




Rutland Learning Disability and Autism Partnership Board

Notes of meeting held on 12 November 2019

	<p style="text-align: center;">☐ Present – who came to the meeting</p> <table> <tr><td>Tracey Gilbert (Chair)</td><td>RCC</td></tr> <tr><td>Sue Giddens (Chair)</td><td>RCC</td></tr> <tr><td>Daniel Billsdon (Co-chair)</td><td>Self Advocate</td></tr> <tr><td>Laura Priestnall</td><td>LLR Autism Officer</td></tr> <tr><td>Andre Dixon (note taker)</td><td>RCC</td></tr> <tr><td>Helen Fenwick</td><td>RCC</td></tr> <tr><td>Joshua Darlington</td><td>Self Advocate</td></tr> <tr><td>Jacqui Darlington</td><td>Health Watch Rutland/Carer</td></tr> <tr><td>Sue Brown</td><td>RCC</td></tr> <tr><td>Linda Wylie</td><td>RCC</td></tr> <tr><td>Robin Pemberton</td><td>The Lodge Trust</td></tr> <tr><td>Richard Berry</td><td>The Lodge Trust</td></tr> <tr><td>Hannah Gilbert</td><td>The Lodge Trust</td></tr> <tr><td>Heather Parrott</td><td>The Lodge Trust</td></tr> <tr><td>Jonathan Van Den Broek</td><td>The Lodge Trust</td></tr> <tr><td>James Murphy</td><td>The Lodge Trust</td></tr> <tr><td>Joseph Waddington</td><td>The Lodge Trust</td></tr> <tr><td>Becky Newman</td><td>RPCV</td></tr> <tr><td>Lou Burton</td><td>RPCV</td></tr> <tr><td>Julie Gibson</td><td>ELR CCG</td></tr> <tr><td>Paula Howkins</td><td>Self Advocate</td></tr> <tr><td>Rory O’Neill</td><td>Self Advocate</td></tr> <tr><td>Lynsey Kyte</td><td>RCC</td></tr> <tr><td>Emma Odabas</td><td>RCC</td></tr> <tr><td>Isla Dixon</td><td>Leics Police</td></tr> <tr><td>Jean Heath</td><td>Parent/Carer</td></tr> <tr><td>Caroline Heath</td><td>Self Advocate</td></tr> <tr><td>Caroline Abdul-Rahim</td><td>Parent</td></tr> <tr><td>Charlotte Holley</td><td>Longhurst Group</td></tr> <tr><td>Brian Newton</td><td>RCC</td></tr> </table>	Tracey Gilbert (Chair)	RCC	Sue Giddens (Chair)	RCC	Daniel Billsdon (Co-chair)	Self Advocate	Laura Priestnall	LLR Autism Officer	Andre Dixon (note taker)	RCC	Helen Fenwick	RCC	Joshua Darlington	Self Advocate	Jacqui Darlington	Health Watch Rutland/Carer	Sue Brown	RCC	Linda Wylie	RCC	Robin Pemberton	The Lodge Trust	Richard Berry	The Lodge Trust	Hannah Gilbert	The Lodge Trust	Heather Parrott	The Lodge Trust	Jonathan Van Den Broek	The Lodge Trust	James Murphy	The Lodge Trust	Joseph Waddington	The Lodge Trust	Becky Newman	RPCV	Lou Burton	RPCV	Julie Gibson	ELR CCG	Paula Howkins	Self Advocate	Rory O’Neill	Self Advocate	Lynsey Kyte	RCC	Emma Odabas	RCC	Isla Dixon	Leics Police	Jean Heath	Parent/Carer	Caroline Heath	Self Advocate	Caroline Abdul-Rahim	Parent	Charlotte Holley	Longhurst Group	Brian Newton	RCC
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[Click here](#) to see any presentations and/or leaflets from this meeting



Introductions and welcome

Tracey welcomed everyone to the meeting



She introduced Daniel Billsdon – Self-Advocate and Co-Chair for the meeting

Everyone said their name in turn and where they came from



Apologies – who could not come to the meeting



- Sam Screatton
- Nick Woodrow
- Rob Jackson

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 on 4th July 2019.



□ Updates

Employment – Linda Wylie

Linda told us it had been a busy couple of months in Employment Support.

Workshop with Prince's Trust – Andrew came from the Prince's Trust and held a training workshop at Brightways on Mental Health, Communication and Team Work. This was a very enjoyable session and we covered topics such as

- Communication to support Mental Health
- Getting enough sleep
- Eating well
- Teamwork

Poppy making session - Service users, carers and the Carers' Support Officer came together at Brightways to make poppies out of felt to sell. We sold them in the Council Foyer and at Brightways. The total raised was £244.93.

Linda told us about the forthcoming Christmas Tree Festival at Langham from 6th – 8th December. Community Support Services (CSS) are submitting a tree to display in the church. CSS are also having a craft stall at the Craft Fair on Saturday 7th December. We are trying to raise funds for a mobile hoist for service users to use at Catmose Swimming Pool.

Please click on the link above to see Linda's presentation.

Linda can be contacted by phone on 01572 758408 or by email on lwylie@rutland.gov.uk

Introducing Sue Brown - Sue introduced herself as the new Supported Internship Job Coach based at Oakham Enterprise Park (OEP). She works with

families, colleges and businesses to support Rutland young people (between the ages of 16 and 25) into and on local Supported Internships.

A Supported Internship is:

- On the job training programme run by local colleges
- To help develop skills needed for work
- An opportunity to work on Maths, English and Employability skills
- Unpaid
- Usually lasts one academic year

The question was asked - what happens if the placement doesn't lead to employment with a particular employer? Sue said either the college or the person in the placement will contact Sue and she and the college will then support that person to find other employment with another business.

Please click on the link above to see Sue's presentation.

Sue can be contacted by phone on 01572 720948 or by email on sbrown@rutland.gov.uk



Autism Partnership Board – Laura Priestnall

In the absence of Rob Jackson, Laura introduced herself as the Autism Officer for Leicester, Leicestershire and Rutland (LLR). She told us that the Autism Partnership Board helps to improve services for people with Autism across LLR. At the moment she is working to build a new website which will cover services for people with autism such as sports, events, classes and a wide range of other information. She told us people can send



in artwork, stories, poems etc to put on the website.

Laura can be contacted by email on laura.priestnall@leicester.gov.uk

Better Health Group – Sam Screaton – (notes read out in her absence)

At our last meeting in September we had 2 guest speakers. Dr Gumber, who is a psychiatrist, told the group about something called STOMP which is all about medication that people with learning disabilities might be taking when they don't really need to and some work that NHS England are telling us we need to do in LLR.

We also had Marianne Duffy talk to the group about the Learning Disability Acute Liaison Nurses and their role in the 3 big Leicester hospitals and the sort of reasons people with learning disabilities are going into hospital.

We have agreed on a roller banner for promoting the learning disability health checks and they are being printed. We will bring them to the next board meeting to show you.

The next meeting of the Better Health Group is on the 5th of December 10.30-12.30 at County Hall in Leicester. Everyone is very welcome

Presentations:

Travel Safety with Emma Odabas (Transport Operations Manager) & Lynsey Kyte (School Transport Officer)

Lynsey is the School Transport Officer for Rutland County Council (RCC).



She told us that RCC provides travel training which gives people practical support on public transport and on foot journeys. This then enables increased opportunities for employment, leisure, health, learning new skills and sustainable transport

Lynsey explains that she would first meet with families and the potential person needing support. They would then put together a travel training plan and would risk assess the journey. This then helps to increase the person's confidence.



The travel training could take a short time or a few weeks, depending on the person's confidence.

This helps people from leaving school into employment and beyond

Lynsey is happy to work with individuals or groups and her email contact address is:

lkyte@rutland.gov.uk



Assistive and Safety Technology -Charlotte Holley (Senior Assistive Technology Officer at Longhurst Group)

Charlotte had brought along some interesting aids and gadgets to help us keep safe in the home.

These included:

Front Door

Memo minder – plays back a reminder message at the door

Video door bell – enables you to see and speak to people calling at your house from your smart phone





Bogus caller button – sends alert to family/police if you do not recognise the caller

Kitchen

Heat detector – can link this to a lifeline device

Stove alarm – placed above the cooker detects if hob is on, pan on hob etc

Gas detector – sends alert if there is a gas leak



Bathroom

Bath thermometer

Flood detector – placed on bathroom floor sends signal if water floods

Lifeline – pendant around neck to use in case of a fall



Bedroom

Bed sensor – a mat under the mattress which sends an alert if you get out of bed or don't return within a given time

Epilepsy mat – detects seizures

Lighting – motion sensor

Smart speaker – connects to lights etc

Vibrating smoke alarm – goes under pillow and will vibrate when smoke alarm goes off



Out and about

Easy to use mobile phones with large buttons and pictures

GPS tracker – worn around the neck - if you get lost your location can be tracked on a smart phone. You can also press the centre button and make a call to up to 3 named people. You can also set a safe area/boundary which sets an alert if you go outside of this.

[Please click on the link above to see Charlotte's presentation.](#)



TO STOP FRAUD



Charlotte can be contacted by phone on 0300 123 1745 or by email on lifeline@longhurst-group.org.uk

Presentation: – Keeping Safe in the Home - PC Isla Dixon (Hate Crime Officer)

Isla began by talking about online safety with our computers, tablets and mobile phones. We all like to do online shopping, watching movies and videos etc but we must be careful about what personal details we give out and to whom. Some people can illegally access our details and then try to scam us. The police call it phishing. To avoid this try to make sure you have good anti-virus software on all your devices.

Password security – don't use the same password for every company. Never share passwords and don't write them down.

Always log out of sites and apps

A good tip is to use three different words for your password like beachbucketspade!

Remember – passwords are like pants – they should only be used once, never shared and never left out where others can see them!

Other topics that Isla discussed were location services, being safe on social media, email safety, cold callers and how to stay safe in your home.

She also told us about 'Take 5' – a national campaign to stop fraud and the Police campaign called #Tell2 – telling 2 people how to stay safe in the home to spread the safety message to more people

Please click on the link above to see Isla's presentation.



Any Other Business

Sue explained that we needed to agree on the new Terms of Reference which had been amended to include Autism into the name of the Board and also as we have changed from 6 meetings to 4 meetings a year. Everyone present was happy with the new Terms of Reference which can be found on the website

We also talked about the cost of building the new website and the workshop on 3rd December at Brightways. Ken Holland, from Webenable had told us the usual cost of building a new website would be £1,000 but he is willing to charge £650 which will include next year's hosting fee (usually £300), so the actual cost to us will be £350. Everyone present agreed this was a very good price and to go ahead and pay it.

Jacqui Darlington had asked us to remind those present that sunflower lanyards can be worn to tell others if you have a hidden disability. These can be picked up in Argos and Sainsbury's who have been trialling this idea since February.

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 dates for 2020 are 12th March, 3rd June, 13th August and 25th November 2020

The date of the next meeting is 12th March 2020

Visit our website on:

www.rutlandpartnershipboard4u.net