

Looking Ahead

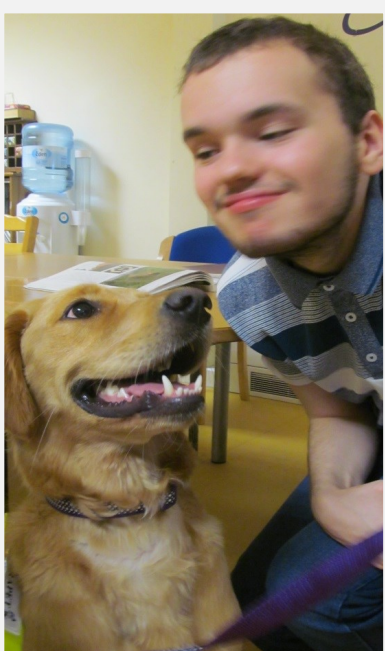
The Learning Disability Newsletter

Autumn 2018



Therapy Pets

The therapeutic benefits of being close to animals was illustrated at a recent event at the Dumbarton Centre.



Kiri and Johnathan making friends

At Halloween even the ponies got into the spirit of things!

Much has been written about the benefits that being around and caring for animals can have for people using care services (Care Inspectorate 'Animal Magic'). Many service users within the centre have often expressed an interest in animals, but don't have the opportunity to be around them. To meet this need we have engaged a local volunteer through 'Therapets' to bring Kiri the Golden retriever to visit on a weekly basis. When looking through the different types of Therapet services our staff member Euan came across 'Therapy Scotland'. We asked them to come along to the centre and the everyone said the ponies and the staff from Therapy Scotland were amazing.

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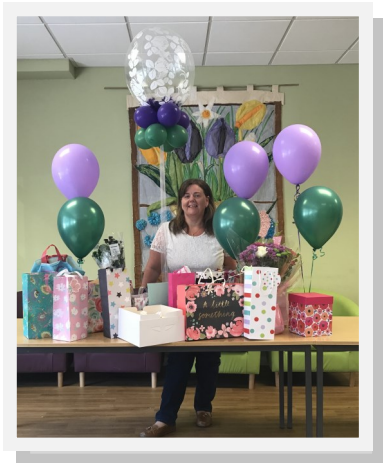
The reaction from our service users and staff was overwhelming and very emotional. Some of our service users who have multiple and profound disability, whose communication is often very passive, were actively engaging with the therapy, with lots of eye contact, smiles and laughing. Everyone agreed it was a fantastic day and can't wait till the ponies come back to visit.



Having a laugh with the ponies



Interactive communication!



Kate's Retirement

Last July, staff service users and carers at the Dumbarton Centre said goodbye to their much loved and respected manager, Kate Quinn. Operations Manager, Adrian McBride led tributes with a history of Kate's career which, after qualifying as a nurse, took her all over the world until settling back in Dumbarton and starting work at the Centre.

A number of service users also gave their own personal tributes to Kate, offering heart felt descriptions of how she had supported them in a variety of ways throughout their time at the Centre. Kate has a well deserved reputation for her energy and commitment to ensure the Centre provided the highest possible quality of care and support to service users and carers.

We wish Kate all the best in whatever she chooses to do in the future,!



Information Day



Our annual Information Day was held this year on Tuesday 15th May 2018 to coincide with National Learning Disability Week (14-18th May 2018).

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

Talks

The Reception Hall hosted all the speakers. Councillor Marie McNair 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.

Service users shared their achievements and goals with the audience using photos and video clips.

Stalls

We invited service providers from West Dunbartonshire and neighbouring areas to take a stall to show us what activities and supports they can offer. These organisations provide services ranging from housing support services to go Karting, included a police CCTV van and the Mobiloo!

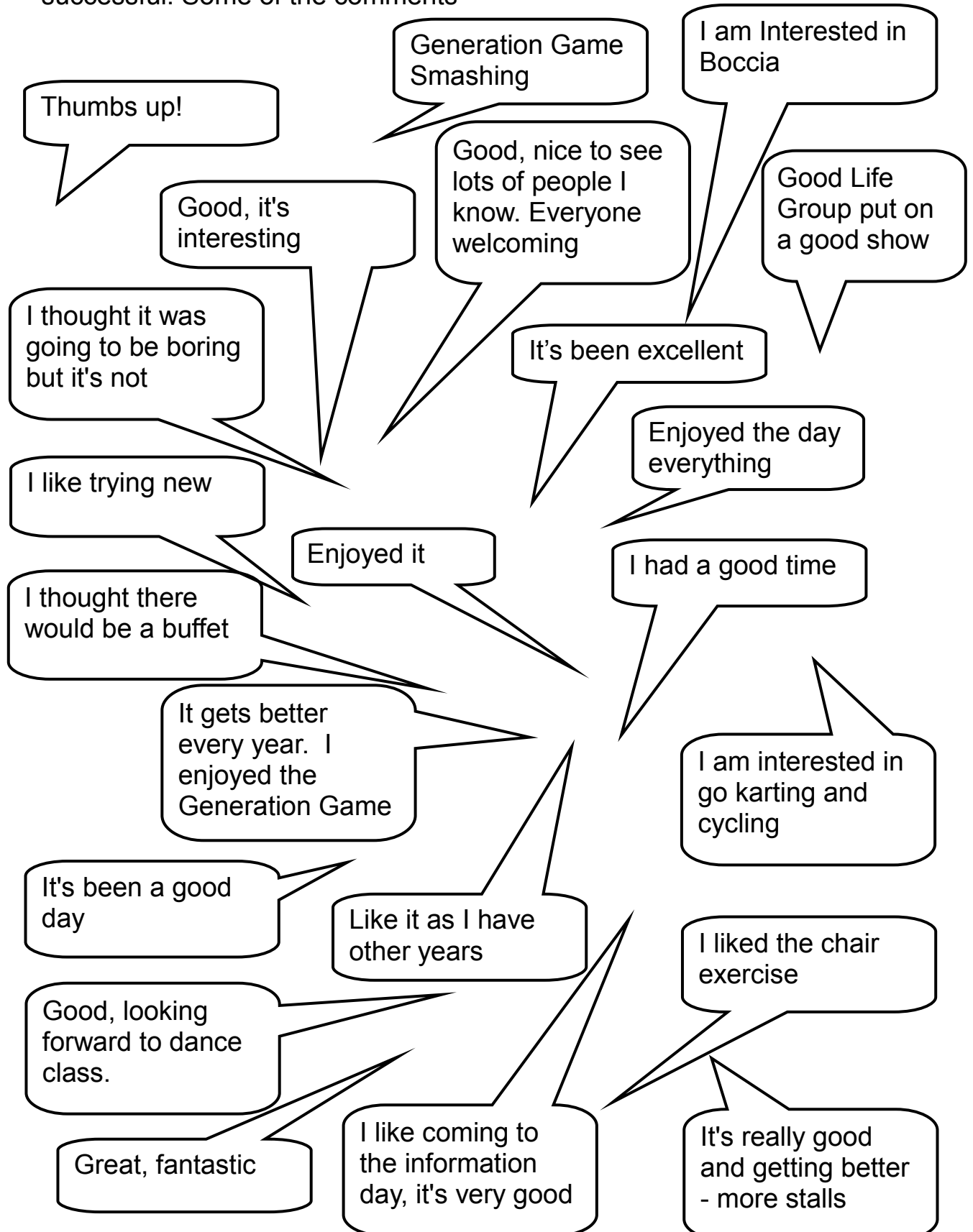
Stall Holders	
The Experience	RNIB
TAG	Tele Care
Dates N Mates	McMillan Cancer Support
Employability Work Connect	Bowel Cancer UK
Golden Friendships	Citizens Advice
Unity Enterprise	Carers Centre
Health Improvement	Respite WDC/HSCP/ Quarriers
National Autistic Society	PAMIS
Diamond Child Care	WDC Leisure Services
Fire Services	Learning Disability Services
Transport Police	Lomond & Argyll Advocacy Services
Police	Key Community Supports
Clydebank Disability Group	Neighbourhood Network Scotland

Activities

This year we used the Ceremony Hall for Boccia, Yoga, Dance and Chair Aerobics

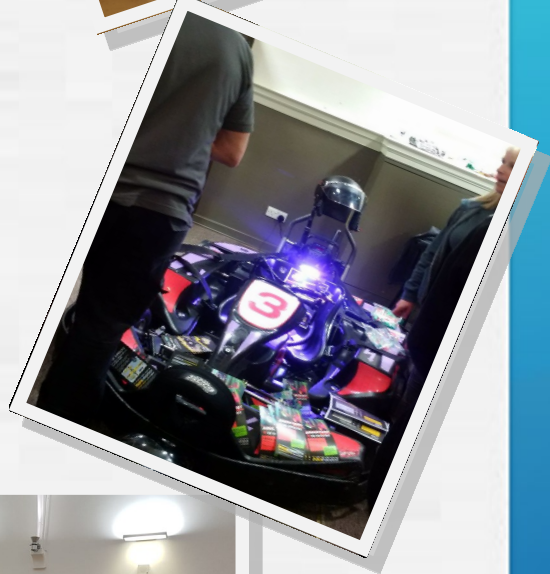
Feedback

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



Memories of the day









Dumbarton Centre

Healthy Living and Having Fun

Walking Football, Wednesday mornings at the Dumbarton Centre—everyone welcome!

This group is provided in partnership with WD Leisure and the team at Dumbarton Centre. Lee and Paul, Sports development leaders, and Lyndsay from the Centre, did a great job of motivating us all!

All our players make it the best team. Here is what some people say:

'Its good fun, keeps me fit' - Lisa, weekly captain

'We laugh a lot' - Gordon

You don't have to attend the centre to join in and it only costs £1.



Gentle exercise



A little more strenuous!

We also have had taster session of Yoga and Gentle exercise.

Service users and staff enjoy trying something new and have learned a lot about relaxation and keeping fit.



Girls Aloud

The Girls Aloud Team have been collecting for West Dunbartonshire Food Share.



The Packing Ladies



Team Work



Dumbarton Centre

Christmas Craft Fair

Thursday 6th December 12-3pm

3 Bruce Street, Dumbarton G82

MEET AND GREET SANTA

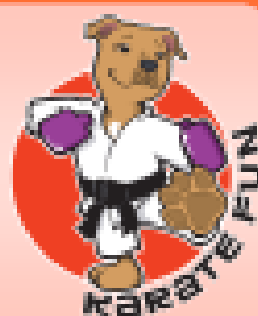


TABLE HIRE £10 WITH A SMALL DONATION TO THE RAFFLE.

IF INTERESTED IN BOOKING A TABLE PLEASE
CONTACT MARGARET MUIR
MOB NO 07805812697

KARATE FUN'S KUGATSU KARATE-DO

TEACHING KARATE THROUGHOUT THE NORTH & WEST OF GLASGOW



NEW DISABILITY KARATE CLASSES FOR ADULTS & CHILDREN IN DRUMCHAPEL



Glasgow Club Donald Dewar
Garscadden Road, Glasgow, G15 8SX

We are pleased to announce that Kugatsu Karate-Do is starting two new FREE 8 week Disability Karate pilots for people with physical and / or learning disabilities. Classes are for children & their siblings and adults & their carers.

Starting 24th October 2018

Adults : Wednesdays 10.30am to 11.30am

Starting 30th October 2018

Children : Tuesdays 4.45pm to 5.45pm

Karate is a fun, exciting and healthy activity for people of all ages and abilities.

Karate helps people to learn positive life skills as well as helping them to become successful learners, confident individuals, responsible citizens and effective contributors.

Kugatsu Karate-Do, part of the Karate Fun family, was established in 1995 and is a thriving Shukokai Karate Club based in the north and west of Glasgow.

The pilot programmes are supported by Drumchapel Sports, Big Lottery Fund and Glasgow Sport.



**Why not come along and give it a try?
Classes are free throughout the 8 week pilots!**

Café Connect summer fun food promotion day

On Thursday 26th July Café Connect held a 'Get Healthy for Summer' Event for service users within the Bruce Street Centre. The aim of the event was to promote healthy food options by providing free food demonstrations, healthy recipes and tasters including fruit kebabs, smoothies and homemade fresh fruit ice lollies. Fun activities included Karaoke and Play your Cards Right. A great afternoon was had by all with lots of nice fresh food and a bellyful of laughter!!

From the Café Connect Team





Wear it Pink & Think Conversation Café



On Friday 19th October, Dumbarton Day Centre along with Café Connect hosted a “**Wear it Pink & Think Conversation Café**”.

This was an opportunity for all centre service users to provide feedback on activities they participate in and an opportunity to fundraise for Breast Cancer Now.

On the day we had a Tombola Stall with fabulous prizes and some amazing home baking also.

Guess the number of balloons and some prizes too!



It was a fun morning with lots of feather boas, hats, pink wigs, tutu's on show leaving all staff and service users feeling tickled pink!

In addition a total of **£261.07** was raised on the morning.

Thanks go to everyone involved in making the day a huge success!!!

Margaret Muir
Senior Employment Support Worker
Work Connect, Specialist Supported
Employment Service
West Dunbartonshire Health and Social Care
Partnership
3 Bruce Street, Dumbarton, G81 1HY
01389 608121





Connects

Carman Centre Programme

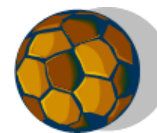
August – November

	<u>MONDAY</u>	
9.30pm – 11pm	Cookery Class	£2
1pm – 2.30pm	Boccia	£2
	<u>TUESDAY</u>	
9.30am – 4.00pm	Out and About Group See Leaflet for Details	Activity/Lunch Cost
	<u>WEDNESDAY</u>	
10.00am – 12.00pm	Sporting Memories Network	Free
1.00pm – 3.00pm	Walking Group/Games Weather Dependant	£2
	<u>THURSDAY</u>	
10.30am – 11.30am	Sign with Kirsteen	£2
1.00pm – 3.30pm	Carman Movie Club	£2
	<u>FRIDAY</u>	
10.00am – 11.00am	Sing and Sign with Mary	Free
11.15am – 11.45am	Quiz with Gary	Free
12.00pm – 2.00pm	PARTY! (singing, dancing, games)	£4

For further information please contact Sam Rainey 01389 750 403



Activities in West Dunbartonshire



Day	Start	Finish	Club Name	Activity	Location	Telephone Contact
Mon	9.30 am	12.00 pm	Cornerstone Clubs	Various	Carman Centre, Renton	Cornerstone 01389 750403
Mon	1.00 pm	3.00 pm	Cornerstone Clubs	Various	Carman Centre, Renton	Cornerstone 01389 750403
Mon	7.00 pm	9.00 pm	Equa Club	Social club	Glenhead Centre, Duntocher	Linda Collins 0141 562 2331
Tue	9.30 am	12.00 pm	Cornerstone Clubs	Various	Carman Centre, Renton	Cornerstone 01389 750403
Tue	10.00 am	12.00 pm	Creative Craft Group	Art and craft class	T in the Park, Dalmuir	Work Connect 01389 608121
Tue	12.00 pm	4.00 pm	Come Cook with Me	Cookery class	T in the Park, Dalmuir	Community Connections 0141 941 2776
Tue	1.00 pm	3.00 pm	Cornerstone Clubs	Various	Carman Centre, Renton	Cornerstone 01389 750403
Tue	2.00 pm	4.00 pm	Coffee Club	Autism friendly coffee and chat	F & M Bookstore, Bothwell Street, Glasgow	National Autistic Society 0141 221 8090
Tue	3.00 pm	4.00 pm	Walking Football	Easy, slow football	Alexandria Community Centre	Audrey MacDonald 01389 753075
Tue	6.30 pm	8.30 pm	St Eunan's Club	Social club	The Hub, Kilbowie Rd, Clydebank	Maureen Carlton 0141 570 1529
Tue	7.00 pm	9.00 pm	Tuesday Club	Social Club	Lynvale Primary,	Margaret Dawson 0141 562 0933
Tue	7.00 pm	9.00 pm	Mad for it	Social club for the under 25's	Huts at Dalmuir C.E. Centre	Marcella 0141 951 8274

Day	Start	Finish	Club Name	Activity	Location	Telephone Contact
Wed	9.30 am	12.00 pm	Cornerstone Clubs	Various	Carman Centre, Renton	Cornerstone 01389 750403
Wed	10.00 am	12.00 pm	Basic Cooking Group	Simple cookery	T in the Park, Dalmuir	Work Connect 01389 608121
Wed	10.30 am	12.00 pm	543 Club	Reading, Writing and drawing	543 Club 18 Nairn Place, Dalmuir	Jim McLaren 07957568330
Wed	12.00 pm	2.00 pm	Recovery Café	Coffee and chat for those in recovery	T in the Park, Dalmuir	Addictions Services 01389 608121
Wed	1.00 pm	3.00 pm	Cornerstone Clubs	Various	Carman Centre, Renton	Cornerstone 01389 750403
Wed	2.30 pm	3.30 pm	Walking Group	Easy walking	Bandstand - Clydebank Shopping Centre	Neil Connolly TAG 07795120523
Wed	5.30 pm	7.30 pm	Goodlife Group	Campaigning group	Dumbarton Centre	Sally Swadel 0141 562 2448
Wed	6.30 pm	8.30 pm	Key Club	Various	543 Club Nairn Place, Dalmuir	Carol or Richard 0141 952 9264
Wed	7.00 pm	9.00 pm	Boccia	Boccia	543 Club 18 Nairn Place, Dalmuir	Neil Connolly TAG 07795120523



Activities in West Dunbartonshire



Day	Start	Finish	Club Name	Activity	Location	Telephone / Contact Details
Thu	9.30 am	12.00 pm	Cornerstone Clubs	Various	Carman Centre, Renton	Cornerstone 01389 750403
Thu	10.30 am	12.30 pm	Arts and Crafts	Craft making	Dalmuir CE Centre	Lien McGartland/Mgt Muir 01389 608121
Thu	1.00 pm	3.00 pm	Cornerstone Clubs	Various	Carman Centre, Renton	Cornerstone 01389 750403
Thu	2.00 pm	3.00 pm	Walking Football	Easy football	Dalmuir Community Centre	Audrey MacDonald 01389 753075
Thu	2.00 pm	4.00 pm	Golden Friendships	Karaoke / Disco	543 Club Nairn Place, Dalmuir	Jim McLaren 07957568330
Thu	3.00 pm	4.30 pm	Music / Singing Group		Carman Centre, Renton	Sam Rainey 01389 753403
Fri	9.00 am	12.00 pm	Breakfast club	Light breakfast	T in the Park, Dalmuir	Community Connections 0141 941 2776/Unity 0141 952 3326
Fri	10.00 am	12.00 pm	Cornerstone Clubs	Various	Carman Centre, Renton	Cornerstone 01389 750403
Fri	1.00 pm	3.00 pm	Cornerstone Clubs	Various	Carman Centre, Renton	Cornerstone 01389 750403
Fri	1.00 pm	3.00 pm	Lifelong Learners	Jewellery making	T in the Park, Dalmuir	Work Connect 01389 608121
Fri	3.00 pm	4.00 pm	Football	Indoor football	The Hub	Key Housing 01389 879 982
Fri	5.00 pm	9.00 pm	Boccia & Social Group	Social	The Hub, Kilbowie Rd, Clydebank	Neil Connolly TAG 07795120523
Fri	7.30 pm	9.00 pm	Prospects Youth Club under 25's	Singing, drama, crafts 1 Friday per month	Café Connect, Dumbarton Centre, Bruce Street	Geraldine Hamilton 07484 154 046



Activities in West Dunbartonshire



Day	Start	Finish	Club Name	Activity	Location	Telephone / Contact Details
Various	Various	Various	Making Friends	Various	Various Venues	Linda/Sally 0141 562 2448
Various	Various	Various	South Peak	Various	Loch Lomond	Fiona & Ian Patterson 01301 702 288
Various	Various	Various	Canyou Experience	Outdoor Activities	Balloch	01389 756251
Various	Various	Various	Projectabilty	Art classes	Glasgow	0141 552 2822
Various	Various	Various	Coach House Trust	Art and Craft Classes	Glasgow	www.thecht.co.uk 0141 334 6888
Various	Various	Various	West Dunbartonshire Leisure	Exercise classes	West Dunbartonshire	www.west-dunbarton.gov.uk/media/4315247/vitality-leaflet.pdf
Various	Various	Various	West Dunbartonshire 'What's On'	Various	West Dunbartonshire	www.west-dunbarton.gov.uk/leisure-parks-events/events-in-west-dunbartonshire/
Various	Various	Various	Disability Sport Finder	Sporting Activities	Various	http://www.disabilitysportfinder.org.uk/
Various	Various	Various	Dunbartonshire Disability Sports Club	Sporting Activities	West Dunbartonshire	www.ddsc.org.uk 01389 753557
Various	Various	Various	West Dunbartonshire Leisure Trust	Various	West Dunbartonshire	https://www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/
Various	Various	Various	RSPB Scotland , Lochwinnoch Nature Reserve	Various	Lochwinnoch	https://www.visitscotland.com/info/see-do/rspb-scotland-lochwinnoch-nature-reserve-p251911
Various	Various	Various	BHive	Outdoor Activities	Bowling Harbour	https://www.scottishcannals.co.uk/destinations/bowling-harbour/bhive-at-bowling-harbour/

Learning Disability Update

Learning Disability Services strongly believe that our success in meeting people's needs and wishes should be measured by how well we support individuals to achieve their desired outcomes. These outcomes are discussed and agreed with service users and carers at every care review, then we measure how well these have been met at subsequent reviews. Outcomes are many and varied, but we base them on the four general outcomes of our national strategy, The Keys to Life. These are A Healthy Life; Choice and Control; Independence; and Active citizenship.

The table below shows the rates of success for each of our services in supporting people to achieve their desired outcomes for the period April 2017 to March 2018.

We are therefore delighted to see that our service users continue to enjoy considerable success in achieving and working towards their chosen outcomes. Congratulations for this are due, not only to the efforts put in by our staff in supporting individuals to achieve their outcomes, but also to the service users and carers themselves for all their hard work in working to achieve these. We must also include our external support providers for their efforts in contributing to these figures as well.

Dumbarton Centre		222
Met	216	97%
Partially Met	0	0%
Not Met	6	3%
Null	0	0%

Community Connections		20
Met	20	100%
Partially Met	0	0%
Not Met	0	0%
Null	0	0%

LD Housing Support		19
Met	17	89%
Partially Met	0	0%
Not Met	1	5%
Null	1	5%

Adrian McBride
Integrated Operations Manager
Learning Disability Services

Learning Disability Update

Staff Changes

- Liza McCrorie, Service Manager Housing Support has recently left Learning Disability Services and has secured the post of Day Centre Manager for Capability Scotland
- Kate Quinn, Service Manger of Dumbarton Centre retired in July.
- Nicole Woolfries is our new Clinical Support Worker.
- Warren Kelsey is our new Modern Apprentice.

Learning Disability Services would like to thank Kate & Liza for all their hard work and wish them well for the future. We would also like to welcome Nicole and Warren to the team.

Retirements

Three members of our Learning Disability Team are due to retire over the next few months.

Irene Spence, one of our Social Workers, retires at the end of January. Irene has many strings to her bow, including many years working for Standby, the “out of hours” Social Work Service. She is also our team’s resident Mental Health Officer. Her departure will leave a big gap to fill, given the knowledge and experience she brings to the team.

Jim Gallagher, one of our Clinical Support Workers, retires in March. Many of you will know Jim as someone who is a font of sensible advice and guidance about health matters and living life sensibly and carefully. He has proved himself an invaluable part of our integrated team and will be missed by all.

Lastly, Adrian McBride, one of our Integrated Operations Managers, has decided to retire, also in March. After nearly 43 years in the social work profession, Adrian has decided to hang up his sandals and concentrate on travelling the world (or, Scotland at least) in his newly acquired motorhome. Adrian has particularly enjoyed the last 10 years working in West Dunbartonshire, not least because of the integrated nature (Health and Social Work) of the services he manages. He fervently hopes this way of working will continue well into the future

Carers Scotland Act 2016

Please find below guides to the Carers (Scotland) Act 2016 which have been produced by MECOPP in Urdu and Chinese plus a 'plain' English version. These guides are currently in PDF format and can be downloaded using the following links:

Urdu Language Guide:

http://www.mecopp.org.uk/files/documents/MECOPP%20publications/mecopp_carers_act_guide_urdu_final.pdf

English Language Guide:

http://www.mecopp.org.uk/files/documents/MECOPP%20publications/mecopp_carers_act_guide_english.pdf

Chinese Language Guide:

http://www.mecopp.org.uk/files/documents/MECOPP%20publications/mecopp_carers_act_guide_chinese.pdf

If you have enjoyed this newsletter and would like to contribute to future editions, please contact Alan Hopkins on 0141 562 2330 or e-mail alan.hopkins@westdunbarton.gov.uk or Sally Swadel on 0141 562 2476 .

We would be delighted to hear from you.