

Looking Ahead

The Learning Disability Newsletter

Centre for Excellence—Dumbarton Centre

The pictures on this page show 'before' and 'after' scenes at the recently renovated Dumbarton Centre.

The top picture (right) shows the reception area as it used to be, the middle one (below) as it looks now. The bottom left picture shows the new reception area, situated at the opposite end of the large mall area. As previously explained, the changes were the result of comprehensive consultation with service users and carers.

The spacious and airy central mall, with comfortable seating of various types, also



includes an exhibition space for service users to display the results of their creative talents.

What these pictures can't show are the other major changes to the amenities at the centre. These include the two 'state of the art' sensory rooms, the expansion of Café Connect to become the main catering outlet, (now offering a much more normalised dining experience for service users and the members of the public), the much improved physiotherapy facilities plus a modern well equipped kitchen facility where service users can

hone their independent living skills. Outside, the garden surrounding the building has been much improved with the help of our friends in the local Rotary Club and the gardening group from the Centre.

Since moving in last November we've held a couple of open days and reaction from service users and carers has been universally complimentary. So much so that some, who had planned to attend day facilities outwith the area, have decided to use the Centre instead.



Manager, Kate Quinn, and her staff, also deserve credit for the way they have managed to oversee these changes so that disruption to current services were minimised.

CONSULTATION EVENT November 2014



Last November, as part of our on going consultation with service users and carers, we held a major event in Dumbarton Burgh Halls.

We were delighted that Councillor Gail Casey, chair of the CHCP Committee, came along to say a few words of introduction to start the day off (left). Those who attended will recall the main theme which was the national strategy for learning disability services, published in 2013 by the Scottish Government, The Keys To Life.

The Good Life Group enacted several scenarios based on the report's recommendations and service users and carers were invited to consider how these should be implemented at a local level.

Helped by the group's vivid interpretations of what the recommendations actually mean in practice, those attending were able to offer plenty of comment and discussion about the way ahead.



As usual, the day ended on a fun, but healthy, note with a visit from Independance, an inclusive dance development company familiar to many of our service users.

All comments on the day were duly recorded by our staff and will help shape services in the years ahead.

We will have to find a different venue this year as the Burgh Halls are undergoing a major transformation.

What's In A Name - Change?

At the end of last year, in light of the major improvements at the Dumbarton Centre, we thought it appropriate to ask service users and carers for ideas for a new name—one which reflected, more accurately, the breadth of services available, the wider community it serves, and the hopes and ambitions of those who use it. The name which emerged with the broadest appeal was the **Clyde Centre**, as it encompasses all the communities which make up West Dunbartonshire.

Thanks to all who took part in the consultation and we hope that all concerned will be able to regard the Clyde Centre as a fitting name for what will be key element of our services going forward.

Neighbourhood Network Learning Disability Service

A New Home for William

William has wanted his own home for a long time and has finally achieved his dream with the help of staff at Learning Disability's Neighbourhood Network Service. William's support staff at Neighbourhood Network worked closely with him to complete his housing application and support him in his dealings with the housing authorities. It was important for William to get a house near his mum and he particularly wanted a house with a garden as he is passionate about gardening.

William was given the keys to his house just before Christmas and since then staff have been working with him to get all the things he needs for his house and ensure he has all the benefits and grants he is eligible for.

William said: *'It feels good getting my house'* and *'the staff have really helped'*

According to a member of staff: *'William has waited such a long time for his house, it's fabulous news'* We wish William well in his new home!



Time To Connect

We recently received a generous donation which has allowed us to plan for several sessions of Dance/Exercise sessions with Ruth and Music sessions with Pauline. These sessions will take place on Saturday afternoons in April, May & June

We have also just been awarded funding from **Asda Bag Community Grant** administered by Foundation Scotland, which will enable us to continue through-out the summer months.

We are delighted that we have been recognised by funders as a group who are providing beneficial and enjoyable sessions at week-ends.

There is a fee of £5.00 to attend classes, which goes towards refreshments and venue costs

If you would like to attend or you would like more information, please contact Lorraine on 01389 381710 or Email: lorraine@ldmack.plus.com



Our New Network

Neighbourhood Networks (Scotland) has started a new network for young people in West Dunbartonshire and we now have 8 people in our network. We are looking for a name for this new group. At the moment we are calling ourselves the 'transition group' or the 'young group' but we want to find a name that says something about what our network is all about and who we are as individuals. If you have any clever ideas for a name please contact Dee McIntosh on: AndreaMcIntosh@neighbourhoodnetworks.org and the members will pick a winner.

Visit to Transport Museum

We recently took a trip to the Transport Museum. A few of us had wanted to go for a while and this trip help us get to know our Community Living Worker, Lauchlan and gave some of us a chance to learn more about travelling independently (paying our bus fare, finding out what bus to get, getting to know a different area). We went on a Sunday which was a good thing for some of us as we rarely get a chance to meet up unless we are at school.



Sitting on a Victorian tram...peace and quiet

Drama



Peter Lorenz, a drama student from Glasgow University, has been supporting us to put together a drama piece to present at the Festival of Common Wealth in June. After a lot of hard work, fun and practice we have finally decided that it is going to be all about **Love and Friendship** as this is what is important to us. If you would like to see us perform please come along to

Neighbourhood Networks Festival of Common Wealth event

on Saturday 13th June

at Scotland Street School, Shields Road, Glasgow.

This is what we think about Neighbourhood Networks so far:

Being dramatic!

"We get a chance to talk about our thoughts and feelings." "I can meet with my friends."

"It's like being part of a club." "I like the fact that we can organise activities and go to different places."



Carers of West Dunbartonshire

Time for Me Project We are delighted to announce that, thanks to a grant from the National Carers Organisation Short Breaks Fund, we are able to offer short breaks to those caring for an adult with a disability or illness. The *Time for Me* project will allow carers to plan their own short break by using a personalised budget. We hope that the project will help to relieve some of the pressure on carers and allow them to enjoy a break away from their caring role.

The fund is only available till July this year, so if you are interested you'll have to be quick! For more information, please contact Liz Anderson on 0141-941-1550.

SEARCH Project - Support and Education for Alcohol Related Challenges in the Home

Thanks to funding support from Foundation Scotland and the Robertson Trust, co-ordinated through the Scotch Whisky Action Fund, we are delighted to introduce our new SEARCH Project. The 2 year project will support carers who are affected by alcohol misuse. The project is supervised by a new support worker and will provide a range of support including training opportunities and emotional support.

Giles Ruck, Foundation Scotland's Chief Executive said: "*It's great to see Carers of West Dunbartonshire receiving support from the Scotch Whisky Action Fund. This innovative project will offer an alcohol education programme and an emotional support system which will help address the needs of carers affected by alcohol misuse, a group which are frequently overlooked.*"

If you think this project can help you, please contact us on 0141-941-1550.

Self Directed Support (SDS) -

West Dunbartonshire SDS Support Service

West Dunbartonshire SDS Support Service is provided by Carers of West Dunbartonshire (CWD). We offer a range of services such as: information, advice, support, training and practical assistance to carers and services users who are eligible for Self Directed Support. The support that we offer is free, confidential and independent.

The types of things that we can help you with are:

- information on Self Directed Support, including eligibility criteria, appropriate contacts and action required to progress
- advice about the assessment process
- independent advocacy to carers, when necessary
- support for those purchasing agency services, including assistance to identify a suitable care provider
- start up support for those wishing to employ a Personal Assistant, including advertising and recruiting and how to access the various aspects of employment support, providing interview space
- maintaining a plan of contact with carers and service users

If you would like to know more about **Self Directed Support** you can contact us on **0141-941-1550**, alternatively you can speak to your social worker.

Art and Soul



Every Friday 3pm - 5pm

**Room 1, Dalmuir CE Centre, Duntocher Road, Dalmuir,
CLYDEBANK, G81 4RQ**

Everyone welcome £5.00 per session 2015 – payment includes all materials, hall let and tea/coffee and biscuits

Come and have some fun with Josie and Stevie at 'Art and Soul'
doing all different types of Arts and Crafts

If interested please contact the Dalmuir Office on 0141 952 9264
for a Booking Form



Keeping Safe

Most adults are able to live their lives freely, without fear of harm and are able to safeguard their interests and financial affairs appropriately. For some people, this can be more difficult and they become more vulnerable to being harmed.

The Adult Support and Protection (Scotland) Act 2007 was introduced as a way to safeguard vulnerable people from harm and look at ways in which they can be supported to protect themselves.

If you are being harmed, or you witness or suspect that someone is being harmed then it is important that you tell someone and report your concerns.

What is harm and who is at risk?

Harm can be described as causing upset, injury, wrongdoing or distress to another person. Harm can come in many forms and a person is likely to be exposed to more than one type.

Anyone can be at risk of harm, however some members of society are more vulnerable than others. People with a mental or physical infirmity, the elderly and people with a learning disability are most likely to be at risk.

Who causes harm?

Anyone can cause harm but records show that it is most likely to be someone who is close to that person, perhaps a family member or friend – people employed to care and support others, can also cause harm.

What should you do?

If you witness or suspect that an adult is being harmed then you must tell someone as soon as possible.

It is best to tell a person that you can trust, such as:-

- Social Worker
- Doctor or Nurse
- Advocacy Worker
- Care Home Manager
- Police



What will happen next?

Social Work will be informed and they will make inquiries to find out what is going on. Throughout the process, the person's wellbeing and safety is the priority and they will be involved from the beginning.

Everybody has the right to feel safe, included and live without fear of harm

Adult Support and Protection – It's Everybody's Business

Duty Social Work – 01389 757020

Police Scotland - 111



CORNERSTONE HAS MOVED!!

CARMEN CENTRE RENOVATION

Cornerstone has recently bought a well known building in West Dunbartonshire—the Carmen Centre, Renton. It is our new base from February 19th 2015.

The building will be renovated by Cornerstone and we plan to make this our new office base. The Centre will also become home to our Connects service. This service will organise activities for the people we support including cooking skills, nature study and drama. Morag Bain is the contact for this service so please get in touch if you want to find out more.

The Carman Centre also has space for other local groups and organisations to use. We met with some local people in January to find out what kind of things they might like to use the centre for.



If you would like to contact Cornerstone at their new office in Renton, the phone number is 01389 750403

Making Friends



The Making Friends Project held their Annual General Meeting on Tuesday 10th March. In order to make it a fun night for everyone and raise funds for the Project we turned it into a bingo night and cake sale. It was a great night with lots of people, lots of prizes and lots of fun!

We raised £141, which we will use to pay for members' support staff to enable members to come to the various activities without the additional cost of paying for their support.

The Project is currently supported by Linda Collins and Sally Swadel who have been working with the committee to arrange outings for the members. Our summer day trip last year was to

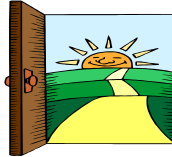


Largs where we threw stones in the Clyde, puttied golf balls on the green and sampled the local delicacy at Nardini's. Other outings have included Culzean Castle, the Art Galleries, Botanic Gardens in Glasgow, bowling, the Sea Life Centre and Bird of Prey Sanctuary. We have also had a few nights out at the theatre, a 50's disco and a busy, loud Christmas night out!

If anyone is interested in joining us please contact Sally Swadel on 0141 562 2448 or Linda Collins on 07810 153 892

Sitting with the birds of prey

The Good Life



Group

It's been another busy few months for the Good Life Group! Since the last newsletter we have completed the training of our in-house service providers in how best to support service users to meet the outcomes they want to achieve. We were also closely involved in consultation on the proposed changes to Learning Disability Services and helped to roll out a series of information Roadshows to a variety of groups across Glasgow.

But perhaps the most challenging work the Group undertook last year was with the Palliative Care for People with Learning Disabilities Network. This Network helps to support people with learning disabilities in end-of-life planning, when people have to cope with either the death of a loved one or with their own terminal illness. The Group felt very strongly that people with learning disabilities should be involved in the planning at such a crucial time

in their lives, and put together a scenario showing how people can best be supported to receive and understand this kind of news, and helped to plan for the future. The session was very well received by the audience of 80 health professionals in the palliative care field, staff and carers of people with learning disabilities and clients themselves.

This year we have been delivering training in the Adults with Incapacity Act to community dentists across Scotland. This isn't as unpleasant as it sounds as the Group have had a great time reversing the usual roles with dentists! The dentists enjoyed the training too—here are some of their comments:

“You showed us that it doesn't matter how ‘clever’ you are, there are still things you can learn”

“Excellent! I have a much better understanding of the difficulties faced by patients with learning disabilities”

And finally, we delivered a lively, light-hearted performance to carers, staff and services users at the launch of the West Dunbartonshire Self Directed Support Guide. The Group performed three scenes showing how Self Directed Support can help people exercise more choice in how they use their support.

It's a serious message, but we used a mix of comedy, support super-heros and even a crew of 'bling-tastic' rappers to get it across in a fun and memorable way. It seemed to work: one audience member reported “The Good Life Group were amazing!!!!!!”



Wii

Boccia



Singing

NEW & EXCITING WEDNESDAY CLUB

Venue 543
Club Dalmuir
18 Nairn Place
Dalmuir

Every Wednesday
6:30pm – 8:30pm



Bar



Snooker



Chat



Dancing

For more information call
0141 952 9264



Fun with friends



Outings & trips

Learning Disability Update - Staff Changes

Michelle Scott, Social Worker and our two nurses Susan Bach and Jillian Murdoch have all had baby boys! Congratulations to them all.

Sarah Perry is covering Michelle's maternity leave and we are delighted to welcome Kirsten McGee who is covering Susan's maternity leave.

We are also pleased to welcome our new Adult Support and Protection Co-ordinator, Noreen McCarthy. Noreen has worked most recently as a Community Care Team Leader in East Renfrewshire.

Our new Speech and Language Assistant is Joanne Cudden. She came to this post from the Golden Jubilee National Hospital where she worked for 7 years in elective Orthopedics as a Rehabilitation Assistant—welcome to the team Joanne!

We have had to say a sad farewell to a few of our colleagues:

- our Psychiatrist Claire Hughes who has moved on to a similar team in North Ayrshire. Her post here is being temporarily covered by Dr Ian Matson.
- Amy Hebblethwaite, Psychologist, has also left our team to take up a new post in North Lanarkshire. Her post has been advertised.
- Mary Lynch, Physiotherapist has take up a new post in the Rehab Team in Helensburgh. We are pleased that Rakesh Upadhyay will be taking up the physiotherapist post very soon.
- One of our nurses Anne Jane Barr has left to take up post in Summerlee Care Home.
- Jess Vallance, our receptionist at the Dumbarton Centre has left to take up a new post at Coulport. We plan to appoint her successor very soon.

Care Inspectorate

Most readers will know that the Care Inspectorate is the main regulatory body for our services and their inspectors carry out regular inspections on all our services. Their reports can be accessed online on their website and they also can investigate complaints.

The inspector for West Dunbartonshire Services is Marjorie Bain. Marjorie can be contacted on 07920781174 or by email at Marjorie.bain@careinspectorate.com, if you have any compliments, comments or complaints about the service. She will be happy to talk to you and it can be confidential.

Contact Details—West Dunbartonshire Learning Disability Services:

Postal Address—West Dunbartonshire CHCP, Learning Disability Services, Beardmore Centre, 9 Beardmore Street, Dalmuir G42 4HA.

Telephone - 0141 562 2333

Email - Learning.Disabilities@wdc.gcsx.gov.uk

Please note, the department recently introduced a new system of duty which, for learning disability services, is now based here at the Beardmore Centre. This now means that, if you do not have a social worker or nurse allocated to you, you can still contact someone from our service direct by means of the above contact details. It is hoped that, by enabling you to speak with a specialised learning disability worker, you will receive a more knowledgeable, effective and personalised service.



Useful Contact Numbers

Learning Disability Duty:	0141 562 2333
Adults / Older Adults :	01389 737020
Clydebank Mental Health:	0141 941 4400
Dumbarton / Vale Mental Health:	01389 812070
Clydebank Addiction Team:	0141 562 2311
Dumbarton / Vale Addiction Team:	01389 812018
Out of hours Social Work:	0800 811 505

If you have enjoyed this newsletter and would like to contribute to future editions, please contact Alan Hopkins on 0141 562 2330 or Sally Swadel on 0141 562 2448, e-mail : alan.hopkins@westdunbarton.gov.uk or sally.swadel@west-dunbarton.gov.uk. We would be delighted to hear from you.