

# Hampshire Learning Disability Partnership



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## Updates from the Self-Advocates



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**There are six working groups**

**We are going to give updates on these 4**



- **Adult Social Care – the Right Support**
- **Communications**
- **Health and Wellbeing**
- **Being Safe, Staying Safe**



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We would like to tell you about our working groups :

Starting with the **Adult Social Care Group**

Since the last partnership meeting we have:



- Talked about the Hampshire County Council Savings Plan
- Discussed the Cost of Living
- Talked about social activity and health impacts
- Talked about Easy Read GP letters and texts



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## Adult Social Care Group



### For 2023 we want to:

- Choose a topic to work on together for 2 to 3 months
- Recruit more self-advocates to the group
- Make a survey to get feedback from people who have a learning disability in Hampshire about the Cost of Living and their views.
- We think some of our topics might need to be discussed in more than one group.



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## Adult Social Care Group



- Self-advocates attended 2 sessions to co-produce the Adults' Health and Care (AHC) Plan in November
- We talked about
  - How the council should work with people
  - What good feels like to you
- I attended the AHC Task and Finish group meeting
  - We looked through and talked about the plan
  - I gave my opinion
  - They really liked my ideas and said 'You were brilliant. You said a lot of helpful and important things.'
  - I felt very involved and enjoyed it



## Communications Group



- Our website is now live and we will have a launch date in the new year to promote it



- We have talked about accessibility ideas
- We have added the website on our phones and can check meeting dates there which is good



## Communications Group



- We are working on a newsletter to send to all previous LIG members



- We made meeting rules that can be used for all working groups



- We plan to help with documents and survey design to involve more people in Hampshire in 2023



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## Health and Wellbeing Group



### Since the last Partnership meeting we have:

- Talked about exercise what we do and how to keep fit
  - We tried some Yoga in this meeting!
- We talked about GP letters being hard to read
- We heard from Shape Up For Life they shared their details for our website and told us how to join



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## Health and Wellbeing Group



For 2023 we want to work on topics that help others

- First we will take 2 to 3 months to talk about the GP letters
- Healthwatch and Southern Health will help with this
- There are more topics coming in 2023
- Cost of Living issues affect mental health
- We will spend a couple of months on each topic in 2023



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## Being Safe Staying Safe

We have:



- Talked about Road Safety and cycling



- Worked on the Hampshire Safeguarding Adults Board – Easy Read document



- We learnt about Run Hide Tell



- Spoke about having accessible forms and having Easy Read, Braille and videos



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## Being Safe Staying Safe

For 2023 we want to focus on:



- Co-producing training for Safe and Well Visits with Hampshire Fire and Rescue



- Finding the Safe Places in Hampshire



- More discussion about Tech and how this can keep people safe



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## October Meeting



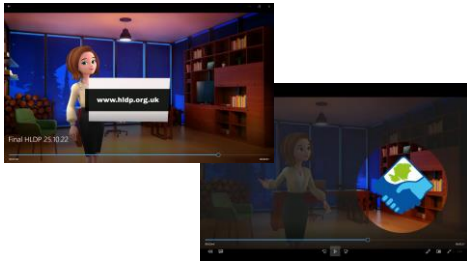
- We finally met in person at Wells Place in Eastleigh
- We discussed what we wanted to do for the future
- I chaired the meeting and read out the rules
- J showed us what he has done with the website and we said what we thought about it
- We would like more pictures in group sections and the home page
- Everybody put the app link on their phones so they can use the website



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- Discussed about self-advocacy and heard about a new training programme
- Self-advocates were invited to attend the training
- A self-advocate was involved in choosing the provider which is Koala
- Associate Director from the Hampshire and Isle of Wight Integrated Care Board spoke about annual health checks
- Self-Advocates also wanted to discuss about GP letters and to make them Easy Read
- Shared a Create Studio video for self-advocates to decide if people would like them



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## Other things we have done:



- We have given feedback on the names we like for a new pilot volunteer service in Hampshire



- We have worked in co-production with Emily on the Adults Health and Care plan since the last Partnership Meeting



- We had the first meeting with Koala in Andover to help with the self-advocate programme to co-produce the course materials



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## Some next steps:



- Self-advocates are working on a newsletter to go to all previous LIG members to update on all the changes and to introduce the new groups



- We want to get out and talk to groups in 2023 to get feedback and engage with more people who have a learning disability in Hampshire



- Self-Advocates would like to do some introductions for each working group as well as introduce themselves, which might be videos







Some Christmas fun:

## partnership borad xmas word search

S	T	H	G	I	L	I	T	U	A	V	I	D	S
G	I	S	V	D	T	E	G	C	I	B	U	I	H
S	R	E	C	S	G	N	I	D	D	U	P	I	H
T	I	B	O	W	O	N	S	R	S	B	R	S	S
A	S	E	T	I	E	L	V	E	S	B	L	O	L
S	S	T	A	R	W	T	D	E	S	L	C	N	S
A	S	D	R	A	C	M	G	C	T	E	E	R	O
E	U	M	P	S	N	H	U	E	C	S	N	S	T
E	P	S	L	E	I	G	H	N	N	C	O	E	S
R	H	O	T	C	H	O	C	O	L	A	T	E	G
T	M	U	S	I	C	O	I	A	D	R	R	B	I
T	S	A	O	R	T	U	N	S	S	O	C	G	F
S	U	S	M	A	R	R	G	L	R	L	T	H	T
T	N	U	T	C	R	A	K	E	R	S	N	S	S

CAROLS  
SNOW  
BUBBLES  
ELVES  
PUDDINGS  
MUSIC  
CARDS  
STAR  
GIFTS  
NUTROAST  
NUTCRACKER  
LIGHTS  
HOT CHOCOLATE  
SLEIGH  
TREE



What did one xmas tree say to another xmas tree ?

Lighten up!



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**This is the end of our presentation**



**Thank you for listening**



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