

Selby and District Local Area Group Minutes of Meeting held on 10 February 2016 – St Mary’s Church, Selby

<p>1.</p>	  	<p><u>Welcome – Who is here and who can’t come</u></p> <p>Jane welcomed everyone to the meeting and read out the ground rules and explained the new traffic light cards. Please make your words easy to understand and if you have to use complicated words please describe what they mean. Everyone introduced themselves and apologies were given. Shanna Co chaired the meeting as Steve was unable to attend.</p>
<p>2.</p>	   	<p><u>Minutes and actions points from last meeting:</u></p> <ul style="list-style-type: none"> • We can use Selby District Council message boards for ‘Changing Places’ information. • An advert has gone out for an Independent Co Chair. • Shanna to get the link with Tees Esk and Wear Valley NHS Mental Health Trust to introduce themselves. • Invite Sara Farrar to next meeting. There is no Easy Read about universal credits and it will affect a lot of people soon. • Living Well Team to be invited to the next meeting. • Contact Andy Hargreaves about the assessment and re-assessment processes. • Steve to contact Lisa - ongoing • Steve to invite an NYCC Safeguarding Officer to next meeting to explain procedures. • Sue Lear to contact Jenny Adams, Community Support Police Officer to the next meeting in June. • Local Area Delivery Teams do not exist anymore.



- Action Points were sent out with the previous Minutes.

The minutes of the last meeting were a true and accurate record agreed by the Group.

3.



Live Well, Live Longer

A draft plan has been written by the County Council and Health to look at things that need to happen for people with a learning disability to have a good life. The plan is going to happen over the next 5 years to support people with Learning Disabilities and their families. The plan is being consulted on so that people can say what they think about it.

The group had a look at the plan to see if anything had been missed and what was important to them. There were 5 main points and they looked at 3 and suggested the following:



1. Improving Choice and Control

- Choice about where I live and the type of home.
- Type of support – we want good support to include family and friends. Support that suits **me** – do not assume, be flexible, to help me to do the things I want to do.
- Choice of things to do in the community I live in, that I can get to.
- The plan needs to be designed to support my independence to help me make choices – think about all the steps, like transport, travel training, developing my confidence, using information that I can understand, Easy Read.
- It is okay to try things, to change our minds about things, including where we live and who we live

with.



2. Health – important things

- Make sure health check ups happen when they should.
- I am listened to by medical staff, like the doctor.
- Longer appointments so I have enough time – nobody knew that they could ask for a longer appointment. It would be good if everyone knew that they could ask – we need to tell people this.
- We would like to see the same doctor each time so that they get to know us.
- Have someone with us to help us understand what the doctor is telling us or the questions that they ask us and to help us remember what the doctor said.
- The doctor could write things down to help us remember what has been said and have leaflets in Easy Read about conditions.
- Letters from the doctor or hospital can be hard for us to understand. It would make it easier if the letters were in Easy Read.
- It would be good if the GP practice had a way of knowing if a person should see their usual doctor if possible in an emergency appointment. Maybe they need to look at a flagging system.

3. Social inclusion – important things

- People are friendly and they know you.
- I get to know people in groups and clubs.
- Go to new places with someone you know, so you can get used to it and where it is.
- We want information about places to go and things to do, like our Selby Local Area Group brochure.
- Work is good but sometimes it can make people stressed. But we would still like a job!
- If we have a job in the community we live in, it helps

		<p>us get to know people as well as learn new skills and show what we can do.</p> <ul style="list-style-type: none"> • Work is good when the people are nice, we can use our skills and learn new skills, we do things we enjoy. Work makes us want to get up and go and do something! Job satisfaction. Variety is good! It makes us happy. • The group gave lots of examples of work experience through Supported Employment. • We feel safe in the community because people know us and we know how to keep ourselves safe, like going along well lit streets at night not going into dark places. • Travel training for people who need it. <p>Belinda will make sure that these ideas are sent to the County Council to be included in the consultation.</p>
<p>4.</p>		<p><u>Make Every Contact Count</u></p> <p>Steve to talk about ‘Make Every Contact Count’ at the next meeting.</p>
<p>5.</p>	  	<p><u>Employment Strategy Day (see presentation)</u></p> <p>Some of the group went to the Employment Strategy Day in York in December. People from across North Yorkshire including Job Centre staff and Employers met to discuss how people with learning disabilities and autism can find out more about paid jobs.</p> <p>The groups had some good ideas about what they thought should go in the plan. Richard Dalby met with Nancy from the Supported Employment Team in North Yorkshire County Council. Nancy and Richard talked about how to make it easier for more people with Learning Disabilities and Autism to find paid jobs. Bill Love from NDTI is helping Inclusion North put</p>



together a plan of all the comments.

6.



Self Advocates Forum Feedback (see Tony's presentation)



Regional Forum for people with learning disabilities

At the meeting in December the self advocates talked about Transforming Care. Information would be taken back to the National Forum.

Consultations and Surveys

The Self Advocates have completed:

- Live Well, Live Longer Consultation
- Independent Advocacy Survey
- Rights and Complaints Questionnaire
- Health and Social Care Equipment and Wheelchair Survey
- SeeAbility Questionnaire



Self Advocates Forum

There have been two self-advocates forums since the last Selby LAG.



There was a self-advocates forum held in Selby Leisure Centre in December. They looked at the Live Well, Live Longer plan and watched the Safe Places film starring Self Advocates from North Yorkshire.

Then there was a self-advocates forum in Northallerton in February (yesterday!).

		<p>Karen Thornton gave a talk about the community directory and asked people how they find out what groups and activities are happening in the local area. They talked about support needed to try out new groups and what stops them from trying out new groups.</p>
<p>7.</p>		<p><u>Safe Places Film</u></p> <p>We watched the Safe Places film, Safe Places will be officially launched on 5 May. Self-advocates have acted in the film. The film showed if anyone was lost or worried they can go anywhere showing a Safe Places sign and show their registered Safe Places card. The Contact Centre will have all their contact details and they can contact relatives or support staff.</p>
<p>8.</p>	  	<p><u>Health Passports – discussion</u></p> <p>Ben Haywood has created a new document called Hospital Traffic Light Assessment. He changed the name from hospital passport as the word passport was too confusing for people. The assessment is good for people with complex needs. Doctors and nurses will know a lot more about the person going into hospital and make their stay better for them.</p> <p>Ben asked the group to look at the assessment and feed back to him. The group came up with some suggestions. Belinda will contact Ben.</p> <ul style="list-style-type: none"> • All the symbols are good but they do not want to be too small. • Not sure what keeping safe means. • Should there be a box to say what medication you are on or are you peg fed? • Should there be a prompt question about eating and

		<p>drinking, what I like to eat and would I like my food cutting up and can I have a special cup.</p> <ul style="list-style-type: none"> • There should be a prompt question asking if people have continence aid, catheter or stoma? • There should be information about looking after someone with autism or mental health, what makes them feel safe and happy. • What triggers challenging behaviour and how to calm me down? • What medical conditions do I have? • Anxieties and how to help me?
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<p>9.</p>	  	<p><u>What do we want to tell the Partnership Board?</u></p> <ul style="list-style-type: none"> • Hospital Traffic Light Assessment • Triage Team – Self Advocates asked about Learning Disability Training, they were going to look into it. <p><u>Any other updates?</u></p> <p><u>SeeAbility Survey</u> – A charity have brought a survey out about good care for eyes. Lots of people with Learning Disabilities have a lot more problems with their sight. The eye care team will be coming to the meeting.</p> <p><u>Health and Social Care equipment and Wheelchair Users Survey</u></p> <p>This is a survey about equipment and wheelchairs provided by the County Council and Health, and what adaptations people have been given. This does not include tele-care as they use a separate provider.</p> <p><u>Mental Health Strategy</u></p> <p>The Mental Health Strategy has been brought out in 'Easy Read'.</p>
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10.		<p>Dates for future meetings in St Mary's Church, Leeds Road, Selby:</p> <p>Wednesday 8 June 2016 Wednesday 12 October 2016</p>

People who came to our meeting:

- Jane Miles – Co-chair of the Selby and District Local Area Group
- Tom Newton – Vice Co Chair
- Tony Howden – Self Advocate Health Rep
- Sam Sellers - Self Advocate
- Kathleen Royd self advocate
- Shanna Carrell – Co Chair and Equality and Engagement Officer - NYCC
- Tom Jenkinson - Stronger Communities Service Delivery Manager
- Nancy Walton – Supported Employment Officer – NYCC
- Belinda Croce, Key Ring Self Advocacy Support
- Pam Sale – Business Support Administrator – NYCC

Apologies:

- Sara Farrar - Department for Work and Pensions
- Ben Haywood – Learning Disability Nurse
- Lisa Metcalfe – Learning Disability Home Care Manager
- Steve Burke – Learning Disability Manager
- Sarah Topping – self advocate