



West Sussex Learning Disability Partnership Board

11th May 2023, held in Horsham



Minutes and Workplan

A copy of the minutes and workplan will be posted on the council's webpage [here](#).

The workplan includes actions agreed in each meeting.

Who came to the Board meeting is listed at the end of these minutes.



Introduction:

The **theme** for meeting was Day opportunities, employment, and volunteering.

December's Partnership Board started to involve people who use day services, family carers and providers in planning what day services should look like in the future.

The Board focused on the day services which are delivered by Independent Providers.

This meeting gave an update on how this work is going and to ask the Board to comment on the feedback and ideas so far.

All the feedback from Table Discussions can be viewed [here](#).



Item 1: Self-advocates presentation on Wellbeing and Mental Health

The **Self-Advocates** gave a presentation on discussions they have been having in the self-advocacy groups about Wellbeing and Mental Health.

This can have a big impact on how much people can engage with services and be part of their community.

You can see the Self-Advocates slides [here](#).



Discussion:

What supports good Wellbeing and Mental Health?

Discussion and feedback top 3 answers from each table. Top answers from tables included:

- Exercising
- Volunteering
- Someone to talk to about anything
- Getting out and meeting people
- Being listened to
- Friends
- Support from a professional who understands
- Making time to express yourselves
- Good support
- Achieving something new
- Being helpful
- Having a Buddy
- Being listened to and not having to repeat yourself



Item 2: Update on the Day Support Project



Diana Bernhardt is the lead Commissioner on the Project. Her slides are [here](#).

People told us what should be new or different. This included:

- Better community links
- Better access to work and volunteering
- Services available in the evening and weekends; and
- Better access to information about activities and choice.



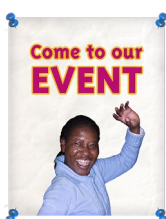
People told us it was important to keep:

- A range of things - choice
- In-person services
- Opportunities to develop skills and independence.



Ideas for the future include:

- Local community hub – This is an existing place in the community with good links to transport, where you can meet friends, find out information, access peer support and connect with services in local area.
- Services that are available at evenings and weekends
- Volunteering organisations working more closely together to have more understanding of learning disabilities.





Discussion






What the Board thought about the ideas?

The Board was asked to comment on:

- What you think might be the good things about the ideas?
- Is there any idea which is not so good?
- Are there any other ideas for day support?

These were the top answers from the tables:

- Ideas include cooking lessons, budgeting and how to use computer and internet.
- Evenings and weekends idea good but concerns around transport to get there.
- Like the community hubs idea.
- Activities and doing things on weekend, park, pub, shopping swimming.
- Ideas – offer from DWP for hubs support, learning new skills, cooking, and using money.
- Not enough evening activities.
- Leisure centres no cash payment, card only.
- Smaller hubs as day centres are too big.
- Cheaper and more accessible services.
- Somewhere to go in the evening.
- Want to try new things but feel secure as existing services.
- More welcoming in community, feel safer and more confident
- Weekend activities: such as residential activities, staff/community members could wear a badge or lanyard to show they understand.

  	<p>Bringing it all together and any other business</p> <p>Diana and Mike pulled all the discussions together.</p> <ul style="list-style-type: none"> ➤ Feedback today shows that more time is needed at appointments to talk about mental health and wellbeing. Diana will meet with Time to Talk and will share feedback from this meeting with them. ➤ Great Day Service ideas and positive feedback on community hubs. We need to think about what's available in local areas. ➤ There is a need to raise awareness around cashless systems and the impact on people with learning disabilities. ➤ Good idea about a badge or symbol to show people have had training around Learning Disabilities.
	<p>Next meeting:</p> <p>29th June 2023</p> <p>Venue: Field Place, Durrington</p>
	<p>Dates of other meetings in 2023:</p> <p>7th September</p> <p>30th November</p>

Who came to the Board:

Amanda Jupp – Cabinet Member Adults (Co-Chair)
Andrew Walker – Self Advocate, Speakabout (Co Chair)
Nicola Smith - Self Advocate, Voice
Mike Smith – WSCC Commissioning Officer
Jo Baldwin – WSCC Commissioning Officer
Julia Pascoe – Aldingbourne Trust
Dale Bacon – Self Advocate, Access All Areas
Richard Hamilton - Self Advocate, Voice
Wendy Byrne - Self Advocate, Speakup
Debbie Elleston – Impact Advocacy Supporter
Paul – Self Advocate, VOICE
Philip Turner - Self Advocate, Speakup
Steven Bensley - Self Advocate, People Come First
Sue Fuller –Parent Carer
Chris Button – Self Advocate, Speakout
Hollie Ferrie – BSL Interpreter
Sarah Maynard – BSL Interpreter
Faye Delaney - Impact Advocacy Supporter
Tim Clayton– DEA, DWP
Sophie Storer – Issue Based Advocate, Impact
Diana Bernhardt – Senior Commissioner, WSCC
Heidi - Self Advocate, Voice
Daniel - Self Advocate, Voice
Sarey England – Self Advocate, Speakabout
Cathy Cassim – Self Advocate, People Come First
Lesley Durbin – Impact Initiatives
Sheryl Bunting – Learning Disability and Autism Lead - Carers
Support West Sussex
Chelsea Hardwell, People Come First
Lisa, Josh, Kerri, Diana – Burnside
Ton, Darren, David, Stella, Karen, Daniel, Jo, Sheila, Andrea, and
Jackie - Strawfords