

Learning Disability Partnership Board 2017 - 2020



What is the Partnership Board?



The Learning Disability Partnership Board is a group of people who work together.

They want to improve services for people with learning disabilities in Brighton and Hove.



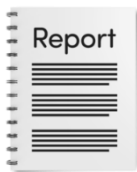
Members of the Partnership Board come from lots of different places:

- People in charge of services at the council
- People with learning disabilities
- Parents and carers
- Amaze
- Carer's Centre
- Speak Out
- PaCC



Brighton and Hove
Clinical Commissioning Group

- The NHS
- Councillors
- Job Centre



- Before Partnership Board meetings Speak Out, Amaze, PaCC and Carer's Centre talk to people with learning disabilities, parents and carers.
- They ask them what they think are the good things and the bad things about the services and support they get.
- They listen to their ideas about how to make things better.
- They put these ideas into reports.
- The reports help managers and other people in charge of services understand what changes they need to make.



- The partnership board meet four times a year to talk about the reports.
- People with learning disabilities give presentations to help members understand what the problems are.
- Then all the members agree ways they can work together to make things better.



- The partnership board check to see what things have changed.
- They find out what has got better.
- They look at what needs to improve



- We are going to tell you about all the different topics the Partnership Board has worked on in the last three years.
- There have been lots of exciting changes.
- There are also things that we still need to work on.
- If you want to get involved or have a say contact:

emmalopez@bhspeakout.org.uk

01273 421 921

April 2017-July 2017 Hate crime and community safety team



- Hate crime is when someone treats you badly because you are different from them.
- They might call you names, hurt you or steal from you because you have a learning disability.
- You can call the community safety team to help if this happens to you.



What we asked



- Have you ever been a victim of a hate crime?
- Did you report it?
- Have you heard of the Community safety team?
- Who do you talk to if you are bullied?



People with learning disabilities said



- People said they would tell staff, carers or family if someone bullied them.



- Only 2 people would tell the police.
- People are worried that they will not be safe if they speak up.
- People said reporting things is too difficult and stressful.
- Some people said that other people with learning disabilities had taken money from them. They didn't know it was wrong.
- This is called 'Mate Crime'
- People said that the Hate Crime Reporting pack was very easy to understand.
- People who have worked with the Community Safety Team said they are good.
- People want information about the service to help them feel safe



What happened next



- The community safety team and staff from sheltered housing worked together.
- This helped them understand how to deal with 'mate crime'.
- Staff, support workers and scheme managers were told where to report concerns.



- The Hate Crime reporting pack was sent out to services to help them talk to people about hate crime.
- The report helped the community safety Team understand how to support people with learning disabilities.
- It also helped them see what problems people with learning disabilities face in the community.



More work to do



- We need to continue to support people to understand hate crime.
- Some people still do not feel safe in their neighbourhoods or on public transport.
- We need to make sure that people with learning disabilities know who to go to if they feel threatened.

July 2017-October 2017 Support with universal credit



- Universal credit is a benefit.
- If you get universal credit you have to manage your benefit claim online.
- This might be difficult for some people because they do not have a device they can use.
- They might not use the internet.
- They may not be able to read or write.
- The council wanted to know what support people need to manage their universal credit claim.



What we asked people



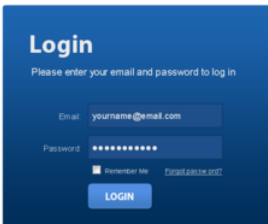
- Can you get online?
- Do you have a device?
- Do you have any online accounts?
- Who helps you with forms?



- What do you think about job centres?



People with learning disabilities said



- They need to have benefits information explained face to face so that they can ask questions.
- Lots of people do not use the internet at all.
- People rely on others to deal with important information and filling in forms.
- Nearly everyone needs support to set up and manage accounts.
- Some carers, families or support staff might find it hard to do things online.
- Some people have no one to help them.
- It is hard to know who to trust with personal information.
- People are scared and worried that they will lose money



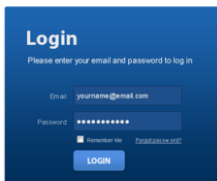
What happened next



- Job centre staff have been trained by The Thumbs Up trainers to support people with learning disabilities.
- Disability friendly hubs are being set up in Job Centres
- Speak Out produced an easy read list of support around Universal Credit and circulated it to providers, staff and organisations.
- Council information about support with universal credit was widely shared.
- Possability people now provide benefits advocacy.
- People get good advice from Money Advice Plus



More work to do



- People are still very anxious about benefits.
- They say they are hard to understand.
- The council need to always check that people have got enough good support with benefits and finance.
- We need to find out more about the problems people have getting online.

October 2017-Jan 2018

Learning Disability accommodation strategy



- The learning disability accommodation strategy is a plan for the housing the council needs to build in the future.
- They want to make sure people live in the right sorts of places.
- They want to know what housing suits people with learning disabilities best.



What we asked people



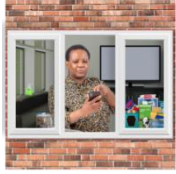
- What is good about where you live?
- What is bad about where you live?
- Would you like to live somewhere else?



People with learning disabilities said



- They like to have choices and their own space where they live.



- Sheltered schemes give people support and their own place. It is best when there is a communal area to socialise
- Some people who live in residential care homes say they do not get much choice and they can't go out if there are not enough staff.
- Independent living gives lots of choice. But is hard when you have to deal with landlords or neighbour trouble.
- Supported living is good. But if people do not get enough support they can feel lonely and isolated.
- People get lonely and isolated at home without day services.



What happened next



- The council listened to what people said about where they want to live.
- They made sure that these ideas are in the strategy.
- The council plans to provide more housing where:
 - People can have their own space
 - There is support nearby



- Flats are near to other services
- People can still spend time together and be near each other.



More work to do



- Some people moved to new places in the Moving On project.
- They are living more independently.
- Some of them don't get their day service anymore.
- Work needs to be done to check how things are going for people who have moved.
- Some people say they do not get enough support living independently.

January 2018-April 2018 Employment and volunteering



- Lots of people say that working makes them happy.
- They learn new things, meet new people and get more confidence.
- But not many people with learning disabilities have jobs.
- The council wanted to know what can be done to help people to work or volunteer.



What we asked people



- Have you ever had a job?
- Do you still work?
- Why did you stop working?
- Would you like to have a job?
- Is it easy to find work or volunteering?
- Have you had support?
- Have you used the Job centre?



People with learning disabilities said



- Having a job makes you feel good.
- You learn new things, gain confidence and meet people
- Benefits are very difficult to understand.
- People are scared to work because they might get in trouble and lose their benefits.
- People say they are frightened of going to the job centre. It is not welcoming and they don't get the right support.
- It is hard to look for work. Lots of people say they don't have the skills.
- It's hard to hold down a job because of
 - Disability
 - Mental Health problems
 - Medical appointments
 - Problems with time keeping
- Sometimes jobs end because employers do not give the right support.
- People want supported internships and work placements where they learn on the job.



What happened next



- The Thumbs Up group have trained Job Centre staff so that they give good support to people with learning disabilities.
- The SEND Young people's Employability network was set up.
- It still meets to help schools and colleges to prepare young people for work.
- Ideas from the reports will be in the Council SEND strategy to help young people get into work.
- The Youth Employability Service is now a member of the Partnership Board. This means they know what is important to people with learning disabilities.
- Amaze have a Looking Forward project to support young people in their next steps.
- Job centres are planning disability hubs. These are a safe accessible space for people with disabilities.
- Speak Out have been providing Transitions Advocacy for young people.
- They have shared what young people say about work and education with the Partnership Board



More work to do



- People still say they don't have the chance to volunteer or work.
- People say that employers do not want people with learning disabilities.
- There is still a lot of worry about benefits and working
- It is hard to find an employer who understands how to support people with learning disabilities.

April 2018 – July 2018 What's Out There



- Activity, learning and meeting people are very good for wellbeing.
- People with learning disabilities want to know about all the activities and services they can use in Brighton and Hove
- They say it is hard to know where to find information



What happened next



- The council worked together with Speak Out, Amaze, The Carers Centre and the Parent and carer Council to put on a big event.
- There were activities to try like:
 - Table tennis
 - Zumba
 - Art
 - Dancing
 - Boccia
 - Football
- There were lots of different stalls with information about
 - Keeping healthy
 - Education
 - Volunteering
 - Housing
 - Support
 - Creative activities
- People with learning disabilities worked on the day
 - Welcoming people
 - Telling people where to go
 - Making announcements
 - Giving out information



What people said



- We asked people what they thought of the day.
- People with learning disabilities said the day was very good.
- Lots of people tried something new.
- Lots of people found out about a new service.
- Other people said it was great to meet up with friends



What Happened Next



- The council think that getting information, trying new things and meeting people very important.
- They decided that it would be good if it happened every year.....
- So they started to plan the 2019 What's Out There? Event.

July 2018 – October 2018

Health inequalities



- People with learning disabilities do not live as long as other people.
- They have more illnesses and sometimes they do not get good health care.
- There are lots of rules to make sure that people with learning disabilities get good care.
- The council wanted to find out if the rules are working.



What we asked people



- Do you get an annual health check?
- Do you have a health action plan?
- Do you get easy read letters?
- Have you heard of the Learning Disability Register?
- What are the good things about your GP?
- What are the bad things about your GP?



People with learning disabilities said



- Some people get an annual health check.
- No one knew about their health action plan or had seen it.
- Some people asked for easy read letters but they did not get them.
- People said that sometimes staff are rude and it's hard to explain you have a learning disability.
- Nobody knew about the learning disability register.
- People say if you have a doctor who listens and takes time it makes things much better.



What happened next



- Thumbs Up trainers have trained surgery staff so that they understand why the learning disability register is important
- Thumbs Up To Good Health and the Health facilitator have worked together to raise awareness around Annual Health checks.



- The Number of annual health checks has gone up
- Thumbs up to good health has produced a postcard that people with learning disabilities can give to their surgery.
- The post card explains the learning disability register.
- It also asks the surgery to put the person on the register.
- The Thumbs Up To Good Health Logo is being used around Sussex as a sign that a surgery is learning disability friendly



More work to do



- The Thumbs up to good health trainers are carrying on their work.
- They are working with the health facilitator to make sure people get their annual health checks.
- Speak Out want to do more work putting health information into easy read.

October 2018 – January 2019 Health Improvement referrals



- People with learning disabilities are more likely to be overweight.
- They are also more likely to have illnesses like diabetes and high blood pressure.
- Making healthy choices helps people stay fitter and stops some illnesses.
- The council wanted to know if people get the information and support they need to make healthy choices



What we asked



- Do you want support to make healthy choices?
- Have you asked for support to make healthy choices?
- Have you had support, what was it like?
- Do you know where you can get support?
- What do you want support with?



People with learning disabilities said



- They want support to lose weight.
- They want long term support to help them stay healthy.
- The information people get about food is hard to understand.
- They asked for help but the doctor did not refer them for support.
- Young people said they want support before they become obese.



What happened next



- Council health trainers can help people make healthy choices and support them to make changes.
- Speak Out worked with the council health trainers to tell people about the service.
- Now people can ring the health trainers to get support.
- You do not have to be referred by your GP.
- Health trainers can visit people if it is hard for them to go to appointments.



More work to do



- More training for health care staff about supporting people with learning disabilities around healthy living
- Make sure people know about Social Prescribing. This is when someone helps you find things in your area that might be good for your wellbeing.
- Lots of services need to work together.
 - Healthy Lifestyles Team
 - Day Services
 - Council Services
 - GPs
 - Charities
- Make sure that people are on the learning disability register at their surgery

January 2019 – April 2019

Access to sexual health services



- People with learning disabilities tell us that they do not get the chance to talk about relationships and sexual health.
- The Sexual Health and Contraception service (SHAC) wanted to find out how they can support people with learning disabilities better



What we asked



- We set up a working group to about relationships, sexuality and contraception.



People with learning disabilities said



- They want to talk about sex, sexuality and gender more.
- They do not know what services there are.
- It is hard to find the sexual health and contraception service. It is not very accessible.
- It is hard to find accessible information.







- People feel scared and embarrassed if they need help.
- People do not know who to talk to if they have important questions.




What Happened next?



- The working group talked about what they thought of sexual health services and education.
- They visited the Sexual Health and Contraception service to meet the staff and see what it was like.
- They came up with lots of ideas to make the service more accessible
 - New signs
 - An easy read registration form
 - More time for appointments
 - A 'help word' to let staff know that you have a learning disability: Apple Tree
- All of these things are being launched as the Apple Tree Service especially for people with learning disabilities
- The Sexual Health and Contraception service now have an easy read web page with lots of easy read information and resources

	<h2 style="text-align: center;">More work to do</h2>
  	<ul style="list-style-type: none"> • Launch Apple Tree service • Share the good work done by the Sexual Health and Contraception Service with other services • Provide more support around gender identity. • Make sure people have the chance to talk about relationships, sex and sexuality. • Offer more information and support to parents of young people

April 2019 – July 2019 What's Out There?

	<ul style="list-style-type: none"> • The council decided it was important to have another What's Out There event. • It was in a bigger place so there were more activities and stalls
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- More people with learning disabilities worked on the day
- The Thumbs Up trainers with learning disabilities did training for stall holders. This meant they understood how to support people better.
- Speak Out helped make the information more accessible.
- There was a special Carers Area



People with learning disabilities said



- We asked people what they thought of the day
- Lots of people said it was very good.
- They tried new things.
- They found out about different services.
- They felt part of the day
- They like the different areas



What happened next



- Planning started for What's Out There 2020!

July 2019 – October 2019 Learning Disability Strategy



- The council is writing a new Learning Disability Strategy.
- This is a plan for what services for people with learning disabilities will be like in the next three years
- They want to know what needs to be better for people with learning disabilities



What we asked



- What is most important to you?
- What should the council be making better?
 - Work and learning
 - Information and advice
 - Seeing friends and family
 - Relationships
 - Healthcare
 - Mental health
 - Travel
 - Support
 - Planning for the future



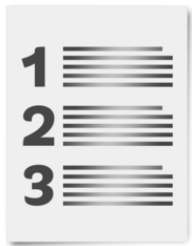
People with learning disabilities said



- Mental health support is the most important thing for the council to work on.
- People do not know who to go to when they are having problems.
- They say they get fobbed off until they reach crisis point.
- Loneliness and isolation are also big problems for people with learning disabilities.
- Some people say they miss the friends they used to have in day services.
- It is very difficult to get out and socialise if you need support.
- Lots of people want to have a relationship.
- They say it's very difficult to meet a partner.
- Others say they have a partner but do not get the support they need to see each other.



What happened next



- The council came to Speak Out to hear what people with learning disabilities think.
- They told the council how it should look and how they should tell people about it.
- People with learning disabilities said which subjects need to be in the strategy.
- Different groups are meeting to plan these subjects
 - Activities, Work and Learning
 - Advice and Information
 - Health and Wellbeing
 - Housing and Support
 - Relationships, Friendships and Feeling Safe
 - Transitions – for young people and for older people
- The council will keep working with people with learning disabilities to make sure that they get the plan right.



More work to do



- Groups are meeting at the moment to discuss all the subjects
- We will keep let you know how the plans are going.
- We will ask you what you think of the plans.

October 2019 –January 2020 Relationships



- People tell us that the most important thing to them is to have a relationship.
- Lots of people say they feel very lonely.
- They feel depressed and left out.
- It is very hard to meet people without support.
- It is also hard to see a partner without support
- Others say that they can't see their friends and this makes them sad.



What we asked



- Have you got a partner?
- Would you like to meet someone?
- Do you get to see your friends?
- Would you like to socialise more?
- What support do you need to meet people?
- Do you have someone you can talk to about sex, sexuality or relationships?



People with learning disabilities said



- They do not feel part of their community because people do not understand learning disabilities.
- Some people don't get a day service anymore. They say they feel 'Stuck indoors'. They miss their friends.
- People want the right to have a relationship. They want the chance to discuss it and get support.
- They want their relationships to be respected.



- They want the support to spend time with their partners.
- There are not enough conversations about gender, sexuality and sex.
- People want to talk about healthy relationships and behaviour from a young age



What happened next



- Services and providers have all had information about easy read resources to support people with learning disabilities
- The health facilitator is looking at the Council learning disability relationships policy. She Will be working with someone with a learning disability to make the policy better
- Lots of easy read information has been given to parent/carers who want to support their young people
- Easy read information about gender, sex, sexuality and healthy relationships can now be found on the SHAC easy read page.

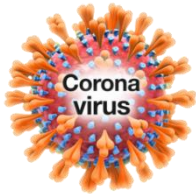


More work to do



- People with learning disabilities need more places to get together and meet each other.
- Loneliness and isolation are much worse because of Covid19.
- People say they have no chance to meet a partner or go on dates.
- Where can people find information and talk about being transgender?

January 2020 – April 2020 Mental Health and Coronavirus support



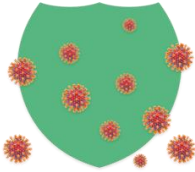
- From March 2020 Speak Out has been working hard to reach people with learning disabilities during the Corona Virus pandemic.



People with learning disabilities said



- It's hard when services go digital. Lots of people do not have devices or internet



- People feel lonely. They can't see their friends.
- People say their mental health has got very bad
- People want face to face support with their problems. It is too hard to do it on the phone
- People want good health information. They are worried because they do not understand.
- People are worried about the future because they are still shielding.



What Speak Out is doing



- We set up a helpline.
- We are making support calls to isolated people.
- We are having online meetings with the council. We tell them the problems people with learning disabilities are having.
- We are running lots of groups on zoom.
- We have helped people get online
- We have been making easy read information for people when they ask for it.
- We send easy read information to people in the post



- We are setting up a new group so that people can support each other



More work to do



- Think about how people can access online services.
- Help people to get advice, support and technology.
- Raise awareness about vulnerable people who are still having to isolate.
- Think about ways that people can be supported to stay well while services are closed.
- Make council information for people with learning disabilities more accessible.
- Make sure that this is in the Learning Disability Strategy.

