

Looking Ahead

The Learning Disability Newsletter



Autumn/ Winter 2016

Learning Disability Information Day-“Celebrating Success”

Thursday 19th May 2016



Michael McKernon, Councillor Gail Casey, Depute Provost, Councillor John Millar, Neil Connelly, TAG

Our annual Information Day was held this year on Thursday 19th May 2016 to great success. You may remember we have, in partnership with Lomond and Argyll Advocacy and Carers of West Dunbartonshire Services, historically held a Consultation Event every November. We listened to your views and changed the format of this annual event to appeal to a wider learning disability audience and give information about all the services across West Dunbartonshire. We also

changed the date to coincide with National Learning Disability Week (16-20th May 2016).

The event was based over the three main halls of the Town Hall:

Talks

The Reception Hall hosted all the speakers and Adrian McBride, Operations Manager for West Dunbartonshire Learning Disability Team, started the day with an introduction. Councillor Gail Casey gave the key note speech and, despite her very busy schedule, was able to stay a while to speak to service users and stall holders. Even the Depute Provost popped in to say Hello!

Using photos and video clips Learning Disability service users shared their achievements and told the audience what is important to them.

The Red Cross gave a workshop on first aid, where service users were able to learn about some things to do to help in an emergency or what to do if someone needs first aid.

Stalls

We invited 27 providers to have stalls in the Grand Hall. All stall holders provide services to the West Dunbartonshire council area and included housing support, day and leisure opportunities.

Activities

This year we also used the Ceremony Hall for individuals with learning disabilities who have complex needs. PAMIS provided general information on the services they offer as well as examples of Sensory Story telling. Service Users could also try out different movement activities, helped by Andrew from PAMIS

The Red Cross provided hand and shoulder massage for any-one who wanted to try it.

Using the Ceremony Hall allowed for more flexibility. For example, if a parent or support worker was aware that an individual was becoming upset during any talks they could move to quieter a room that had more activities suitable in meeting their needs. This room was busy all day long.

Feedback

Feedback on the day was captured through evaluation forms and discussions with people who attended. It was very positive and the general overview was that the event was very enjoyable, informative and successful. Some of the comments



Our next Learning Disability Information Day is on Thursday 18th May 2017 at Clydebank Town Hall.

Watch this space for further details!

Take Five

‘Take Five’ is a national campaign asking consumers to help protect themselves from fraudsters who prey on people’s trusting nature. Fraud can happen to anybody. Intellect and age offer no protection against scammers. Fraudsters will use any method to trick you into giving them your money or life savings, they will pretend to be anyone and use any method to do so.

Take these five steps to avoid becoming the victim of fraud:-

- Never disclose security details
- Don’t assume an email, text or phone call is genuine
- Don’t be rushed
- Listen to your instincts
- Stay in control

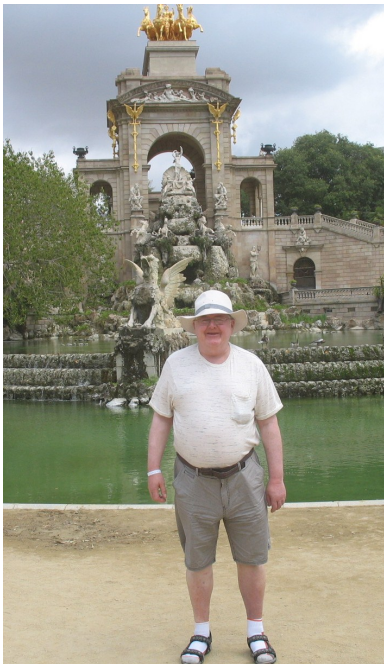


The 12 month campaign launched in September 2016. Take Five aims to engage, empower and educate everyone on how best to protect themselves against financial fraud. It will be a UK-wide campaign with one central message: Take Five to stop fraud.

For more information on the ‘Take Five’ campaign visit

<https://takefive-stopfraud.org.uk/>

Charlie goes to Spain



A very proud Charlie!

Charlie Morrow had a wonderful holiday in Tossa De Mar and Barcelnoa in Spain earlier this year. This was Charlie’s first trip abroad. He had always wanted to go to Spain but due to his addiction to smoking he did not have the confidence to fly on a plane for any length of time or the money for such a holiday. Charlie managed to give up smoking with the support of Jim Gallacher and staff at HSCP. He has been using an e-cigarette and since has seen a big turnaround in his ability to save. He had set himself the goal of having a foreign holiday and has achieved this with his first taste of Spanish sunshine!



Charlie posing

Charlie is very proud of himself for being able to stick to it and to get the things that he wanted.

Well done Lorraine!

Congratulations to Lorraine Gardner, who has achieved her 'Introduction to Food Hygiene - Attendance Certificate'. Lorraine was involved in the committee that first set up Café Connect in the Centre in 2003 and has worked there since January 2004. She has worked very hard and is rightly proud of her achievement!



Lorraine accepting her certificate with supervisor Francis McLaren

Dance Exercise and Music Sessions



Come along to Dalmuir CE Centre for dance exercise and music sessions Monday afternoons – 3.00 - 4.00 pm. Ruth and Alex will show you the moves. These classes are for adults of all abilities.

Cost for a session is £6. 50.

Please contact the Centre on 0141 562 2484 before coming.



Scotland's national Learning Disability Week will be held from:

Monday 15th - Sunday 21st May 2017

The theme for the week will be:

Looking back, thinking forward

2017 is the Year of History, Heritage and Archaeology in Scotland. The Scottish Government, in collaboration with the Scottish Commission for Learning Disability, want to take this opportunity to reflect on how the lives of people with learning disabilities in Scotland have changed since the launch of Scotland's first learning disability strategy in 2001.

Across the country, we want people, communities and organisations to reflect on their own histories, and to share their story. By bringing these important stories to the attention of a wider audience, we aim to raise awareness of the issues faced by people with learning disabilities both in Scotland's past and present—to learn lessons from the past, and work towards building a better future.

Keep an eye on the SCLD website www.sclد.org.uk for more information on our plans for Learning Disability Week and how you can get involved.



Neighbourhood Networks Transition Group West Dunbartonshire



On 25th August the West Dunbartonshire Transition Group went on a camping activity. They went to Galloway Activity Centre which is near Dumfries and stayed for 2 nights.

“We slept in cabins – the ladies in one and the men in another. In the ladies cabin one of the beds fell

apart and they had to swap places with the men. It was a great adventure and we got a chance to take part in different activities”. The activities we tried were - Archery, Mountain Biking and Water based activity – this involved us working as a team to build a raft. We used wooden poles, plastic barrels, surfing boards and rope. This gave us an opportunity to share our skills. We did quite well with this until our raft sank. Some people swam to shore while others stayed on the water filled raft to the bitter end. It was a great laugh and a good opportunity for team building. We also tried laser tag in the forest and it was brilliant.

We also got a chance to try the giant waterslide which was set on a hill near the main building. This involved a lot of water, soap and enthusiasm. Great fun was had by all.

Thank you to Francis and Allan who came along to support us.



Visit to Summerlee Museum.



In September, members from West Dunbartonshire Neighbourhood Networks visited Summerlee museum. There are plenty of exhibits to see there indoors about life and industry in the area, an excellent cafe, a shop with some really good gift ideas, some old cottages that reflect home interiors in different decades and an opportunity to board a vintage tramcar which takes you along part of the way to other features in the outdoor part of the museum. Everyone had a great time.



Time To Connect

It is with sadness that I have to inform you that this group has come to an end.

Over the past 6 years we have had lots of happy times with our Creative Arts programme which included; Dance Exercise, Music, Drama, Visual & Sensory Art.

We also had several event nights which were well attended.

I have been greatly impressed with practitioners who have led the sessions and also the support workers who have embraced the philosophy of true inclusion.

The reasons for closure are:-

- Information flow
- Staff shortages
- Funding

These issues have been high-lighted in a participation report which was emailed to Senior Managers in H&SCP and Senior Managers in organisations who operate in the WDC area.

Lorraine MacKenzie
Secretary



Neighbourhood Networks

West Dunbartonshire Members had a regional meeting on Friday 9th September. It was all about healthy food. We talked about the foods that are good for you and foods that are not so good for you. There was a lot of colourful food on the tables and we got to sample everything that was there. We tried olives, gherkins, pickles, tomatoes, beetroot, tangerines, apples and much more. It was great fun. We all came up with different combinations of food to try and made up a menu with a difference. Here is an example of two things that were on the menu that evening : -

Presentation Delight - (Peppers, cyboes, tomatoes, pickles, beetroot in oyster sauce) – Albert Connolly.

Smoothie Mix (Banana, strawberry, kiwi, cucumber and beetroot with a shot of honey) – Daniel Fotheringham

Yum – Delicious!!!





Yogability 

yoga for everyone

The Carman Centre 175 Main St,
Dumbarton G82 4PF
Free to attend
Every Wednesday at 14:30-15:30

Contact Neil on neil.connelly@theadvisorygroup.org.uk
or 07795120523 for more information



THE ADVISORY GROUP



*The Advisory Group is Scottish Charitable
Incorporated Organisation SC042972*



Walking Football

A slower version of the beautiful game

for
Adults with
Additional
Support
Needs

VENUES

Alexandria Community Centre

Date: Tuesdays Time: 3-4pm

Dalmuir Community Centre

Date: Thursdays Time: 2-3pm

For details contact: **Audrey MacDonald**

Email: **audrey.macdonald@west-dunbarton.gov.uk**

Tel: **01389 753075**

www.wdleisure.net

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Good Life Group

Some new faces have joined us this year we are delighted to welcome Shaun and Marie to the Good Life Group! They have both helped deliver training already and are proving to be talented and enthusiastic team members.

Over and above our usual rolling programme of training in the Adults with Incapacity Act for community dentists we have been very busy working with health boards across Scotland running health screening workshops. We have also been delivering future health needs training for student nurses in Edinburgh and



Derek and Angela illustrating the issues face by people with epilepsy

This autumn we are delivering a series of awareness-raising events on the importance of eye examinations with RNIB across the Greater Glasgow and Clyde Health Board area. We used our award-winning format of lively, interactive scenes to illustrate the issues faced by people with learning disabilities and their families and carers in recognising sight loss and attending opticians.

We always receive positive feedback from all who attend our training events, whether health or social care professionals, families or individuals with learning disabilities. They say they learn more through enjoying themselves and joining in than they do in any other type of training. Praise indeed!

The Group is looking forward to taking a welcome break in December when the RNIB training is completed before we start afresh in the new year.

presenting a showcase of the health challenges faced by people with learning disabilities in Midlothian. And we facilitated a series of consultation events on epilepsy services across Glasgow and West Dunbartonshire in partnership with the Scottish Epilepsy Centre over the summer.



The Good Life group tucking in after delivering training for RNIB.

Making Friends

The poor weather did little to hinder our activities this summer. We're a hardy lot and although the heavens opened on the day of our summer trip to Helensburgh, 6 people turned to brave the elements. We had lunch and toured the charity shops (always a favourite!) then checked out new theatre.



Some of the Making Friends members resting at the Kelpies.

We were luckier with the weather for our bus trip to the Falkirk Wheel and the Kelpies when 16 of us took a guided boat trip up and round the wheel and along the canal. We stopped for lunch and shopping for souvenirs at the Falkirk Wheel centre then carried on to walk around the amazing Kelpies.



We're on the Falkirk Wheel!

But our barbeque and games day at Levensgrove park was a beautiful sunny day! We played tennis and rounders while Linda manned the BBQ then we took a welcome rest to have a lunch of hotdogs and burgers, feeling quite smug after all that exercise!

These summer day trips were interspersed with the occasional pub lunch and the ever-popular 10-pin bowling. As these are not weather dependent, lots of members joined in and all had a fun time.



A well deserved barbecue.



Gordon scores a strike



Eyes Down



Halloween Dancing

Our Halloween Bingo Disco was a huge success—we raised £263.! This money allows people who require support to access all Making Friends activities at no extra cost.

We met at the end of September to decide what to do over the autumn and winter and came up with an exciting programme of activities:

Date	Time	Event	Location
Thursday 6 th October 2016	7.30 pm	'Funny Money'	Denny Civic Theatre
Thursday 20 th October 2016	7.30 pm	'Beyond the Rainbow'	Clydebank Town Hall
Friday 28 th October 2016	7.00 pm	80's Halloween Disco/Bingo/ Cake Sale!	Dumbarton Centre
Monday 14 th November 2016	12.00 pm	10 Pin Bowling	Braehead
Saturday 26 th November 2016		Helensburgh Winter Festival	Helensburgh
Monday 12 th December 2016	11.00 am	Kelvingrove Art Gallery	Kelvingrove Art Gallery

And finally, and most importantly, the Christmas night out is in the West Park Hotel on Friday 16th December 7pm till late.

If you are interested in joining the Making Friends Project to come along to any of these events please contact Linda Collins on linda.collins@west-dunbarton.gov.uk tel. 017810 153892 or Sally Swadel on sally.swadel@west-dunbarton.gov.uk tel 07810055520 Or 0141 562 2448

Joyce White, Chief Executive visits Dumbarton Centre

At a recent visit to Dumbarton Day Centre, Bruce Street, I was amazed to discover the fantastic art work on display was the work of one of our employees, Lorraine Davin (Work Connect, Service Manager). So as well as buying a fantastic baked potato lunch, meeting our people who use the services, talking with staff, my day was further brightened by the display. Definitely worth a visit pop down and see for yourself. Kate Quinn (manager) and the team are keen to promote the great work they do there and display local work like Lorraine's.



Joyce admiring the fantastic art work on display at Dumbarton Day Centre created by Lorraine Davin, Work Connect, Service Manager , pictured on the right with Kate Quinn Centre Manager in the middle

Learning Disability Update

Staff Changes

New Staff

- Kerry McLeod, Acting Operations Manager
- Jenny Stewart, Occupational Therapist
- Leighanne Sanderson, Physiotherapy Assistant
- Lukasz Winiarski, Social Worker
- Rachel Hanie, Learning Disability Nurse

Modern Apprentice

- David McGuire is our new modern apprentice and is based 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.