



giving a voice to people with learning disabilities

Summer 2021



Bournemouth, Christchurch and Poole Learning Disability Partnership Board

Read about

Covid-19 information

Updated guidance for care staff, carers and families


Carers Coffee morning and Carers Forum

People First Forum
News and events

Recycling week

Relationships
Beach survey, Mencap's Big Plan and loads more


In this Issue (Just click on the box and go straight to the page)



Coronavirus
update
page 3



Partnership
Board
page 4



QR Codes
page 5



People First
Forum
page 5



Carers
page 9



News
page 14



Things to do
page 23



Recycling
page 26



More
Newsletters
page 27



2021
Partnership
Board dates
page 28

Guides for care staff, carers and families



social care
institute for excellence

Updated
16 August 2021

COVID-19 guide for care staff supporting adults with learning disabilities or autistic adults

A guide to help care staff and personal assistants supporting adults with learning disabilities and autistic adults through the COVID-19 pandemic.



[COVID-19 guide for care staff supporting adults with learning disabilities or autistic adults \(scie.org.uk\)](https://www.scie.org.uk/covid-19-guide-for-care-staff-supporting-adults-with-learning-disabilities-or-autistic-adults)

COVID-19 guide for carers and family supporting adults and children with learning disabilities or autistic adults and children

Its aim is to assist carers to carry on giving good, safe support to their family members during the pandemic. The guide focuses on families who are living with an autistic person or a person with learning disabilities;



[COVID-19 guide for carers and family supporting adults and children with learning disabilities or autistic adults and children \(scie.org.uk\)](https://www.scie.org.uk/covid-19-guide-for-carers-and-family-supporting-adults-and-children-with-learning-disabilities-or-autistic-adults-and-children)



Back to the contents page

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Partnership Board



The next BCP Learning Disability Partnership Board is 9 September 2021 and will be a virtual meeting.

The agenda will be

1. Health action group update
2. Chatterboxes update



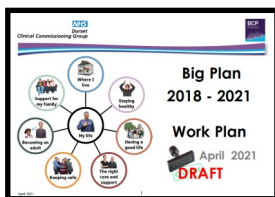
We will be welcoming some new members and guest speakers, and a new officer co-chair.



We will also be trying virtual break out room discussions. This will be the first time and we hope it all goes well!!



We are also starting to arrange all the Board and action group dates for 2022, so that they are in people's diaries early. It also helps with organising work and progress reports.



We are still working on the Big Plan work plan for 2021 to 2024 and hope to have it finished in time for the November Board.



Click on the link for Board notes and useful information



www.bpcouncil.gov.uk/ldpb

QR Codes



QR Codes stands for Quick Response Codes.

But they are called QR Codes

QR Codes are a very quick way of linking to information like a website or on-line documents.

A QR code is a pattern of black and white squares that can be read by a smart phone.

Visitors can scan a QR code when they go to places on the NHS track and trace app.

You can download a QR scanner to your phone.

Or

You can use your phone's camera to read the QR code and then a web address link comes up on your phone screen.

Click on the web address to open the link.

The link will open on your phone.

There are some QR codes in this newsletter - give them a try !!!

For more information



Search on-line for 'QR codes'



Back to the contents page

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people first forum

giving a voice to people with learning disabilities



Facebook Lives

People First Forum Facebook Lives will be on:

9th September at 1.30pm

23rd September at 1.30pm



You can watch their Lives by going to:

www.facebook.com/peoplefirstforum



Training is back!

Amanda and Lisa have been delivering fantastic learning disability training to Social Prescribers online.



The training got great feedback and People First Forum have had lots more requests for training!

Lisa says "it's great to be back training, I loved it!"

 [Back to the contents page](#)

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People First Forum Smash Camp Bestival year after year!

The members of People First Forum's Mix It Up Kru were invited to perform at Camp Bestival again this July.

There were less Kru this year because of covid, and everything needed a lot more preparation to be as safe as possible.

The Kru performed to a full tent of people who didn't want them to stop and saw many famous faces. Shaun said "I feel proud that we showed what people with learning disabilities can do!"





Friends Forum

Make friends, speak up and chat online



Monday 6th September 2021

7.30pm - 8.30pm



Thursday 23rd September 2021

3.00pm - 4.00pm



Monday 4th October 2021

7.30pm - 8.30pm



Thursday 28th October 2021

3.00pm - 4.00pm



Call People First Forum
on **01202 051014** to find
out how to join.



Update - Unpaid Care

Guidance

Coronavirus (COVID-19): providing unpaid care to adults with learning disabilities and autistic adults

Updated 30 July 2021



Department
of Health &
Social Care

This guidance is for anyone who provides unpaid care, such as friends or family, to adults with learning disabilities and autistic adults.

The guidance will help people with caring responsibilities to:

- keep people with learning disabilities and autistic people safe
- support them to understand the changes they need to make during the COVID-19 outbreak
- protect their own wellbeing



Updated
30 July 2021

For more information



[Coronavirus \(COVID-19\): providing unpaid care to adults with learning disabilities and autistic adults](https://www.gov.uk/guidance/coronavirus-covid-19-providing-unpaid-care-to-adults-with-learning-disabilities-and-autistic-adults)
- [GOV.UK \(www.gov.uk\)](https://www.gov.uk)



Back to the contents page

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Coffee Mornings

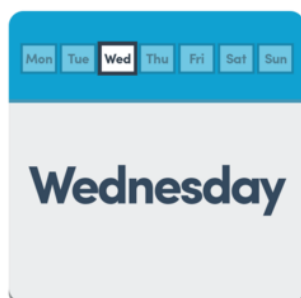
Learning Disability Carers Drop-in coffee mornings at the following venues:



Creekmoor Lounge, Millfield Community Centre, Northmead Drive, Creekmoor, Poole, BH17 7XF

Every First Wednesday of the month, starting from 1st September 2021

10am-12noon



Branksome Community Centre, Recreation Road, Poole, BH12 2EA

Every Second Wednesday of the month, starting from 8th September 2021

11am-1pm



Christchurch Connect, Loring Road, Christchurch, BH23 2GZ

Every Third Wednesday of the month, starting from 15th September 2021

11am-1pm

For more information



sini@dorsetadvocacy.co.uk



07891 549680



Back to the contents page

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Carers Forum on Zoom

Sini Lucas is the Learning Disability Carers Representation Coordinator.



Join Sini at the monthly Carers Forum, with guest speakers at most meetings, will stay online for the time being.

Joining link and advice on how to join is available from Sini Lucas.

Next Zoom meetings:



1st September at 7.30pm-9pm.



20th October at 7.30pm-9pm.



24th November at 7.30pm-9pm.



8th December at 7.30pm-9pm.

For more information



sini@dorsetadvocacy.co.uk



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Back to the contents page

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Dorset Advocacy

Carers Representation

...in Bournemouth, Christchurch and Poole



We support carers of people with learning disabilities to be heard.

We talk to the Council and the NHS about what life is really like for carers.

We help to make services better.

How to be involved:

- receive newsletters
- raise important issues by phone or email
- come to our Carers Forum
- join us for coffee mornings
- become a carers representative on the Learning Disability Partnership Board and other Action Groups

Everyone is welcome! Ring me for a chat.

Contact: Sini Lucas
Dorset Advocacy Family Carers
Representation Coordinator

E-mail: sini@dorsetadvocacy.co.uk

Phone: 07891 549680

Web: www.dorsetadvocacy.co.uk



Back to the contents page

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Carers

Information, advice and support for carers about Coronavirus.



There is a lot of information on the internet. Here are 3 websites you might find useful.

CRISP

Carers Resource | Information | Support | Programme



<https://crispweb.org/coronavirus-update.aspx>



My life my care



<https://www.mylifemycare.com/carer-support>

 **carersUK**
making life better for carers



<https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-covid-19>

Keep checking because they are updated regularly.



Back to the contents page

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Changing Places



The government response to the consultation sets out the changes, which took effect on 1 January 2021,

The response includes details of what kinds of buildings that are being built or altered must have Changing Places toilets.

The buildings are places that the public visit, like libraries, large sports and leisure centres, shopping centres.

And many more.

Click on the picture to read the leaflet !

QR code



Easy Read

Scan this QR code to read the leaflet !

For more information



[Changing Places toilets - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



Back to the contents page

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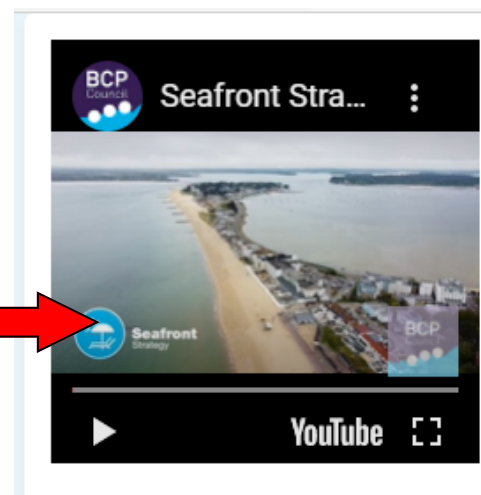
Seafront survey

BCP Council is developing a new Seafront Strategy. People who live, work and visit the area are being asked for their ideas in protecting, managing and developing the seafront and harbour coastline over the next 20 years.

Read the draft strategy and have your say.

You can also watch a video.

Click on the picture to watch the video.



There will be Roadshow events too - check the website for details.

Survey closes on 26 September 2021

For more information



[Draft BCP Seafront Strategy | Have Your Say Bournemouth, Christchurch and Poole](#)



Back to the contents page

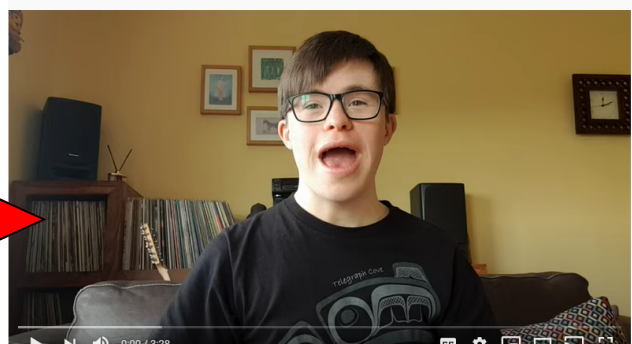
Down Syndrome Bill



A new Down Syndrome Bill will aim to improve opportunities and outcomes for people living with Down Syndrome in the UK.

The bill was initially proposed by the Portsmouth Down Syndrome Association, and will be sponsored by Dr Liam Fox MP. It will be debated in Parliament later this year.

Click on the picture to watch a video



For more information



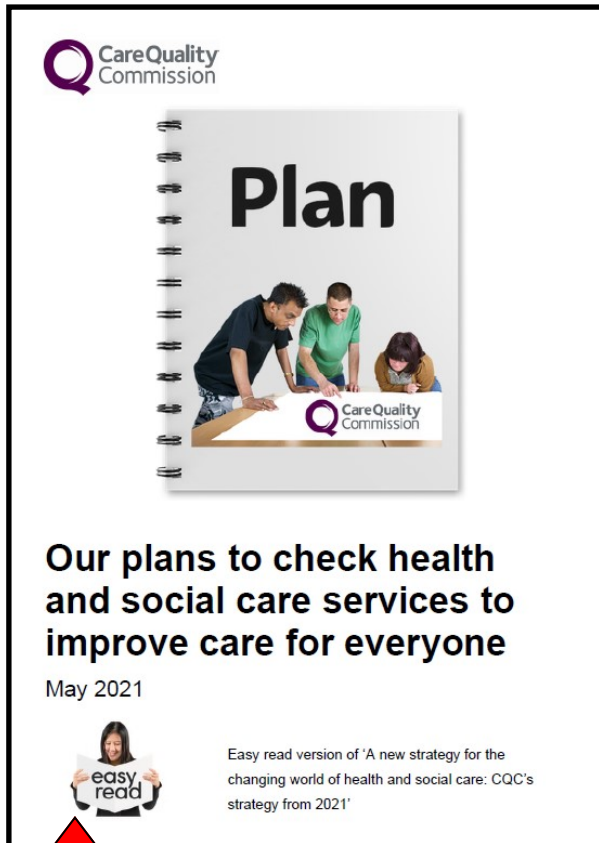
[New Down Syndrome Bill to be introduced to Parliament | CARE](#)



Back to the contents page

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CQC Strategy from 2021



Click on the picture to read all the easy read information

The Care Quality Commission has a new strategy about how it will check services.

There are 4 themes

1. People and Communities
2. Smarter regulation
3. Safety through learning
4. Accelerating Improvement

In each theme there are 2 parts

- assessing local systems
- Tackling inequalities in health and social care



To read the full guide scan the QR code



For more information



[A new strategy for the changing world of health and social care - CQC's strategy from 2021 | Care Quality Commission](#)



Back to the contents page

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WhatsApp guide

**Using WhatsApp:
a quick guide** 

 **WhatsApp is an app you can use on your smartphone.**

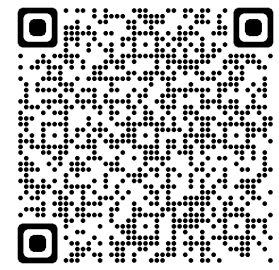
 **It can be a useful way to stay in touch with people if you can't see them face-to-face.**

 **You can have message conversations with one person or with a group of people.**

 **You can also use WhatsApp to have a phone call with a person or a group.**

1

Read the full guide
Click on the link below or on the picture
Or scan the QR code



Includes safety tips

For more information

 [whatsapp-an-easy-read-guide-DRAFT-v2.0.pdf](#)

Creative Wellbeing

Free creative online sessions



A friendly, gentle art group to support your wellbeing

Suitable for beginners.

No specialist materials required

Every Tuesday

3pm - 4.30pm (on zoom)

- **Take some time out for yourself**
- **Slow down and connect with others**
- **Learn simple creative techniques**

Find out more and book your place:

Email. anna.shiels@bcpcouncil.gov.uk

Tel. 07779 880 379



For more information



anna.shiels@bcpcouncil.gov.uk



Back to the contents page

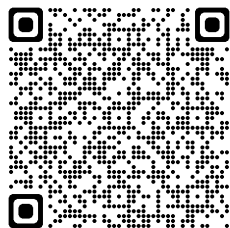
Mencap's Big Plan



Mencap's vision

Mencap want the UK to be the best place in the world for people with a learning disability to live happy and healthy lives.

Mencap know that achieving this will mean making big changes in society – there is so much work that needs to be done.



Scan this QR code to download Mencap's Big Plan

For more information



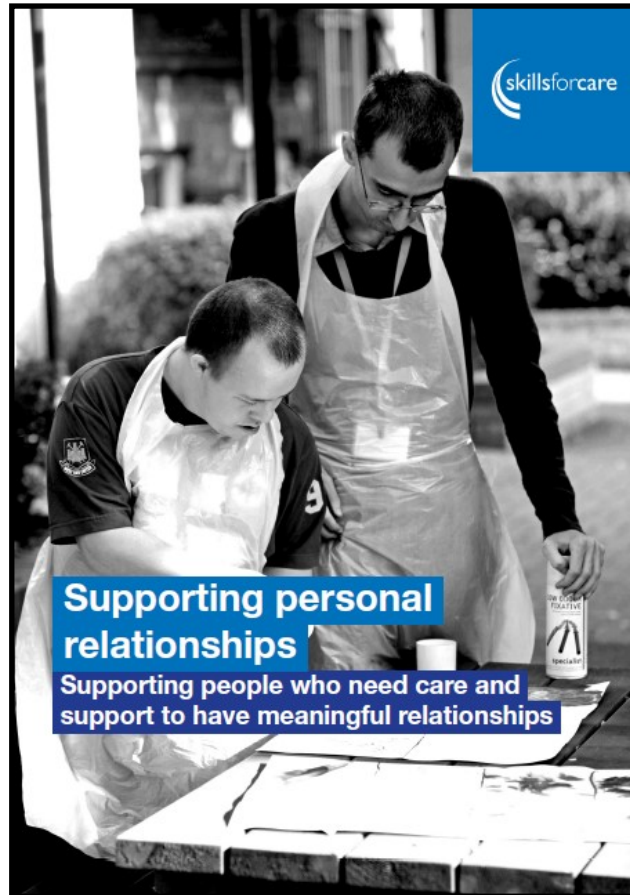
[Our Big Plan | Mencap](#)



Back to the contents page

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Relationships



Guidance to help employers think about how they can develop their staff to support people with their personal relationships, in a way that respects and values the individual.

It has been developed with people who need care and support, their families and social care employers.

For more information





[Supporting meaningful relationships
\(skillsforcare.org.uk\)](https://skillsforcare.org.uk)



Easy Read Health information

Useful things for your healthcare

 Health Checks	 About me
 Medication	 Sex and relationships
 Forms	 Leaflets
 Useful links	 Yellow Health Book
 CORONAVIRUS PROTECT YOURSELF & OTHERS	

Lots of useful information.
Leaflets and links to
information in easy read.



And a new section
about Coronavirus.

For more information



<http://learningdisabilitiesdorset.uk/useful-things-healthcare>



Back to the contents page

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Bournemouth Air Festival

The UK's greatest air, land and sea event.

In the air will be awesome aircraft including the RAFAT Red Arrows, RAF Typhoon, Chinook and full Battle of Britain Memorial Flight and more to be announced.

At sea will be the new Sunseeker parade.

On land will be the new Atlas Elektronik STEM marquee , Armed Forces Villages, trading across the site, music and dance in the Lower Gardens.

Free to attend



And of course the fabulous Night Air flying and Royal Navy entertainment.

Check where there is accessible parking, toilets and wheelchair access

[Accessibility - Bournemouth Air Festival](#)

For more information,



[The UK's largest air festival - in the air, on the ground & at night! - Bournemouth Air Festival](#)



Back to the contents page

Stompin' on the Quomps

Jazz Festival on Christchurch Quay
Saturday 11 September 2021

6 live bands from 12pm to 10pm

Food stalls

Listen and dance along to the music!

Free to
attend but there is
a suggested
donation of £5



For more information,



[Stompin' on the Quomps - Poole \(pooletourism.com\)](http://pooletourism.com)



Back to the contents page

Poole Food Festival



2 days celebrating the best in local seafood, produce, live music and to top it off, the skies of Poole Quay will be lit by a wonderful firework display on the Saturday evening.

The event is free to attend, there is no need to pre-register your attendance, just turn up.

Free to attend

For more information,



[Poole Seafood Festival](https://www.pooleseafoodfestival.com)



Back to the contents page



recyclenow



The nation's annual celebration of recycling:
20th – 26th September 2021!

This year's theme is 'Step It Up this Recycle Week'

WHAT TO DO WITH

Find an item



Aerosols



Clothing & textiles



Foil



Medicines



Mobile phones



Plastic bottles

Loads of advice on how and where to recycle.
And many videos showing how items are recycled !

What more can you do?

For more information



[Recycle Week Campaign | Recycle Now](#)



Back to the contents page

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More Newsletters.....



A bi-monthly newsletter for carers



[https://mailchi.mp/3f81899945b3/
crispcarersnewsletter-296738](https://mailchi.mp/3f81899945b3/crispcarersnewsletter-296738)



Sign up to the Care Quality
Commissioning newsletter



[https://www.cqc.org.uk/news/newsletters-
alerts/email-newsletters-cqc](https://www.cqc.org.uk/news/newsletters-alerts/email-newsletters-cqc)



Back to the contents page

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Meeting Dates for 2021

Thursday	9	September
Thursday	11	November

For the notes of the last Learning Disability Partnership Board meeting, go to our webpage on BCP Council website.



www.bcpCouncil.gov.uk/ldpb

If you have any news you would like to include in a future copy of the Learning Disability Partnership Board newsletter, please contact Amanda Wheeler at BCP Council.

If you no longer want to receive this newsletter, please [unsubscribe](#)



amanda.wheeler@bcpcouncil.gov.uk



Back to the contents page