

Darlington Learning Impairment Network Notes

Monday 10th July 2017

<p>Who was here:</p> <p>Mark Humble Mark Cran Jim Boaden Edward West Gemma Taura Jones Jenny Byers Aaron Randall Martyn Bond Steve Roberts Hilary Slater Kevin Kelly Lisa Holdsworth George Cree Dan Maddison Jennifer Taylor Dave Robinson Ian Mhlanga Danielle Chisholm Diane Lax Val Hutchinson Emma Watson Louise Hindmarch Fiona Nichols</p>	<p>Commissioner, Darlington Council(Co-Chair) Peoples Parliament (Co-Chair) Peoples Parliament Peoples Parliament Peoples Parliament Peoples Parliament Peoples Parliament Peoples Parliament Peoples Parliament Peoples Parliament Head of Service, Darlington Council Carers Lead, Darlington Council Family Carer CCG Darlington Borough Council Dimensions Tees Esk & Wear Valley Trust Tees Esk & Wear Valley Trust Healthwatch JJ'S JJ'S JJ'S JJ'S</p>
<p>Apologies:</p> <p>Louise Dauncey Di Domenico Sarah Gibbon James McElheran Corrine Elliot Harry Longmoor Peter Fitzpatrick Julie Hopkinson Sean Thomas Elaine Abbott</p>	<p>North East Commissioning NHS England Senior Practitioner Darlington Council Peoples Parliament Peoples Parliament Peoples Parliament Darlington Council, Provider Lead Team Manager, Local Authority Leisure Services Family Carer</p>

Welcome



Mark Cran welcomed everyone to the meeting. He reminded everyone of the rules, mobile phones off and use the stop card if people need to. We read out a list of the people who couldn't come today. Everyone introduced themselves.



What We Said Last Time

Mark Humble went through the notes of the meeting on the 15th May 2017 to check they were right. We agreed they were.

Mark will update the Action Log and send out with the minutes of this meeting.



See the Action Logs here:

 Done Darlington
 Learning Impairment
Learning Impairment | Network Action log TC



Transforming Care

Dan from the CCG gave us a brief update. There has been some more changes to help make sure Transforming Care happens in the North East and Cumbria.

There will not be a Local Implementation Group or LIG anymore. Instead Cumbria and the North East will be divided into three areas.

Cumbria, North of the Region and South of the Region. We are in the South of the Region.



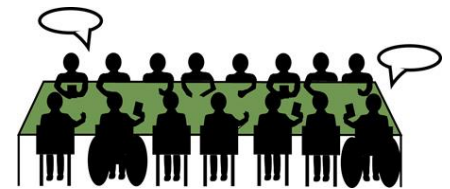
There will be a “Collaborative Commissioning Group” for the South which is made up of big bosses from social care and health and a “delivery group” which is made up of Commissioners like Mark Humble.

The question was asked “how do individuals and families “have a say. Mark told us that the Network would link in through him. There will also be some care provider input. There will be more discussion about having people and carers as part of the group.



The CCG are looking at doing a piece of work about respite/short breaks Dan will keep us up to date.

There is a meeting for social care providers planned for the 20th of July. This is to give Providers the chance to have their say about how they can help and what support they need to make change happen.



Dan told us about a film called “summer in the forest” which is in French and tells a story about building communities.

Peoples Parliament have done some work with pharmacists, they work in chemists and give out medicine. Most people with a learning disability don’t talk to the “Pharmacist!



STOMP – Stopping the over medication of people with a learning disability



Dave Robinson from Dimensions came to talk to us about STOMP, this is a plan to make sure that people with a learning disability are not given medication they don’t need.



Psychotropic drugs are those that effect people's brains and how they are feeling.

We think that between 30 and 35 thousand people have this type of medication that they don't need.



Dave told us that in Dimensions – they start from the position that **every** person who is given Psychotropic Medication is being given too much. The organisation “The National Institute for Health and Care Excellence” or NICE says that if people are given these types of drugs.

- There must be a “multidisciplinary “meeting after 3 months of the individual taking the drugs. This means a meeting with all professionals the individual and their family and allies.
- There must be a “multidisciplinary “meeting after 6 months of the individual taking the drugs.
- There must be “Meaningful” involvement from the Individual and family.
- A plan in place to reduce and stop taking the drug

When Dimensions checked with the people they supported they didn't usually do this. Dimensions did a survey that showed only about half of the people they supported were involved in the review.



Dimensions are working hard to make sure that everyone they support is involved and that they stick to the NICE Guidelines

See more detail in Dave's presentation.



STOMP Darlington
Partnership Board.pp

The Care Act and the Progression Model



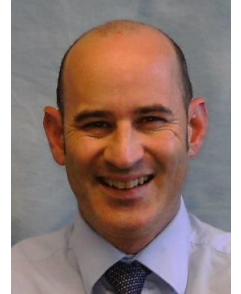
Kevin Kelly talked to us about the Care Act, which has been law for some time now.

Kevin told us about how the Council does an assessment and then decides if people can get paid services and support.

He reminded us that unlike health services people have to pay for social services.

He told us about the **Progression model**. This means that what social services does is help people as much as possible to develop their skills and abilities.

By doing this it helps prevent problems from starting and stopping them from getting worse.



For more details see Kevin's presentation:



The Care Act
2014.pdf

Café JJ'S and 121 Trust

Val, Emma, Louise and Fiona told us about JJ'S Café.

JJ'S has been around for 10 years and was started by Val and her husband Joe to support their son John and his friend John, that's why it's called JJ'S. It was set up so that the two Johns could continue to do what they really liked and that was cook!



They started with a little bit of money and some support from Morrison's Trust, Darlington Council and Darlington Association on Disability (DAD)

They set up a soup kitchen and on the first day they had 6 Customers and made £29!

Last week they had 80 customers and made £500.

The service runs three days a week,
Monday involves preparation of food
Tuesday is the café – which runs from Clifton Road Church between 11am and 1.30pm
Wednesday – delivery service

They try to keep the prices low and offer a two course meal for less than a £5 – a real bargain.



Val told us that the café is built on good food made from scratch; people use the café because it's good food not because it's run by disabled people.

People use their direct payments to work in the café.

A number of the people who attend the service have a number of qualifications

They recently were awarded the Queens Award for Voluntary Service.

JJ'S brought examples of their cakes, they went down very well!



Trust 121

12 years ago John left home and with 4 friends moved into a house. They rented the house and pooled their Direct Payments to pay for the support they all needed. They were not happy with the support provider they had so they decided to have an

Independent Living Trust – This is a way of employing the staff you want to support you. They have a Board of Trustees who keep an eye on things. The money goes into one pot and they employ a manager and staff to support the people who share the house.

Val says it works well but takes time to set up.

JJ'S menu can be found here.



JJs Menu.pdf



Family Carers

The Information pack is now finished. It will soon be on the website

See Information pack here.

Check with Lisa

Darlington Carers Support Service are in place to support local carers.

See information here. <http://www.dccarers.org/home>

Rosemary Court has a flat that carers can visit to see a range of equipment that can be used to support people at home.

“Employers for carers” is an organisation that any local employer who employs less than 200 people can join for free. It gives them access to information and advice about supporting carers.

See information here. <https://www.employersforcarers.org/>

Peoples Parliament Update



The **BIG** issue for Parliament is still funding, they do need some to keep going.

Parliament is soon to meet with Star Radio to talk about employment

Parliament attended a regional Travel Network meeting. The meeting included bus companies, disabled people and commissioners.

Parliament were given the chance to make three points to the bus companies they said

1. People are often not given enough time to sit down before the bus starts.
2. Drivers can be rude
3. There is sometimes swearing on the bus.



A manager from ARRIVA said all drivers get a day's training on Disability.

His advice is that people should complain if they are not happy – keep the ticket and complain. The ticket says which bus it is and which driver.

Feedback on rail travel is that trains seem to get it right for people.

Parliament has done some work on improving health, especially mental health. These are the sorts of things that improve health.

- Walking
- Writing down how you feel
- Good diet
- Drinking water
- Cold showers
- Wine
- Don't smoke



- Swimming
- Dog walking

People have said that getting lots of letters from the council is stressful.

Anything Else

Ian reminded us also told us about the men's and the women's groups that take place at Hundens Lane. The groups talk about lots of different things like sexual health, keeping healthy and relationships.

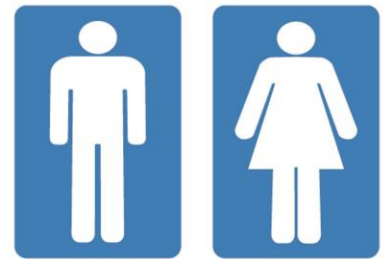
The Men's Group is on a Thursday between 10 and 12

The Women's Group is on a Friday between 1 and 3

For More information contact Ian

ian.mhlanga@nhs.net

Telephone 01325 522050



Next Meeting

11th September 2017

1pm – 3pm, the Dolphin Centre

Darlington

