



North Wales **Together**  
Gogledd Cymru **Gyda'n Gilydd**

*Seamless services for people with Learning Disabilities*  
*Gwasanaethau ddi-dori i bobl ag Anableddau Dysgu*

# North Wales Together: Seamless Services for people with Learning Disabilities

## News: May 2022

*Welcome to the May 2022 Edition of our Newsletter.*



## **Update from Kathryn**

It's good to be back, feels like I was never away!! I am grateful to Ange for all her very hard work over the last year, and for moving such a lot forward during that time.

Good News!! As you are likely aware, The Learning Disability Transformation Programme has been extended for another 5 years.

### **A few changes to the work streams**

**Technology** - Paul Mazurek will continue to promote and support around technology with Sioned Williams.

**Children's** - Stephanie Hall will lead on this along with Sioned Williams.

**Accommodation & PBS** – Steve Brown will continue with this work stream.

**Employment** – Kim Killow will continue to lead on this with support from Helen Dransfield 1 day a week.

**Communities & Culture** – Mark John – Williams and Allison Lowry Phillips continue on this work stream.

Here is an update from the team.



## Community and Culture Change – Mark & Allison

We are working on an end of programme showcase film to celebrate just some of our achievements with our partnerships across North Wales. The film will be launched early June 2022.

### Voice and Control Project

The Voice and Control Project members have been working on a school resource “My Life My Choice”. Branding, design and content have been completed. We have a film being created with our group of citizens sharing their negative experiences from the past to support the theme of stigmas and labels surrounding living with a learning disability. Citizens will be reviewing the content of all sections of the resource and working together to decide how they would like to test and co-deliver training to young people.

Below is an example of the self-care plan workbook coproduced with our citizens for young people;



MySelfCarePersonal  
Plan.pdf

## Evaluation & Monitoring

We are exploring our approaches to evaluation and monitoring for the next 5 years. It is paramount we are clear what the outcomes for people with LD want and how this will reflect the WG outcomes.

## Payments for Citizen Involvement

We have also been finalising payments for Service User involvement and coproduction. We have developed a policy and process that lays out when and how we can pay people with lived experience for their work without impacting on their welfare benefits.



### Technology with Paul & Sioned



## Learning Disabilities, Mindfulness & Well-Bring Project.

Bangor University is working in partnership with the North Wales Together Learning Disabilities Transformation Programme to develop a bespoke Mindfulness and Well-being Toolkit for people with a learning disability, parents, carers and support networks. Dr Ceryl Davies is leading on this project, which will initially focus on developing the toolkit in partnership with two key pilot sites, Gwynedd and Conwy. Training has now extended across the region with third sessions just completed, fourth session due to start.



## Digital Unite – Easy Read Guides

We came across these useful documents from Digital Unite, a handy collection of easy read guides to get you started with using technology– please take a look and share.

<https://www.digitalunite.com/technology-guides/easy-read-technology-guides>

Please get in touch if you require further information or support:

[paul.mazurek@flintshire.gov.uk](mailto:paul.mazurek@flintshire.gov.uk) or [sioned.williams@flinthsire.gov.uk](mailto:sioned.williams@flinthsire.gov.uk)



## Employment with Kim & Helen

### Supported Employment Strategy for people with learning disabilities

A paper detailing the 5 high level proposals that will make up a new supported employment service model for learning disability services was presented to the NW Learning Disability Partnership Group in April. This model is firmly underpinned what citizens told us needs to change through the ‘**Having a Job**’ engagement activity we undertook in Oct and Nov 2011.

The proposals were approved in principle by the service managers. Following this Kathryn and I have been speaking to the service managers individually around delivery options. All are backing a regional approach. We have had early discussion with the regional collaboration unit around securing funding from RIF for the model which have been positive. Over the summer we will

be working with the LAs and citizens to develop the model in more detail, including costings and refine the business case for investment working to a deadline of Autumn when decisions about RIF allocation will be made for the following year.

The model is made up of 4 key elements:

1. The LDPG takes a leadership role in identifying funding for a supported employment offer across the region. We are recommending to start small and grow the offer over time. This will include requirements for supported internships (where established) plus an individual offer of specialist job coaching for other young people and adults.
2. Locally or sub-regionally, establish an in-house employability pathway coordinator to facilitate culture change/ raise aspirations; act as one point of contact and coordinate access and progression through a menu of employability options and opportunities.

The second element is to create a role for a Peer Champion/ Ambassador to work alongside the coordinator as a key piece in tackling the current culture of low aspirations and expectations.

3. Local Authorities and Health Board to test new approaches to making it easier for people with learning disabilities to compete for their job vacancies
4. With support from the LD Transformation Programme, Local Authorities to review day, work and job finding services to ensure they align and proactively enhance the progression of people with learning disabilities into paid work.

### **Pooled Fund Pilot**

The pilot has now commenced though it was noted at the last Partnership Management Board (PMB) that the partnership agreement still needs to be signed to enable the budget to be formally pooled. The Pooled Fund Board have had their first

meeting and early signs are very positive that having the partners all around the same table is a productive way of working. We have been working with the PMB with support from the regional research and innovation help to develop a tender brief for the independent evaluation.

### **DWP Local Supported Employment Trailblazer**

DWP announced funding for 20 local authorities to take part in the Local Supported Employment Trailblazer in April 2021 with a deadline of the **26<sup>th</sup> of May** for applications. We along with a number of the LAs attended the information session. Given the above developments with the supported employment strategy the service managers have opted to pursue this as a model for the region. The overall view was that we needed to take more time to develop a model that will work effectively for people with significant learning disabilities and ensure it is underpinned by the values of the Social Services and Wellbeing Act. This does not preclude applying for future funding through DWP depending on next steps after the trailblazer concludes.

However, we are in discussion with DWP Policy Officers around our own supported employment model and issues relating to work and benefits which are a significant barrier due to real and perceived risks that paid work will mean people will lose their benefits and the knock on effect on their care packages.



**Accommodation with Steve  
C's Story : 'Thankyou PBS'**

C has benefitted from the PBS approaches the programme is delivering across the region. We have permission from her family to share her experiences. Here is her story...

C is 20 years old, has a learning disability and generalized anxiety disorder. She has an incredible personality and a great sense of humour, but suffers from extreme anxiety throughout the day. She communicates this through her behaviours. Whilst at school C



would engage with very few activities...swimming, short walks and listening to music. C would always sit away from other pupils.

C left school at 19 and started attending a new service 5 days a week. Soon after, a unique opportunity arose in a small property on a temporary basis.

Staff worked with C to coproduce a transition plan and with involvement from family, education, health and existing support providers wrote a holistic personal plan.

The property was prepared to cater for all C's preferences and needs. Regular meetings were planned which everyone contributed to. This was a very nervous time for all.

We started with activities based on C's likes – listening to the radio, quizzes, daytime chat shows, tearing paper and drive out in the car for a walk. There were some noted increases in behaviours of concern, were we recorded and identified some potential triggers.

We held weekly meetings to discuss the data collected and identified areas to work on. This included some small demand: locking the front door when going out, unclipping one clip on her lunch box, and conversations about current affairs to gain insight into C's preferences and future activities.

*“Allowing her to talk about how she is feeling – the team found this helped her, instead of saying ‘is there anything wrong’ and then telling her ‘not to worry’ but saying ‘what is it about that ...’ and this seemed to help her”*

*“We are now giving her choices and is this too much – a discussion took place by giving her too many choices throughout the day is this too much at this stage and would it be best to start her off with a few choices for the whole day and give instruction for the rest of the day and then build on the choices”*

We carried out a functional assessment to understand what C was communicating through her actions and behaviours. We were then able to understand the settings, events, slow and fast triggers, and in particular what was making her behave in that way.

We were able to build a trusting relationship giving C control of how her day went, and through conversations identified activities she would like to do.

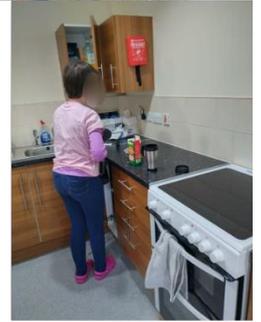
C really enjoys her cookies, and eating cookies is a naturally rewarding activity! Using backward chaining, we set the activity up starting with eating the cookie!



We progressed the activity planning right back to buying all the ingredients for C to make her own.

C's confidence has grown and with this growth, she started identifying activities she would like to do:

- Playing football
- Making pizzas
- Helping staff
- Visiting lots of new places
- Buying her own cakes in the bakery
- Eating lunch in the café
- Swimming in public swimming baths



The next steps for C? She is looking at joining the gym, learning new coping skills – holding up a card to show what she wants, using her own words and using mindfulness to help manage any worries. She is moving to a new building where we'll re visit the functional assessment. Whilst staff undertake their PBS qualifications, we are also delivering a PBS overview training for families.

**Seeing the people you work with become so much happier, have positive relationships, become part of society and have fulfilled lives is an incredible feeling and experience**



## **Children and Young People with Stephanie.**

We are excited to announce that we have started a brand new children's workstream, as we recognise this is an area we haven't focussed on enough in the past. This workstream will be led by Stephanie, with Sioned supporting in the West, and with communities and technology elements. We are going to spend the first few months speaking to people about what they feel are the priorities for children with learning disabilities in North Wales. We want to speak to professionals and citizens. If you would like to speak to us about this, please get in touch!

Some of our priorities over the next 5 years are going to include:

- Working on implementing some of the recommendations from our Life After School report – including looking at how technology can be better promoted and used to help young people in their transition from secondary school, for example in helping with independence.
- We are going to be involved in Wales-wide post-16 Additional Learning Needs (ALN) meetings on behalf of our social care colleagues in North Wales.
- We are setting up a steering group to look at how the recommendations from the recent Let Me Flourish report by the Care Inspectorate for Wales can be implemented for people with learning disabilities in North Wales. If you would like to find out about this report, you can access the full version and in easy read here:  
<https://careinspectorate.wales/let-me-flourish-national-review-early-help-care-and-support-and-transition-disabled-children-wales>
- The recent open day at Glan Llyn for people with learning disabilities was a huge success, so we are going to support them in holding another open day in the summer – so watch

this space! We also want to explore other respite activities and events for families.

- We will also have links to our accommodation workstream led by Steve, as we will be continuing to work with partners to identify future accommodation need for children and young people with learning disabilities across North Wales.

If you would like to get in contact with us about this new workstream, please contact Stephanie at [Stephanie.hall@flintshire.gov.uk](mailto:Stephanie.hall@flintshire.gov.uk) or on 07500 530429 Monday to Thursday



## Update from Shell – Project Board Co-Chair

### Social Care Accolades.

The project was nominated for a Social Care Wales Accolade and reached the final three.



Neil Ayling asked me to accept the award on behalf of the project if we were successful. Me and Kathryn travelled down to Cardiff the night before and Nicholas Bettis and Mark joined us, Neil and Susie Lunt at the accolades the following day. There was a reception and a band playing at the Royal College of Music and

Drama. The project did not win the award but was a runner up and were given a certificate for being highly commended.

It was a really fun day out and I am very proud of the team for all their work coproducing with citizens and family members.

My thank you speech is on the North Wales Together Facebook page, you can see it here >>

<https://www.facebook.com/100066579949382/videos/354895053264971/>

## **Adfest**

Watch this space. James and I have agreed to represent the team at the ADFEST All Wales People First conference being held at the Deganwy Quays hotel on June 21<sup>st</sup> and 22<sup>nd</sup> 2022. We have prepared a presentation talking about our roles with the North Wales Together programme and advocacy in general. We will have a stall where we will share information about the programme, especially community activities, employment and technology. It is going to be a good conference.

## **And Finally**

If you have any questions about our work please get in touch with Helen our administrator, who will always try to help.

[learning.disability.transformation@flintshire.gov.uk](mailto:learning.disability.transformation@flintshire.gov.uk).

Until next time stay safe and positive!

**BYE FOR NOW**