

# Partnership

Issue 10  
December 2006



## Happy Christmas!!!!

Welcome to the tenth issue of the newsletter.

Some news from the learning disabilities database. Katey who was helping with the database has left. She is now helping people to get all the welfare benefits that they are able to. We wish her well in her new job!



This issue of the newsletter has some information about what a person centred plan is and how to get one. It also has information about day care.

The partnership board members want to wish everyone a merry Christmas and a very happy new year. Until March 2007

Bye for now.

*Michelle and Katey*

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## CONTACT US



Ring us on  
**0151 934 3193**  
or **0151 934 3191**

You can write to us and you  
do not need a stamp.  
Our address is

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7th Floor Merton House  
FREEPOST LV7340  
Bootle  
L20 1YX



You can e-mail us at  
**SALDD@sefton.gov.uk**

# Coffee Mornings

1-2-1 in the Community is an activity centre for people with learning difficulties.

We are holding regular coffee mornings at our activity centre.



The address is 82A High Park Road (The corner of Devonshire Road) in SOUTHPORT PR9 7QL

They will be held every Thursday from 10am till 12 noon

There will be games of bingo

A chance to meet new friends and socialise

Everyone is welcome and it is **free** of charge

If you would like to come along just turn up on the day or you can ring to let us know you are coming. The telephone number is



01704 214 100

We look forward to seeing you soon!





# Day Opportunities



The government has told us we have to look at how people supported by social services are spending their days.

They want to make sure people are doing what they want to.

They want to make sure people with learning disabilities are getting chances to do things everyone else does.

There is a group of people who meet and work out how best to talk to people to get their ideas. They want to know what people want.

## THERE IS NO ACTION PLAN AT THE MOMENT

Jim McDonald is leading on this project. He is talking to family carers first.

Family carers are people who look after somebody living at home with them.



He is meeting people face to face. This will take a long time.

He is talking to carers and people with a learning disability about what things they would like to do during the day.

## Day Opportunities

Jim will also have information from Person Centred Plans.

Jim will also ask the database what people have said when they filled in the questionnaires.

This information is given to Jim with no names, so he will not be able to see whose information it is.



All the information is collected and put into a report. The group will then have a good idea about what people want and need from day services.

This information will help to make an action plan.

This plan will have a few options about what to do next.

This will then go to the elected members. The elected members are the local MPs from Sefton. They will decide which option is the best one.



If you have any ideas that you think Jim would find useful you can get in touch. You can use the FREEPOST newsletter address on the front page.

Or you can e-mail to [SALDD@sefton.gov.uk](mailto:SALDD@sefton.gov.uk). You can help to shape the future of day services.



# Poplars Bungalow



This is the Poplars Bungalow in Southport. People come here for a short break. It is now finished and people are coming to stay.

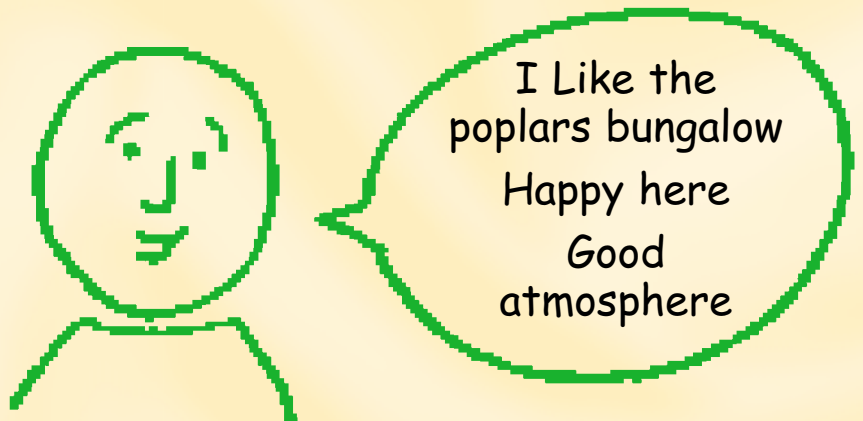
It opened on the 20th October.

The bungalow has all new equipment. This equipment will help people and means that they can stay at the bungalow.

People who stay at the bungalow go on days out. This is good as they will have an active time when there. They can do things that they like to do.



People who have stayed here already have said...





# Mencap Weekend Drop In

Mencap are starting to run a weekend leisure service for adults with learning disabilities. It will start in January.



We will also be helping people to have healthier lifestyles.

There will be different groups at different times. They will be doing things like badminton, a cinema club, an art group, swimming or just going out for lunch.

The sessions will be in small groups of up to six people. There will be one member of staff supporting each activity.

Every six weeks there will be sessions run in the day or evenings. This will keep changing.

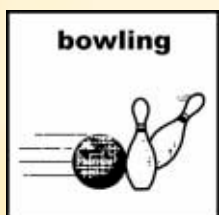
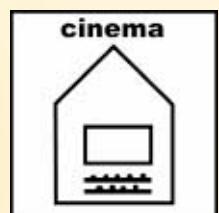
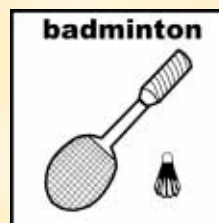
People will be told what things are going on in the six week block. They will be asked to book those they are interested in. They will be filled on a first come first serve basis.

Each session is priced differently depending on how long it lasts and how much it costs. You can use your direct payments if you get them. If you don't you can just pay for it.



This is a service user led service so if you have any ideas of sessions you would like to see get in touch.

For more information contact Andrea on 0151 924 2997.



# Person Centred Planning

## What is Person Centred Planning?

Person Centred Planning is a way of helping people who want to make some changes in their life. It puts the person at the centre of the planning process and gives them the power.



## How do we start a plan?

A meeting is organised with you, your family, friends and anyone else you feel is important in your life.

The meeting will be when you want it and the first few take a couple of hours each.

A plan can take between 20 and 40 hours to complete. But don't let that put you off the staff helping will do most of the work!

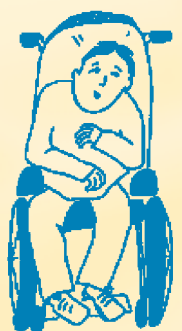
## What will happen in the meetings?

We will talk about

- What things you like and don't like
- How you like to do things
- People that are important to you
- What help you might need to do things you want to do
- What is nice about you
- How you want to change or improve your life.



If you (or your son or daughter) do not use words to communicate a plan is an excellent way of everyone getting to know you and what you want and need.





# Person Centred Planning

Sometimes when we talk about the future. It may mean we have to discuss what will happen if your carer is no longer able to look after you. We understand that this will be difficult. We will be sensitive and give you time and space to think about a personal and difficult subject.



## What happens next?

When we have got all the information we put it together. This is called the **FIRST DRAFT**. All the people involved will get a copy and check it. If changes need to be made we will change it.



Then we will meet again and decide what actions need to be taken to improve your life and who will help to do this. The changes do not have to be big. It could be that someone wants to ride a bike or wants to go on holiday.



Once your plan is up and running it will be reviewed every year. This is to make sure that things are happening. The plan changes as your life changes.



If you want more information you can speak to Sarah Bickerton and make a referral. Her telephone number is 0151 934 2835.



# Health Information Day



There was a healthy living event in October. People came along to learn about how to be healthier.

One of the shows was about eating more fruit and vegetables. People made their own 'smoothies'.



People were asked to pick some fruit and vegetables and cut them up. They were then put into a juicing machine and made into a drink. This was put into a bottle for people to take with them.

Everyone enjoyed making their juice and drinking it too!



There were two dramas about men and women's health. One looked at breast awareness. The other looked at testicular examination.

The plays told people how important it is to check themselves. If someone thinks that they need help they should not be embarrassed. They should go to the doctors and get it sorted.



# Health Information Day



There was also the chance to have a go on the bikes.

One had three wheels.

One had four wheels.

They were easy to ride and fun too!



There was a cookery demonstration. The chef showed us how to cook healthy meals that were tasty! There was lots of information about cooking healthy meals.



If there are any more events like this in the future we will try and let you know beforehand so you can join in too.

There is lots of information about healthy eating on Sefton Council's and Sefton PCT's websites.





# Carers Rights Day

It is National Carers Rights Day on the 8th of December.

This is to help carers get information about their rights and support.

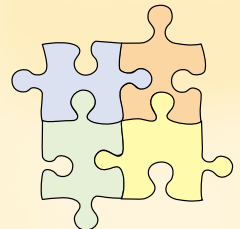
Carers are invited to come along to the Guild Hall in Formby between 10am and 3pm. On this day there will be lots information and support available.

If you need any more details ring Sefton Carers Centre on 0151 288 6060.



I would like to receive a questionnaire to help in the planning of services. Once returned, I would like to receive further newsletters and a directory of services (which will be available soon).

Sefton's  
Adults with  
Learning  
Disabilities  
Database



My Name is .....

I live at .....

.....

My Postcode is .....

My Telephone Number is .....

My Date of Birth .....

I go to ..... day centre/school

Today's Date is .....

Please fill this in, cut it out and send in an envelope to the  
address on the front page

**YOU DO NOT NEED A STAMP**



Sefton's Adults with Learning Disabilities Database would like to thank Change Picture Bank for providing the images used in this Newsletter