

Looking Ahead

The Learning Disability Newsletter



Winter 2015

Expanding Horizons—Information Day 19th November



David Elliott, Councillor Gail Casey & Adrian McBride

As part of our on going consultation with service users and carers, we held a major event in Clydebank Town Hall on Thursday 19th November. We were delighted that Councillor Gail Casey, chair HSCP Committee, came along to say a few words of introduction to start the day off. The main themes this year were :

A Healthy Life, Choice and Control, Independence and Active Citizenship. These are the themes of the 2013 Scottish Government national strategy for learning disability services: The Keys to Life.

The event took the form of an exposition which involved a range of companies and organisations being



Some of the busy stalls.



Go Zumba!

given the opportunity to inform the public of the wide range of activities, supports and advice available locally. There were also presentations from the Police and Fire Service. Action 2015, a partnership of various groups facilitated by Changed Days Advocacy Service, gave a presentation of their work in the past year. Ronnie Creamer also gave an interactive talk on his many achievements over recent years. All presentations were interesting, lively and gave everyone food for thought. The

upbeat day ended on a high with exhausting zumba and interactive dancing. There were approximately 160 people at the event which included service users, carers



and support workers who all agreed that the day was a great success.

We plan to hold next year's event to coincide with Learning Disability Week in May and make it even more fun than this year's. Watch this space for details!

Several organisations present used their twitter accounts to tweet favourably about the event. Scottish Consortium for Learning Disabilities will be posting a Blog in the new year on the event.



Listening to the opening comments.

Transitions

There are many transitions in people's lives, and these can often be difficult. One transition in life is the change from Children's to Adult services. With this in mind, the Learning Disability service has developed the role of Transitions Link Worker, to enhance and further develop the existing process and I was lucky enough to land the role! Part of my role includes information sharing, liaising with partners in education, colleagues in the various children's social work teams, and adult services.

I have started establishing contact and links with all those involved in supporting transitions, and gathering and sharing information to help with planning. This also includes working with other authorities to establish best practice, and the Scottish Transitions Forum to explore the Principles of Good Transition. We are also aiming to produce a leaflet by working with some families who have experienced this process, and some who are going through transition at the moment, to better inform young people and their families of what to expect.



This should be an exciting time for young people, as they move from being children to young adults, with their future ahead of them, possibilities for developing, becoming as independent as they can, and having a real and active presence in their communities.

Pauline Bluett

Project Plan for Café Connect



Background

Café Connect has a new look! As part of the new vision for the café, I have been asked to look at making the café 'communication accessible'.



I have been working alongside Fiona Baxter , Acting Manager of the Clyde Centre who is keen to improve service users' use of the café out with lunch time and encourage the public use of the resource. Other stake holders include Joan Fraser, Changed Days who will ensure service users are involved in the plan and support Elizabeth and Francis in this, Frances McLaren, Kitchen Manager who wants to improve accessibility for the users of the dining room and Georgina Reilly, Work Connect, who is keen to improve the

possibilities for service users to work within the community

We plan to provide picture menus of food/drink items, including healthy options, photo menu / specials board, and money to indicate cost of items in photo form.



We will ask service users, centre staff, carers and the general public who use the café for their views and hope to have the café fully accessible very soon.

Maria Venditozzi ,
Principal Speech & Language Therapist

Fund Raising at the Beardmore



Staff Learning Disability Services held a fun, fund-raising Strawberry Tea for Breast Cancer Care this summer. Some of the team brought in cakes and sweets to sell and photos of themselves as babies for the Guess The Baby Game. We raised a total of £150.

Clyde Centre Outings

Rangers Football Stadium

On Tuesday the 27th of October Clyde Centre staff and 6 service users had a tour of the stadium of Glasgow Rangers Football Club. They visited the trophy room, dressing room and had a walk around the pitch.



Jackie, Jimmy, Kevin, Craig and John trying the strips for size.

Clan Ice Hockey Game

On 15th October some of us watched a fantastic ice hockey game. A big thanks to Greg Brown - the hospitality of Braehead Clan made it a wonderful experience for us all. The access seats Greg acquired for us on the night were amazing with a great view of the game. 7 of us went along on and watched Braehead Clan beat Manchester Storm 4-3 !!



Peter, Graham, Roddy, David and Brian,

Making Friends



Making Friends

Making Friends has had another very busy and successful year. The members have formed a committee who meet a few times a year to agree the upcoming activities. They have great fun thinking up all sorts of new ideas for places to go and, as you can see, they've been using plenty of imagination! Here are some of our trips:



Provand's Lordship
and Glasgow
Cathedral



Stirling Castle



Scotland Street
School 'Horrible Heidie Tour'

We also visited Glasgow Tower (Glasgow Eye), Transport Museum and Tall Ship, Loch Lomond - cycling and boating for the disabled, powerboat on the Clyde, Hampden Park Stadium and Museum Tour and a hilarious Halloween Party.

These were all fun-packed, exciting days out attended by many of the members. We also held our fund-raising Bingo night on Friday 11th December in the Clyde Centre, Bruce Street, Dumbarton. 24 people came along for an evening of bingo, cakes, chat gift for Xmas presents and the chance to win a fabulous prize or two! We raised a fabulous £180.

And finally, to end the year with a bang, our Christmas party was on Friday 18th December at the Milton Inn - 7pm till late. 30 of us ate sang and danced the night away.

If you are interested in coming along to the party or joining in any of the activities please contact Sally Swadel or Linda Collins on: 07810 055 520 or 07810 153 892 or email: sally.swadel@west-dunbarton.gov.uk

Adult Support and Protection: Financial Harm and Vulnerable Adults in West Dunbartonshire

Over recent years there has been an increase in the number of vulnerable people falling victim to financial harm within West Dunbartonshire, with 120 known cases being referred to the social work department since 2014. However, professionals believe that this is only the tip of the iceberg and that referral rates will continue to rise with scams and online fraud becoming more sophisticated.

Examples of financial harm can include:-

- feeling under pressure to hand over money or possessions
- exploitation of property or welfare benefits
- stopping someone getting access to their money or possessions
- stealing, cheating or fraud
- scams that encourage adults to send money or pay for goods/services that are not up to standard
- rogue traders including distraction burglary
- being put under pressure to rewrite a Will
- misuse of Power of Attorney



Financial harm can come in many forms and the individual may not always know that they are being harmed. The impact of financial harm is far reaching and the consequences include loss of confidence, psychological and physical ill health and financial destitution (Scottish Business Resilience Centre, 2015).

Doorstep Sellers

One type of financial harm that appears to be on the increase within West Dunbartonshire is "Doorstep Seller" scams. These types of scams usually target vulnerable members of the community and will start with a rogue tradesman offering to do repair work to your home. The result is often poor and overpriced work that is not to standard and in most cases you will need to spend more money having the work repaired.

You can avoid doorstep scams easily by following the steps below:-

- Keep all of your doors and windows locked at all times.
- Only let callers in if they have an appointment and you have confirmed they are genuine.
- Always ask for appropriate identification.
- Use a door chain or bar.
- Do not keep large sums of money in the house and keep possessions such as bank cards etc out of sight.

Remember – if in doubt keep them out!

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If you witness, suspect or receive information that a vulnerable person may be at risk or you have experienced financial harm, then it is important that you **tell**

someone. You can contact the duty social work team by contacting **01389 737020** (Dumbarton/Alexandria) or **01389 811760** (Clydebank).



If you think a crime has taken place then you can call Police on **101**. If you feel threatened or intimidated then contact emergency services immediately on **999**.

If you have fallen victim to a scam then you can contact the local trading standards department on **01389 737000**. Further information can be found on the Scottish Government website www.scot.gov or by contacting the Adult Protection Team on 0141 562 2457.

Visit to Enchanted Forest

On Wednesday 28th of October staff and residents from Bridge Street Housing Support Services visited the Enchanted Forest in Pitlochry.

We explored the stunning autumn Faskally Wood near Pitlochry which was dazzling with lights and music, including a live orchestral piece. The forest was a natural backdrop showing a light show that was simply out of this world.

Everyone at Housing Support Services would recommend visiting the Enchanted Forest. It was a great sensory experience and the people we supported gave it a big thumbs up.



Bowel Screening

Who needs to do bowel screening?

- Everyone aged between 50 and 74 years old

How often?

- Every 2 years

Why should I do bowel screening?

People can get a disease in their bowel called bowel cancer. In Scotland over 4,000 people get bowel cancer every year. It is more common for people over 50 to get this cancer so people between 50 and 74 are invited to the bowel screening programme. You will be sent a pack like this.



Contents:

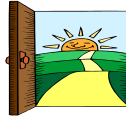
- Letter with sticker
- Screening information
- Sticks
- Kit
- Envelope

Bowel screening helps to spot cancer at an early stage. This means that people have a better chance of getting better.

The easy read version is available at:

http://www.bowelcanceruk.org.uk/media/171227/923_bcuk_scottish_b5.pdf

If you have any difficulty following the instructions you can phone your local learning disability nurse here at learning disability services on 0141 562 2331.



Good Life Group

Group

Since our last update in the summer the Good Life Group have been busy delivering training and planning the way forward for the Group.

We have continued our rolling programme of training in the Adults with Incapacity Act to community dentists in Dunblane and Edinburgh which is always very well received by everyone who attends the training.



Working hard on group development.

Earlier this month we gave a presentation on Health Inequalities at the first national conference of the Scottish Learning Disabilities Observatory. The Observatory is funded by the Scottish Government to carry out research into the inequalities faced by people with learning disabilities and make recommendations to Health Boards. The Observatory aims to make Scotland fairer and healthier for people with learning disabilities and their families, by:

- Finding out the health problems people have
- Finding out how good or bad health care is
- Telling people about health and health care problems
- Finding ways to make health and health care better
- Checking if health gets better or worse over time

Helping the Scottish Government, and staff who provide health and social services, to get it right for people with learning disabilities.

If you would like to know any more about the work of the Observatory please see the

University of Glasgow website: <http://www.gla.ac.uk/researchinstitutes/healthwellbeing/research/sldo/aboutthescottishlearningdisabilitiesobservatory/>



Pictorial representation of our presentation.

The audience of Health Professionals, carers and people with learning disabilities

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from across Scotland gave some fantastic feedback on the Good Life Group's presentation. As one Consultant said:

" I was lucky enough to see a drama based presentation on health inequalities by the Good Life Group. In over 20 years working to reduce inequalities in health for people with a learning disability this was far and away the most clear, and the most powerful, description of the issue I have seen. In my opinion every health professional should see this and take on the messages."

Prof Mike Kerr Cardiff University

We are also continuing our work with service users of West Dunbartonshire's own learning disability services to support them to speak out about issues and gain confidence.



Coming up with ideas for our training

We are looking forward to the new year when we'll be holding workshops at a training event for 3rd year nursing students across Scotland and delivering a rolling programme of training to general dentists in the Forth Valley.

Learning Disability Update:

We are Moving!!!

Learning Disability Services are leaving the Beardmore Business Centre towards the end of January 2016 and moving to:

118-120 Dumbarton Rd Clydebank G81 1UG.

Staff email addresses and phone numbers will remain the same.

Further details to follow.

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

Merry Christmas
&
A Happy New Year from Everyone at
Learning Disability Services



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.

