



## Welcome to the second issue of People's Voice

It has been an exciting six months since our last newsletter. We have been making good progress against our 'Small plan to make a big difference'.

More people with learning disabilities are now working, more people are living in their own home, more people have a health action plan, and more family carers are getting support.

Joint working with the police has increased awareness of bullying and harassment of people with learning disabilities.

In the next month, the Government will be publishing 'Valuing People – Next steps' which will ask partnership boards to focus on fewer priorities. This is good news for Barnet as we expect the priorities to be the same as those in the 'Small plan to make a big difference' but will now be backed up by National Performance Indicators. This means more people will be supporting our work.



Richard Harris



Kate Kennally

Co-Chairs of the  
Barnet Learning  
Disability  
Partnership Board

### In this issue:

Page	
1	Introduction
2	Big idea 1 - Including everyone to have a real say
3	Big idea 2 – Supporting Carers
4	Big idea 3 – Day Opportunities and Employment
6	Big idea 4 – Housing and Support
7	Big idea 5 – Improving Health
9	Big idea 6 – Working in partnership
10	BUG and People's Choice Update
11	Useful Contacts
12	Learning Disabilities Partnership Board

## Big idea 1

## Including everyone to have a real say



### Good news for Barnet Learning Disabilities Partnership Board!

Barnet Learning Disability Partnership was runner up in the Skills for Care Accolades. This award was for involving people to have a say in services in Barnet.

This event was held at the Landmark Hotel, Marylebone Road, London where people had a fabulous evening to celebrate their success.



For more information about the award, please contact Julia Woods on: **020 8266 4175** or **07984 717934** (mobile)  
Email: [julia.woods@barnet.ac.uk](mailto:julia.woods@barnet.ac.uk)





## The Family Carers Sub-group

The group was set up to working on meeting the targets in 'A small plan to make a big difference' which includes identifying more 'hidden carers', especially older carers. This remains one of the group's main priorities and there is on-going work to achieve this.



The group is also responsible for ensuring that the voice of carers is heard. In April this year we had a successful Valuing Carers day which was organised by the carers sub-group, with the help of family carers. This was an opportunity for carers to have their say, find out about their rights and to meet professionals.



There is a support group for parents and carers of adults with learning disabilities. This runs every two months at Barnet Carers Centre.



For more information about the Carers Sub-group or the Support group please contact Masozi on **020 8343 9698** or email [mmvula@barnetcarers.org](mailto:mmvula@barnetcarers.org)



## Big idea 3

## Day Opportunities and Employment



### In-Control and individual budgets

In-Control is a national organisation set up to support local authorities, disabled people, families and carers to understand and implement the use of individualised budgets.



Barnet Council joined In-Control at the beginning of 2007 and is now starting its own journey to begin to deliver individualised budgets to Barnet residents who are in need of support.



In Barnet, we have set ourselves big goals and are aiming to make sure that over the next few years individualised budgets will be available to everyone who wants them, as well as making sure we have the services and systems in place to support people to make the most of their budgets and their lives.



### What is an individual budget?

Someone's individual budget is the amount of money they have to spend on their support. Instead of being given 'services' people can now choose to take the money for themselves and spend it in the ways that will best meet their needs.



This can be managed in the form of a Direct Payment, through a trust, or even by just telling the council how you want them to spend your budget on your behalf.



Organising support in this way gives people the opportunity to really be in control of their money, the services they receive and their life.

To begin this work in Barnet, the Learning Disabilities Service and Barnet Mencap have joined together to support some young people in transition to receive an individual budget.

Barnet Mencap is now working with more young people through brokerage, which is a way of helping people organize their individual budget and their support.



If you would like to know more about this work, individualised budgets or brokerage please contact Ray Booth on **020 8349 3842** or Ed Gowan **020 8359 4346**.



## New Choices Newsletters

The 'New Choices' newsletter tells you about the changes happening in the Barnet Learning Disabilities Services.

For your free copy of the newsletter, please contact Andy Lawrence on

**020 8359 4203.**

Email: [andy.lawrence@barnet.gov.uk](mailto:andy.lawrence@barnet.gov.uk)



## Big idea 4

## Housing and Support



In Barnet, we want people to have real choice and control over where they want to live and the support they need. The Housing and Support sub-group is taking the lead on making change happen.

Over the last few months a number of supported housing schemes have been developed, such as September Court and Joshua Close. Instead of living in a residential care home people can now live in their own modern flat with 24 hours support.



There are more changes to come. Clover Court is due to open in the New Year. Tamarisk Trust are working on developing supported living to replace residential care homes by 2009. All this means that the number of people being supported to live independently is increasing all the time.

It's not just about new projects especially for people with a learning disability. The sub-group is looking at other options such as shared ownership and working with good Landlords to provide private rented opportunities.

In the New Year, the Housing and Support Strategy will be available in an accessible format.



For more information about Housing and Support, please contact Alan Brackpool on **020 8359 4210** or email [alan.brackpool@barnet.gov.uk](mailto:alan.brackpool@barnet.gov.uk)





## Health Checks

Alison Pointu is the Consultant Nurse in the Barnet Learning Disabilities Services. Alison has been working with a group of people with learning disabilities (Health Checkers) to carry out Health Action Plan audit.



We sent out questionnaire to residential and supported living services and the Health Checkers made sure that the questions were easy to understand.

257 questionnaires were sent out and **209** were returned (**83%**).



We found out that:

- 125 people had Health Action Plans
- 127 had Person Centred Plans
- 72 people said that they had been in hospital in the last year, and 40 of these had taken a Health Information Card or Hospital Book with them.



Alison will be writing a report for the Learning Disabilities Partnership Board, if anyone would like a copy of this report please contact Alison (see contact details below).

Alison met with Dominic Wright and Alison Blair (Senior Managers in Barnet Primary Care Trust) in September to talk about the idea that doctors offer adults with learning disabilities regular health checks and this has been put into the big plan for Barnet Primary Care Trust commissioning. We will need to meet up again to discuss the details of this service, and the new guidance from the Department of Health will be a great help.

For more information about Health Checks, Health Action Plan and the Health Information Card, please contact Alison Pointu on **020 8492 5454** or email [alison.pointu@barnet-pct.nhs.uk](mailto:alison.pointu@barnet-pct.nhs.uk)



## Hospital Facilitator

A big welcome to Jo Young. Jo got the job as Hospital Facilitator and has started in September 2007. Jo will be taking the lead on this project, and will be working across two new hospitals (The Royal Free and The North Middlesex Hospitals).



A second nurse will be in post in the early autumn, and their main job will be to carry on the work that Debbie started at Barnet and Chase Hospitals.

If you are going to hospital and need support, please contact Jo Young on **07813 969655** (mobile phone).

## Fitness and wellbeing

Barnet Mencap's Active London project runs different activities which aim to help improve the health and well being of people with learning disabilities. The project has over 100 members. Membership continues to grow, with people joining every week.



Twice a week we run a gym drop-in session. Once members get a gym induction (an introduction to the gym and how to use the equipment), Roberto the Fitness Instructor will talk to each person and work out an exercise program which will meet their individual needs and goals.



Many members who have become more confident using the gym go at different times from the Active London Project session. One particular member is now attending at least three times a week after paying for sessions with a fitness instructor!

Other classes that we offer is swimming on Fridays, a dance/aerobics class on Wednesday and also a health for life course. All sessions are run by qualified instructors.



The gym sessions cost £3.25 and the swimming is £2.15 per session.

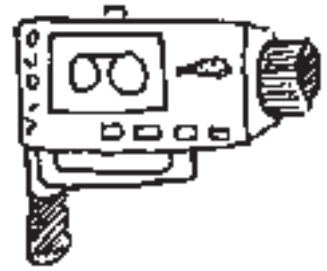
For more information, please contact Shelley Gibbons on **020 8349 3849**.





## Hate Crime Reporting pack

The DVD will make it easier to report hate crime



A DVD and information pack on Hate Crime has been developed by the Working in Partnership sub-group. They were launched this summer to make it easier for people with learning disabilities to report bullying and harassment.



The pack uses easy words and pictures to help explain what hate crime is and let people know that they do not have to put up with it.



The pack will be used by carers, support workers and people with a learning disability. It contains a number of questions that builds up a description of the attacker.

Hate Crime can be reported at any of the third party reporting sites in Barnet. The information will then be given to the police, but you do not have to tell them your name. This information will help the police to identify where there is a problem in the borough.



The DVD and pack have been given to services that work with people with learning disabilities.



If you would like a copy please contact Trudi Sills on **020 8733 4597** or email [trudi.sills@barnet.gov.uk](mailto:trudi.sills@barnet.gov.uk)

## Barnet Peoples Choice

By Ruth Carter and Benji Lanzkron

At Barnet People's Choice's Self-advocacy Group we support people with learning difficulties to speak up about the issues affecting them and give them the confidence to support each other.



To help our members understand important issues and get answers to the questions they have, we arrange guest speakers to come and talk to the group. Recently we have invited Adam Newman-Pring to talk about Individual Budgets and Trudi Sills to explain Third Party reporting and Hate Crime.

In January 2008, the Transport Police Team is coming to the group to talk about the transport related issues affecting people with learning difficulties in the borough. Many of our contacts have come through sitting on the Working in Partnership sub-group. It has been a real benefit to the project and, most importantly, to its members.

## Barnet User Group

by Richard Harris

Barnet User Group continues to work around the borough to make sure people with learning difficulties have a true voice.

We are running a group in Broadfields day centre once every three weeks. People talk about the changes that are happening in their lives and the move to the new centre call 'The Space'.



Since Brookhill has closed down, every Friday people are meeting in New Barnet Community Centre. Once a month on Friday we run a group there, which people decided to call the 'Drop in Group'.

As part of my work, I have attended a course in Reading called Tomorrows Leaders. This has helped me to develop my skills to do my job better in future, which means I can stand up for people's rights and make a real difference.

## Useful Contact details

### People's Choice



Broadfields Day Centre,  
Springwood Crescent,  
Edgware HA8 8FT



020 8905 4112

**Email** [info@barnetpc.org.uk](mailto:info@barnetpc.org.uk)

### BUG



Broadfields Day Centre,  
Springwood Crescent,  
Edgware HA8 8FT



020 8905 4112

**Email** [info@barnetpc.org.uk](mailto:info@barnetpc.org.uk)

### Barnet Mencap



23-25 Hendon Lane,  
Finchley N3 1RT



020 8349 3842

**Email** [admin@barnetmencap.org.uk](mailto:admin@barnetmencap.org.uk)

### Barnet Carers Centre



3rd Floor, Global House  
303 Ballards Lane  
London N12 8NP



020 8343 9698

**Email** [admin@barnetcarers.org](mailto:admin@barnetcarers.org)



[www.barnetcarers.org](http://www.barnetcarers.org)

### Advocacy in Barnet



The One Stop Shop  
4-5 The Concourse, Grahame  
Park, London NW9 5XB



020 8201 3415

**Fax** 020 8205 3618

**Email** [info@advocacyinbarnet.org.uk](mailto:info@advocacyinbarnet.org.uk)

### Barnet Learning Disabilities Services

313 Ballards Lane,  
North Finchley N12 8LY



020 8492 5460

**Fax** 020 8492 5468

### Learning Disabilities Partnership Board

Adult Social Services  
2nd Floor, Building 4,  
North London Business Park,  
Oakleigh Road South London  
N11 1NP



020 8359 4808

**Email** [kate.kennally@barnet.gov.uk](mailto:kate.kennally@barnet.gov.uk)



[www.barnet.gov.uk/learning-disabilities-partnership-board](http://www.barnet.gov.uk/learning-disabilities-partnership-board)

## Learning Disabilities Partnership Board



**Barnet  
Learning Disability  
Partnership Board**

### Dates for your diary:

Partnership Board Meetings

- **Thursday 10 January 2008** – **12.30-4.30pm**
- **Thursday 13 March 2008** – **12.30-4.30pm**
- **Thursday 8 May 2008** – **12.30-4.30pm**
- **Thursday 10 July 2008** – **12.30-4.30pm**
- **Thursday 11 September 2008** – **12.30-4.30pm**

### All meetings are held at:

Chipping Barnet Library, 3 Stapylton Road, Barnet EN5 4QT

## Barnet Learning Disabilities Partnership Board Christmas Party

(for Board and Sub-Groups Members)

**Tuesday 11 December 2007 from 7.30pm**

Emerald Suite, North London Business Park,  
Oakleigh Road South, London N11 1GN

If you would like to be a member of the Partnership Board and attend any of these meetings, please speak to Kate Kennally on **020 8359 4808** or Richard Harris on **020 8905 4112**

### We want to hear from you!

If you have any questions, comments or suggestions about the People's Voice newsletter, please contact



Richard Harris on:

**020 8905 4112**

**Email:** [info@barnetpc.org.uk](mailto:info@barnetpc.org.uk)

**Address:** Broadfields Day Centre, Springwood Crescent, Edgware HA8 8FT

