be the first time that ALL children and adults with a learning disability will be entitled to a flu vaccination and we encourage all citizens to take up this offer from their GP. Those citizens who have a needle phobia and cannot have the vaccination by injection should ask their GP if they are eligible for the nasal spray option.

Public Health Wales published a study into covid related deaths amongst people with a learning disability, which again highlights the health inequality that those with a learning disability face. It is more important than ever that people with a learning disability are seen by their GP if they have any health concerns.

You can access the report here:

<https://www.ldw.org.uk/report-into-deaths-of-people-with-a-learning-disability-in-wales-from-covid-19/>

You can also check out our easy read Covid-19 resources on the get checked out website at www.getcheckedoutnorthwales.org/coronavirus



LD Transformation Facebook Group

This group is continuing to grow and our new anchor man, David Wilberforce is doing a great job interviewing all the guests that come onto our facebook live sessions. David has been learning how to run the facebook lives using streamyard and we think he could have a future career in presenting! Take a look at some of the interviews that have taken place so far by joining the 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.

Luv2MeetU launches in Flintshire, Denbighshire and Wrexham!

Luv2MeetU, which is ran by the learning disability charity HFT in Flintshire, is a friendships and dating agency for people with a learning disability or autism aged 18 and over. It supports people to make friends, share interests and develop relationships.



Zoom dates, an online supper club and web based karaoke are just some of the activities on offer as Flintshire's first friendship and dating service for people with learning disabilities opens its doors - virtually!

Originally set to feature events around the Flintshire area, the unique dating service has transformed its packed programme of events into a virtual calendar and has expanded into Denbighshire and Wrexham.

Aiming to address the risk of loneliness and isolation which may be particularly affecting people with learning disabilities during the pandemic, Luv2meetU offers a range of events and activities allowing people to get connected, make friends, or even meet someone special. The friendship service will run approximately seven events a week, including quizzes, telephone bingo, chair yoga, art workshops and social drinks. All events will be run virtually to ensure people are able to get together and socialise without increasing their risk of infection or breaking potential lockdown restrictions. As well as providing opportunities for people to chat and make friends, members can take part in activities such as cookery sessions, and may even be able to take part in chaperoned virtual dates in the future.



Multi Me is up and running!

The Multi Me software is being piloted as part of the assistive technology workstream. Multi Me is a secure, person-centred planning, social networking platform that is accessed via the internet through a web browser. The Multi Me software is mobile optimised accessible across a variety of devices including smart phones, tablets, laptop and desktop computers.

Despite the challenges caused by Covid-19, Multi Me has been progressing well.

79 accounts have been set up as part of the pilot so far with approximately 30 users with a learning disability, 41 users being buddies (staff, parents, carers) and 8 other users such as circle members. Feedback so far is positive. We look forward to seeing the final outcomes from the project early next year.

Gig Buddies is set to launch in North Wales in November!

Funded by the North Wales Learning Disability Transformation programme and First Choice Housing Association, Gig Buddies will have its official launch in November at the Learning Disability Wales annual conference 'Everybody'.



2 Coordinators have been recruited so far, one of which has a learning disability and the application process is now open. If you want a gig buddy, or you would like to volunteer as a gig buddy, you can apply now!

We are looking for:

Adults with a learning disability and/or autism in North Wales who would like to get out more to gigs and events and do the things they love.



Learning Disability Wales
Anabledd Dysgu Cymru

Find out more and download an easy read application form here:

<https://www.ldw.org.uk/project/frindiau-gigiau-gig-buddies/>

Volunteers in North Wales who are passionate about music, culture, sports and the arts and who would make a great Gig Buddy. Find out more and download an application form here: <https://www.ldw.org.uk/project/frindiau-gigiau-gig-buddies/>

For more information about our Gig Buddies work please contact the Gig Buddies team at Learning Disability Wales: **email gigbuddies@ldw.org.uk** or phone **029 2068 1160**.



SPARC Sex and Relationship Training has moved online

Sparc is a programme of sex and relationship training that puts the learning into action by providing people with learning disabilities the opportunities to attend supported social events online.



There are a number of online sessions and dates arranged focused on three different workshops:

Workshop 1 - **Healthy Relationship workshop for Adults**

Book here - <https://www.eventbrite.co.uk/e/sparc-healthy-relationships-workshop-for-adults-tickets-124660044549>

Workshop 2 - **Sex and Sexuality**

<https://www.eventbrite.co.uk/e/sparc-sex-and-sexuality-workshop-for-adults-tickets-124660913147?aff=erelpanelorg>

Workshop 3 - **Keeping safe in relationships**

<https://www.eventbrite.co.uk/e/sparc-keeping-safe-in-relationships-for-adults-tickets-125532361673?aff=erelpanelorg>

Follow the link and select one of the dates to sign up.

All these workshops will be fun and relaxed and you will have lots of chances to ask questions. At the end of each workshop there will be 45 minutes of free time to chat to the people you meet and maybe arrange to do other things.

There are also sessions arranged for practitioners to become workforce champions in supporting the rights and opportunities for adults with learning disabilities and autism to have happy and healthy friendships, romantic relationships and sex.

Follow the link below to register for this free training.

<https://www.eventbrite.co.uk/e/sparc-workforce-training-tickets-123341007273>



Getting creative with Direct Payments - An update on the Support Brokerage Project

Although individuals receive Direct Payments (DPs) across North Wales, the levels of innovation vary and there is often a lack of creativity in how a DP is used to enable individual outcomes. Imagineer host the National Brokerage Network, through which Support Brokers are trained and accredited to support individual families plan for and achieve their outcomes through the creative use of DPs and Support Budgets.

Support Brokers act as independent guides to people, supporting them to plan to live the life of their choice. They work directly for the person, supporting them to stay in control, to have a full range of choice to achieve their outcomes.

We have therefore arranged three 'introduction to Support Brokerage' Webinars taking place on the following dates:

- 3rd November 10am - 12pm - **Webinar for individuals, families, carers and community organisations**
- 10th November 10am - 12pm - **Social Care Practitioners**
- 17th November 1pm - 3pm - **Senior Managers in Social Care**

Email Mark at Learning.disability.transformation@flintshire.gov.uk to register for the event and receive the link to join online.

Getting better at Tech!

Paul Mazurak from the team is currently working with Digital Communities Wales to deliver a number of short sessions on topics such as Internet Safety, Scams, Social Media, Privacy, Companions/Buddies, using zoom. If you are interested in any of these sessions or have any ideas about any sessions you would like to see please email Paul at Paul.mazurek@flintshire.gov.uk

Keep an eye on the website at www.northwales.together.org/getinvolved where details of events and training will be posted.



Projecting Skills and Well being at Tyddyn Mon

Tyddyn Mon is a charity supporting adults with learning disabilities on Anglesey. At the heart of this project is an innovative and award winning piece of mobile projection equipment (OmiVista Mobi +) that uses motion activated games, music and social activities to increase social interaction, physical activity and wellbeing.

The apps available on the system are unique because of their accessibility for people with differing abilities. The system responds to movement and anyone can interact with the system including those with limited movement. The apps can be projected onto any flat surface (floor, table, bed) making it particularly accessible by adults with learning and physical disabilities in all home and day settings.

Michelle Freeman CEO of Tyddyn Môn said "The equipment was purchased to use in our Supported Living houses and on the charity farm in Day Opportunities. Little did we realise how much the world would change after we received the grant and how the project would help with the effects of the pandemic lockdown. Many of the people we support have had an opportunity to enjoy using the equipment and with over 200 apps there is something for everyone from artistic games, energetic games and knowledge based activities".

Take a look at the equipment in action in the photographs below!

The project was co-produced with the people the charity supports and individuals in



supported living and day opportunities were invited to meet suppliers and try out the different systems on the market before purchasing. Shirley used the system during lockdown with her household and she said: "It was something great to do in lockdown. We all loved using it and all the





different types of games. Penri liked the football games the best, Iorwerth loved the bubble game and it made him laugh. It was fun to do together”.

Staff member Nora who supported the tenants to use the system said “The tenants were given the opportunity to use the system in their house. We found it very easy to set up and put it in the lounge. Everyone enjoyed it. The programs are colourful, relaxing and very entertaining. The tenants look forward to it coming to the house.

I think it’s a very positive piece of equipment.”

The equipment is currently being used across the company and in the future the team at Tyddyn Môn will be developing their own bespoke person centred apps for the system.



What a great piece of Tech!



Update from Michelle - our project board representative

I had a great time at the All Wales People First 30th birthday bash where me and James did a presentation about the North Wales Learning Disability Transformation Project. We had to join in via zoom due to the pandemic. We told people all about the work we have been doing in North Wales.



I am involved in lots of different groups as part of the project working lots of things. For example I am helping the team develop an E-learning module and I am helping look at the get checked out website. I have also really enjoyed interviewing guests alongside David Wilberforce on our facebook live sessions. I am still enjoying attending the project board meetings and am currently working with Paul Hosker on creating a film about being healthy!

I love being part of the transformation team - it is keeping me really busy and I have learnt so many new things during the pandemic! It has been great to connect with lots of different people from across North Wales.

Project Evaluation

We are continuing to work closely with our project evaluators. 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.

We are constantly working with project partners to assess outcomes from the funding streams and evaluate the work being delivered as part of the programme. Any reports or data will be published on our website so keep an eye at www.northwalestogether.org

If there are any topics you would like featured in our next bulletin, please email us at learning.disability.transformation@flintshire.gov.uk or contact Sian on Sian.croston@flintshire.gov.uk

Finally, please stay safe and stay connected.

