



# Rutland Learning Disability Partnership Board

## Notes of Meeting held on 28<sup>th</sup> March 2018



### Present – who came to the meeting

Lorraine Tarratt	RCC, Chair
Andre Dixon	RCC, Note taker
Helen Fenwick	RCC
Chris Evans	Volunteer, RALSS
Patricia Veal	Volunteer, RALSS
Linda Crowther	Self Advocate
Vanessa Llewellyn	Self Advocate
Sophie Hobby	RALSS tutor
Ketan Paw	POhWER
Sam Screatton	Leicestershire Partnership Trust
Daniel Billsdon	Self Advocate
Deanna Kerr	Melton Mencap
Hannah Gilbert	The Lodge Trust
Richard Berry	The Lodge Trust
David Whitmarsh	The Lodge Trust
Jonathan Van Den Broek	The Lodge Trust
Cheryl Bosworth	East Leicestershire & Rutland CCG
Diane Kennard	Carer
Aaron Kennard	Self Advocate
Gianno Okoye	Self Advocate
Aimee McGurk	Self Advocate
Olivia Barnacle	RCC
Faith Vanne	RCC





## Present – who came to the meeting - continued



Rory O’Neil	Self Advocate
Joe Steadman	Self Advocate
Carolyn Heath	Self Advocate
Charlie Hew	Self Advocate
Stephanie Matthews	Carer
Julie Ball	Rutland Farm Park
Caroline Abdul-Rahim	Rutland Rotaract Family Support Centre
Gemma Ruigrok	RCC
Vandana Ferguson	RCC
Jacqui Darlington	Carers UK/Health Watch Rutland
Diane Morrow	Rutland Adult Learning
Alex Davies	RCC

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



## ☐ **Introductions and welcome**

Lorraine welcomed everyone to the meeting.

Lorraine introduced Daniel Billsdon, Self-Advocate and Co-Chair for the meeting. Everyone in turn said their name and where they came from.



## ☐ **Apologies – who could not come to the meeting**

- Joshua Darlington
- Kyeann Cook

## ☐ **Making sure we understand what is being said**

Daniel told everyone that it is important to use words that are easy to understand. He reminded us 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 held on 25<sup>th</sup> January 2018. Sam Screamton pointed out that in Darren Goddard's update, he had mentioned a new Health Check booklet produced by Leicester City CCG. Sam told us that Leicestershire and Rutland CCG have their own Health Check booklet. She also told us that this is separate to what the doctors and nurses have on their computers in the surgeries.





## ❑ Updates

### **Employment –Gemma Ruigrok – Employment Inclusion Development Worker**

Gemma works with the Long Term and Review team to help people to find work as a volunteer, find paid work or go on training courses to develop new skills

- Gemma told us about a Skills session which ran for 5 weeks which was well attended by people from Adult Social Care services with between 6 and 10 people coming along each week. The sessions included things like money management
- The next Skills Session starts in June – contact Gemma or let your carer/PA know if you would like to join us.
- We also had a food safety session, run by the Co-op, which 13 service users attended. We talked about healthy eating and even made fruit kebabs!
- One of our young people is taking part in work experience at the Rutland Cake Company. She is helping to make cakes, coffee, and works the till on an iPad .
- Two adults are working in a school and nursery as volunteers which is going very well. One at Edith Weston Primary School and one at a nursery in Oakham.
- Tonight (Weds 28<sup>th</sup> March), we have a session for SEND Young People (under 30) on options available to them for getting into work. It is from 5 – 7 pm in Alstoe Room, Rutland County Council.



### **Gemma Ruigrok's contact details:**

Tel: 01572720932 / 07554437363

Email: [gruigrok@rutland.gov.uk](mailto:gruigrok@rutland.gov.uk)

### ❑ **Autism Partnership Board -Lorraine Tarratt**

Lorraine told us that the Autism Partnership Board is being re-developed at the moment so there are no updates. The Board is looking for new people to join – if you would like to – please contact Lorraine

**Tel: 01572 758255 or email her on [ltarratt@rutland.gov.uk](mailto:ltarratt@rutland.gov.uk)**

### ❑ **Better Health Group – Sam Screaton – LD Primary Care Liaison Nurse**

Welcome back to Sam who is back with us after maternity leave!

- Sam told us that, unfortunately, due to the bad weather, no one from Rutland came to the last Better Health Group meeting in February.
- At the meeting they had talked about the Short Breaks Service.
- They had also talked about the health checks and how many have been done – it is a very busy time for health checks at the moment.
- Sam told us about the new health check template for the Doctors and nurses to complete. This will be used across all doctors surgeries .
- She talked about making a ‘roller banner’ which is like a big poster to put up at events to tell people about the health checks
- Finally Sam told us that Amelia Boulton is leaving the team so they had all said goodbye to her on her last day at work.

### **Sam’s contact details:**

Tel: 0116 295 5228

Email: [sam.screaton@leicspart.nhs.uk](mailto:sam.screaton@leicspart.nhs.uk)





## ❑ Independent Living Group – Sophie Hobby (tutor) with volunteers and service users from the Wednesday morning group at Brightways

- Rory opened the presentation and told us a little bit about the group and what they do. They learn skills to help them in their everyday lives, such as money management, telling the time, sewing and laundry skills
- The group works in both small groups and all together. They have a kitchen rota and take turns to make drinks and tidy up
- They help each other in their learning. They talk about current affairs and plan their work ahead.
- Carolyn talked about the work they have been doing learning about money and coins. There are three different types of coins - gold, silver and bronze.
- Carolyn also showed us some work they had done learning about clocks and how to tell the time. There are different ways to make a clock. She showed us one which was made of string and card laid on the floor, with the clock hands in the middle. It was very clever!
- Linda told us about how they have been learning to take care of their clothes and how to use the washing instructions on clothes labels.
- Rory explained how they have learnt to sew on buttons and have made their own laundry bags with their names on. We were shown examples of these laundry bags and they were really lovely.
- Other things that the group do include writing, spelling, letter sounds, and talking about current affairs like the USA Presidential Election, the European Referendum and the Glenfell Fire Disaster in London.
- If you would like to join the Independent Living Group, talk to your support worker or ring RALSS on 01572 758122



❑ **POhWER – Ketan Paw – Advocate – NHS Complaints Advocacy Service (Leicester City & Rutland)**

- Ketan first came to our meeting a few years ago so it was nice to see him again.
- He told us about the service POhWER provides in Rutland. If you have a problem with care or treatment from the NHS Ketan can help you or support you with your complaint – it could be about a doctor, hospital, LD service or Mental Health.
- Advocacy is about speaking up – it is your voice, your views and concerns
- If you have a complaint about the NHS or you are unhappy about something to do with them Ketan can help you in the following ways:

He can:

- ❖ help you to write a letter, make a phone call or send an email
- ❖ come along and help you at a meeting that you may have been invited to at a hospital or doctors surgery
- ❖ also help you to get your medical records if you need them



He cannot:

- ❖ Get staff sacked or disciplined
- ❖ Give you advice about the law
- ❖ Help you complain about matters that happened over a year ago
- ❖ Help you to get money





- There is no waiting list for help from POhWER – they will provide help within 5 working days. The Advocates work from home, they do not have an office, so can meet you in various places such as Citizens Advice Bureau or VAR.
- They have access to services such as an interpreter, signing, easy read leaflets
- There is a lot more information on the website – [www.pohwer.net](http://www.pohwer.net)
- If you need to speak to someone from PohWER there is a helpline number:
- 0300 456 2370 or you can email [pohwer@pohwer.net](mailto:pohwer@pohwer.net)

**Rutland Farm Park – Julie Ball** – Julie runs the Farm Park with her family. She was a teacher and has worked with people with learning disabilities



- Julie had taken time out of her busy life to come along and tell us about life at the Rutland Farm Park and what goes on there
- It is open from Tuesday to Sundays, 10 to 5 pm
- There is now a lovely tea room – which can be entered without having to go onto the Farm Park if you don't want to.
- The Farm Park used to be part of the Noel Estate and covers 19 acres of parkland.
- The Farm Park has woodland, a stream, Victorian buildings, flowers and trees, wild birds, wild animals and farm animals

- Conservation – the farm park has rare/traditional breeds and uses old, traditional tools
- Education – they have school visits, work experience from schools, work placements from Colleges, they offer Duke of Edinburgh Community Support, and welcome Guides, Scouts and local groups
- Facilities – Gift Shop, Tea Room, Toilets, Play Area and Free Parking
- Here is what happens on a typical day on the farm:



- ❖ Feeding the lambs and calves
- ❖ Mucking out all the animals
- ❖ Feeding the animals, giving them clean water and clean hay
- ❖ Feeding the poultry
- ❖ Checking the animals in the fields
- ❖ Afternoon feeding
- ❖ Evening feeding of the lambs and calves



- The Farm Park holds special events throughout the year – Sheep shearing in the summer, Halloween events, Christmas events and a fun day in September raising money for charity
- Rutland Farm Park's telephone number is 01572 722122



## ❑ Any Other Business

Lorraine talked to everyone about the Terms of Reference for the Partnership Board which had not been looked at since 2012. She asked everyone to form small groups and gave them a form with a set of questions to look at regarding the meetings.

- How many meetings a year should we have?
- Who should we invite?
- What's working well
- What's not working so well
- How can we make it better

These forms were collected by Lorraine – who will look at them and let us know at the next meeting what has been decided by you all.



We would like to thank Rutwel for the lovely cakes! Rutwel run the Museum Café in Oakham every Friday 11.30am to 1.30pm and Wednesday, 10am to 12noon

Thanks to all the guest speakers and everyone who came along making it a very enjoyable meeting.

The date of the next meeting is **Thursday 24<sup>th</sup> May 2018** – we look forward to seeing you then.

For more information about the Partnership Board and lots of other information, have a look at our website on:

[www.rutlandpartnershipboard4u.net](http://www.rutlandpartnershipboard4u.net)