



Rutland Learning Disability Partnership Board

Notes of meeting held on 4th July 2019



Present – who came to the meeting

Tracey Gilbert (Chair) - RCC
Sue Giddens - RCC
Helen Fenwick (note taker) - RCC
Sam Screaton - LPT
Heather Parrott – The Lodge Trust
Richard Berry - The Lodge Trust
Robin Pemberton – The Lodge Trust
Clare Nagle – East Leicestershire and Rutland CCG
Lou Burton – RPCV
Jacqui Darlington – HWR and carer
Amy Cooper - RCC
Danni Donovan – RCC
Alistair McKenzie - RCC
Linda Wylie - RCC
Ellie Armstrong - Self Advocate
Sophie Hobby – Rutland Adult Learning Skills Service.
Peter Smith – Self Advocate
Maria Smith – Parent - carer
William Burton – The Lodge Trust
Chris Mottram - The Lodge Trust
Finley Welford - RALSS volunteer
Kirstine Hamilton – RALSS volunteer
Sarah Copse - Self Advocate
Aaron Kennard - Self Advocate
Glen Gamston - Self Advocate
Jenny Chapman - RCC
Siobhan Walls - RCC
Rebecca Batchelor – Self Advocate
Nick Woodrow - Leicestershire Police.

	Isla Dixon - Leicestershire Police
	Polly Waits – 2PT Physiotherapist.
	Ellie Scopes – Self Advocate
	Aimee McGurk – Self Advocate
	Debbie Martin - RCC
	Joshua Darlington – Self Advocate
	Annabel Lewis- Self Advocate
	Carolyn Heath - Self Advocate
	Gianno Okeye - Self Advocate
	Kyeann Cook - Self Advocate
	Rachel Manley - RCC
	Libby Barnacle - RCC

[Click here](#) to see any presentations and/or leaflets from this meeting

 	<p><input type="checkbox"/> Introductions and welcome</p> <p>Sue Giddens welcomed everyone to the meeting</p> <p>She introduced Ellie Armstrong as the Co-chair for the meeting</p> <p>Everyone said their name in turn and where they came from</p> <p><input type="checkbox"/> Apologies – who could not come to the meeting - There were no apologies</p> <p><input type="checkbox"/> Making sure we understand what is being said</p> <p>Tracey Gilbert told everyone that it is important to use words that are easy to understand. She reminded us</p>
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to use the yellow cards if we want to say something and the red cards if we do not understand something

What was said at the last meeting

We looked at the notes from the last meeting on 21st March 2019.

Thank you to Ellie Armstrong for being the Co-chair. However Ellie did not feel comfortable to contribute verbally in this role.



Updates

Primary Care Liaison Team – Sam Screatton – Better Health.

Sam Screatton spoke about the service provided by the Better Health Group - encouraging adults with learning disabilities to go for health checks; self- advocates; Stomp; the understanding of and prescribing of medication and how to use services like the 111 service.

Sam said the next meeting for the Better Health Group Meeting would be on Tuesday 30th July 2019 at 10am-12pm at Riverside House, Bridge Park Plaza, Bridge Park Road, Thurmaston. LE4 8PQ.

Richmond Fellowship – Farhnaz Abubakar.

Farhnaz spoke about what the service provided. She told us that you could access the service through the GP service or by self-referral.



She told us that they work with Mental Health Matters and Life Links giving information, advice, support, bus routes to different venues and if you phone ahead they can arrange for someone to welcome you for a meeting.

Farhnaz told us about how they can help with housing when you have lost your job or for any other reason. Also they offer mindfulness techniques that can be used to help anxiety and mental health which can help when applying for a job and with confidence building.

She spoke about the recovery led workshops with people who had been through the same things and became peer support group volunteers. These volunteers do activities such as the peer support walking groups, managing stress and emotions.

Farhnaz told us that support could take place by phone, face to face, community recovery support, peer support or through the recovery led workshop.

You can learn more about what they do by phoning the Freephone information line on:- 0800 0234 575.

Visiting the website www.rlifelinks.co.uk

Email: -

leicester.lifelinks@richmondfellowship.org.uk.

Learning Disability Physiotherapist – Polly Waits.

Polly spoke about her work as a physiotherapist working with adults with Learning Disabilities within the community. She told us that the Learning Disability Physiotherapy team provide 3 defined pathways.



Posture management, balance, mobility and rehabilitation.

The service is only available to those that are diagnosed with a learning disability and are unable to attend hospital.

Polly told us that many people with Learning Disabilities have problems with balance and coordination due to impaired motor development which is further reduced by the ageing process and added conditions such as osteoarthritis, dementia and epilepsy.

A full assessment is done providing rehabilitation where necessary which could include mobility aids, a referral to appropriate services to their needs and exercise programs where weakness, balance and coordination needs strengthening.

Polly talked about the different equipment from chairs to pillows to allow support for correct posture as people with certain conditions that prevent them from sitting up and walking are more likely to get chest infections, pressure sores, pain/discomfort and poor organ function.

Polly told us the aims of rehabilitation was to restore function after illness or broken bones for those unable to go to hospital or require further treatment after being in hospital.

Employment – Linda Wylie, Employment Support Officer.

Linda told us about a success story of a young lady with learning disabilities who moved into independent living in Oakham. She had been working at a charity shop as a volunteer before she moved. A charity shop in Oakham was identified as a possible place for her to work. After





speaking with the manager about a Disability Confident event which he attended, a timetable was established and the young lady has been working there for a month and is extremely happy.

The young lady had difficulties with establishing relationships but the staff welcomed her and gave her the confidence to engage with them.

She attended independent cooking sessions for 8 weeks which gave her the skills, knowledge and confidence to cook a healthy meal for herself.

Travel training was provided for her to teach her the routes from home to her place of work and Brightways where the Community Support Services are based.

Linda spoke about “The Prince’s Trust” who are offering a half day course in confidence building- team work - mental health and wellbeing for ages 12 - 30. It is hoped the course will take place in September and invitations will be sent out when the dates are finalised.



**Hate Crime, Mate Crime
and Internet Safety**

leics.police.uk



Leicestershire Police - Nick Woodrow.

Nick spoke about “Hate Crime, Mate Crime and Internet Safety”.

He told us that there are many forms of hate crime. People who are vulnerable could be targeted, by calling them names, teasing, punching or kicking and nasty things being said on social media.

He told us that people with disabilities, different religion, different coloured skin, gay people, older people and people who dress differently were targets of bullying due to them being different. This is called Hate Crime.

Nick told us about how important it is to spend time with people who care about you and doing fun things together. People with the same interests, hobbies and sports who laugh with each other and are there when you are sad.

Mate Crime is when you believe the person is your friend but are only there to use you doing things like taking money, making you do things that you don't want to and are nasty to you in front of people.

Nick spoke about "you must tell someone" when this happens to you. Most people just want it to stop. You mustn't be worried about telling people. Tell the police, tell a carer, tell friends and family, tell anyone in your support network so you can get help to stop it from happening.

If it is an emergency phone 999. If it is not an emergency phone 101, go to a Police station or place of safety.

Nick spoke about Internet Safety. He told us how social media was a platform for Cyber Bullying to take place on, where people say nasty things and call them nasty names. This can happen on sites like Facebook, Twitter, Instagram and by email. He spoke about the different devices used such as computers, mobile phones, tablets and Ipads that have these on.

He told us how to stay safe on the different devices by visiting a phone shop or computer shop to help block the different sites and always tell someone what has happened.

Autism Partnership Board - Rob Jackson

Rob welcomed everybody to the meeting and explained why everybody was voting today.





The vote was on the change of name from “Learning Disability Partnership Board” to “Autism and Learning Disability Partnership Board”.

Rob had ran consultations within the Autism groups throughout the county asking for suggestions on how to improve the service. The outcome of the consultations were that by combining Autism to the learning Disability Partnership Board it would give a stronger voice for Autism in the community.

Rob thanked Danni Donovan and Tina Stokes for their roles in gathering the information from these consultations.

The votes were counted and the results were 30 for the change of name to 2 against.

Rob welcomed Alistair McKenzie to the Learning Disability Social Care Team.

Consultant Psychiatrist for People with Learning Disabilities- Dr Hiremath

Dr Hiremath welcomed everybody and introduced himself, saying that some of the people attending the meeting would know him.

He said that he was a specialised psychiatrist working with learning disability and mental health. He works with physiotherapists, nurses and psychologists twice a week in Leicester.

Dr Hiremath told us it is believed that Autism has existed for thousands of years. The medical attention concept came about at the end of the last



century and it is believed that Autism could run in families.

He told us that the brain is made up of billions of nerves which make connections. In Autism these connections do not work as well or do not connect at all causing problems like struggling to talk, structure of sentences, being uncomfortable with people, struggling with interaction, anxiety, sensitivity to light, touch and smell.

People with Autism do not like labels as they do not mean anything to them.

Dr Hiremath told us that 2 out of every 100 people have Autism. People are not friendly enough for them, the world is confusing and doesn't make sense. He told us 1:5 people with learning disabilities are likely to have Autism.

People with Autism see the world as not being friendly or sensitive to their needs. Autism needs structure and clarity. Showing pictures to people with autism can help as they can make sense when people find it difficult to communicate. Autism is not a disease it is an illness with a different set of needs.

Dr Hiremath told us that small doses of medication for anxiety could help a person with Autism live a long life like everybody else. He said that 50 years ago it was seen that somebody with Autism had a good life if they lived to be 30 years old.



Any Other Business

There was no other business.

Terms of Reference for 2019 – these will be discussed at the November meeting.



We would like to thank the Community Café for the lovely cakes! The café is in the Museum in Oakham every Friday 11.30am to 1.30pm



The date of the next meeting is Tuesday 26th November 2019



Visit our website on:

www.rutlandpartnershipboard4u.net