

# Looking Ahead

## The Learning Disability Newsletter

### David Elliott – An Appreciation



Many of you will know by now that David Elliott, General Manager of Learning Disability Services, retired in March of this year

Needless to say, he will be sorely missed.

He has shaped learning disability services in West Dunbartonshire for many years and was the driving force behind our continual ambition towards the high quality services we all provide or benefit from.

David had a long, varied and distinguished career in learning disability services, both in Argyle & Bute and, latterly in West Dunbartonshire. He 'rose from the ranks, and this provided him with an unerring insight into what it was like to provide, and receive, services at the 'sharp end'

We all relied on his vast and varied experience to guide us forward, and we will miss his support and wise counsel.

I know he was highly thought of, not just by his staff, but by carers, service users and our partner organisations alike.

His personal manner towards all these groups endeared him to one and all and he always made time to listen to people's issues or concerns.

At time of writing, I'm not sure what the immediate future holds for David. I'm not sure David knows either. However, I am sure, whichever path he chooses to follow, he will bring the above qualities to his chosen endeavours.

Although David's post no longer exists, the work of our Learning Disability Services will obviously carry on, and the team will continue to be managed by two operations Managers, one of them being myself.

I'm sure you will all join with me in wishing him 'all the best' for the future, whatever that turns out to be.

**Adrian McBride, Operations Manager**



## 2016 Employee Recognition Awards

The Dumbarton Centre was nominated for the following awards:-

**Young Ambassador of the Year**—Sean McAdam

**Excellent Customer Service**—Jill Campbell

**Outstanding Achievement**—Dumbarton Day Centre & Drivers

The Employee Recognition Scheme celebrates the work of West Dunbartonshire Council employees and highlights the particular success of individuals and teams in providing an excellent service or supporting others within the Council and wider community.

The awards recognise excellence in service delivery and appreciate individuals and teams who have made a real difference to the Council and our communities.

The Young Ambassador award is new for 2016 and gives recognition to a young individual who goes the extra mile in making a real difference to the service provision of their team and the Council.

We are delighted to announce that Sean won the Young Ambassador Award!

Sean is a Support Worker at Dumbarton Centre, working with adults with learning disabilities. Since completing a Modern Apprenticeship and then securing a full-time position with the team Sean has excelled. In particular, Sean used his own ICT knowledge to familiarise himself with the new equipment installed in the Centre's sensory room to provide bespoke sensory experiences for a number of service users and external groups.



We are also delighted to announce that—Jill Campbell was highly commended in the Excellent Customer Service category and Staff at the Dumbarton Centre were highly commended in the Outstanding Achievement category.

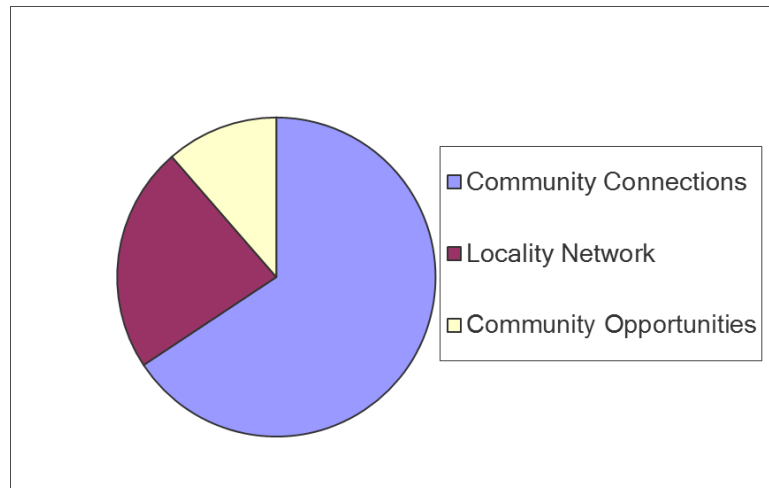
Well done all at the Dumbarton Centre!

## Dalmuir Locality and Neighbourhood Network

We recently decided to change the name of our two WDC Learning Disability Services - Dalmuir Locality and Neighbourhood Network. We decided to do this because both services are providing the same types of support and the Care Inspectorate agree that they should be registered as one service.

We asked our service users, carers and staff to choose between three of the most popular suggestions.

- Community Connections
- Locality Network
- Community Opportunities



The result of the survey was Community Connections had the most votes!

We aim to have the Launch Day for our joint service on Monday 1st August.



*A lovely day for a picnic*



## TAG

The Advisory Group (TAG) was set up 1996 by KEY Community Supports to enable people with learning disabilities to have a stronger voice in the services they use and in their local communities.

In 2012 The Advisory Group became a Scottish Charitable Incorporated Organisation run by people with learning disabilities with three main aims:

- to promote the gifts and talents of people with learning disabilities;
- to break down the barriers of discrimination and
- to help make a more inclusive Scotland.



TAG promotes social inclusion and the creation of a Scotland where the gifts and talents of everyone are recognised and every citizen is seen to have equal value in society. We do this through training, consultation, hosting social inclusion events and bringing people together.

We currently have 9 different regional TAG groups across Scotland: Ayrshire; Central; Clyde Coast; Dumfries & Galloway; Dunbartonshire; Glasgow City; Highland; North Lanarkshire and South Lanarkshire. Each of these groups focus on local issues before coming together every few months to discuss issues at a national level.

For more information see our website on: [www.theadvisorygroup.org.uk](http://www.theadvisorygroup.org.uk); follow us on Twitter at @NTAGTweets or Facebook us at [www.facebook.com/theadvisorygroup](https://www.facebook.com/theadvisorygroup).

Neil Connelly



**TAG**

**Active Dunbartonshire Coordinator**



## Adult Support and Protection (Scotland) Act 2007

### Vulnerable Adults and Social Media Use

Social media can be a great tool to access all sorts of information. Lots of people across West Dunbartonshire use social media on a daily basis to find out what is happening within the community and keep in touch with family friends.

However, social media can also be used to target vulnerable people and even put them at risk. So if you choose to use social media it is important that you know how to keep yourself safe from harm.

#### What is social media?

Social media is term that is used to describe websites or applications that enable people to communicate with one another and share content such as pictures and videos.

Some of the popular social media sites include:-

- Facebook
- Twitter
- MySpace
- Snap Chat



What are the potential risks of using social media sites?

**Cyberbullying** – this includes any form of bullying which takes place online or through mobile phones or tablets. This can include name calling, harassment, spreading rumours and use of inappropriate language/images. People that can ‘cyberbully’ include friends, family, strangers or groups of people.

**Sexual harm/sexting** – this can include being asked to send sexually explicit messages, photographs or videos (sexting) that you do not feel comfortable with. It can also include being sent pornographic images or videos.

**Identity theft** – this can be another person using your identity for their own personal gain. Examples can include using your name and details to create “fake” user profiles. Identity theft is also commonly used to commit financial fraud.

**Exposure to inappropriate materials** – it is common for other users to share content that you may not want to see such as videos that contain violent material.

## **How can I keep safe whilst using social media?**

There are a number of ways in which you can keep safe online, these include:

- Never post any personal information on a social media site – this includes your full name, bank details, date of birth, telephone number or your address.
- Think carefully about posting pictures and videos of yourself – other people can see it and may be able to download it.
- Keep your privacy settings high – ensure that your user profile is kept private.
- Only accept friend requests from people you know.
- Don't meet up with people that you meet online – remember that not everyone is who they say they are.
- Respect other people's views and opinions – think carefully about what you post as others can see it.
- Never share your password and ensure that you log off when using a shared computer e.g. using a computer in a library etc.
- Use the 'block' facility if you want to stop someone from contacting you.
- Ask a family member or friend to show you how to use social media if you are not familiar with it.
- Report any offensive or inappropriate content.

If you ever feel threatened or scared whilst using social media, stop using the site immediately and ask for help - Police, support worker etc.

## **Where can I get help?**

If someone has threatened you or made you feel unsafe when using social media it is important that you tell someone you trust as soon as possible. You can contact the following people:-

- Family member or friends
- Police – if you think a crime has been committed. Use 999 in an emergency or 101 when it is not an emergency.
- Social Work – you can call the Learning Disability Duty Social Worker by dialling 0141 562 2333.
- Support workers



## Making Friends

The Making Friends Group has started 2016 with a bang... Several members got together on a beautiful sunny day (in March!) to 'Make Your Own Pizza' at the Pizza Hut in Drumchapel. Many odd-looking pizzas were created then demolished, followed by some amazing ice-cream extravaganzas. Much hoe-ing down and gun slinging was to be had at the Country and Western Night at Oliver's in Drumchapel where we danced the night away till the bitter end. And finally, we were lucky with the weather again for our day out at the 'People's Palace' in Glasgow and a sunny lunch in the Winter Gardens



*Enjoying our own home made lunch.*



*" Margaret and Joe at the seaside (or People's Palace)"*



*Having a hoe-down!*



*The "Country and Westerners".*



*Morven creates the perfect pizza*

If you are interested in joining this fun group, please call your Local Area Coordinators, Linda or Sally for information...07810153892 / 07810055520





## The Good Life Group

The Good Life Group have recently been working hard at having fun.



*After dinner, before dancing!*

We had a welcome break from all our training at Christmas by having a Christmas night out with the Making Friends Project. Much dancing, singing eating and drinking was enjoyed by all!



*Gordon, Derek and Susan showing off their Christmas presents.*

We had to get back to work again in the new year delivering a presentation on the health inequalities faced by people with learning disabilities. This conference was a national training event for student nurses and midwives hosted in Edinburgh. We illustrated the issues faced by showing a fortune teller reading a service user's health future and asked the audience how they would help change this future for service users.



*Brian telling Derek and Dawn what their future holds.*



*Cancer screening conference*

With hardly time to draw breath we then delivered training in cancer screening to service users and carers across the East End of Glasgow for People First and NHS Education for Scotland. We made this difficult subject more interesting and light-hearted with our original presentations and hope that more people with learning disabilities will take the bowel, breast and cervical cancer screening tests as a result.

We are continuing our rolling programme of training in the Adults with Incapacity Act to community dentists across Scotland and our confidence building work with service users of West Dunbartonshire's own learning disability services throughout the year.

## Information Event “Celebrating Success”



**James Wilton enjoying last year's Information Event**

To mark Learning Disability week Learning Disability Services are hosting an exciting event in Clydebank Town Hall on Thursday 19<sup>th</sup> May 2016 – ‘Celebrating Success’

We wish to showcase the wide range of supports and activities available to those with a learning disability, and their carers, here in West Dunbartonshire. This year's event will run from 10.15 a.m. – 3.00 p.m. with registration commencing at 9.30 am

Although the final details have still to be decided, the event will take the form of an exposition which will involve a range of companies and organisations being given the opportunity to inform the public of the wide range of activities, supports and advice available locally. As usual, we will be seeking the views of those attending to learn of any improvements we could make for future events.

If you are interested in attending please contact 0141 562 2331 or email: [alan.hopkins@west-dunbarton.gov.uk](mailto:alan.hopkins@west-dunbarton.gov.uk)

### The Great Escape

Staff at Buchanan Street Housing Support Services were ‘sent’ to Escape Rooms Scotland in Glasgow to do a team building task. The purpose of this exercise was for staff to work together as a team in order to escape the jail cell.

Janice Gallie, John Boyle, Laura Bree, Scott David and Joanne Brannigan were put on 'death row' and hand cuffed to the locked cell. They then had one hour to solve clues, find keys and break codes together to escape the room. They managed to solve all puzzles and open door in 59 min 21 secs—WHEW!

Everyone was a good sport and had a great time working together to plan their escape.



**Scott , John, Joanne, Laura and Janice.**

# **Learning Disability Update**

## **Staff Changes**

Julie Fitzpatrick, Operations Manager, Is moving to her new post as a Lead Nursing Advisor based in Glasgow.

Margaret Sutherland, Occupational Therapist has moved to a new post in Fyfe.

Tom Morrison & Liz McArthur have both retired after many years in their respective posts as Welfare Rights Officer and Physio Technical Instructor.

**Learning Disability services would like to thank everyone for all their hard work and wish them well for the future**

## **Modern Apprentice**

Elisha is our new modern apprentice and is based at Learning Disability Services for the next two years.

**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 2476. E-mail [alan.hopkins@west-dunbarton.gov.uk](mailto:alan.hopkins@west-dunbarton.gov.uk) or [sally.swadel@west-dunbarton.gov.uk](mailto:sally.swadel@west-dunbarton.gov.uk). We would be delighted to hear from you.**

