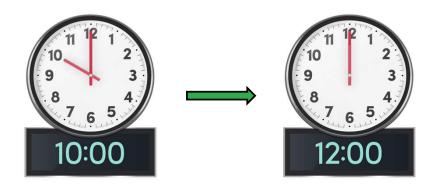
Norfolk Learning Disability Partnership





2024





We used Zoom for this meeting

Co-Chair June Walton Co-Chair Rachel Gates



Who attended our meeting?

This list shows how people who came to the meeting identified themselves

June Walton - Co-chair

Rachel Gates - Co-Chair

Lee Gibbons – ASD Helping Hands

Julie Adcock – ASD Helping Hands

Emma Beales – ASD Helping Hands

Jamie Abbott - Self Advocate

Kyle Fraser – Self Advocate

Jon Rose – Mid Norfolk Mencap

Maria Bond – Independence Matters

Rachael Philips – Self Advocate

Alison Furniss – Parent/Carer

Anna Fairhurst – Learning Disability Commissioning

Manager

Bertone Santos-Socorro - Learning Disability and

Autism Programme Senior Lead &

Norfolk and Waveney Integrated Care Board

Apologies

This list shows people who were unable to attend the meeting

Opening Doors

This meeting had 2 topics(1)



June Walton and Emma Beales - **Update on the Locality Group**



Rachel Gates – Learning Disability Service Model in Norfolk



Locality Groups Update (2)

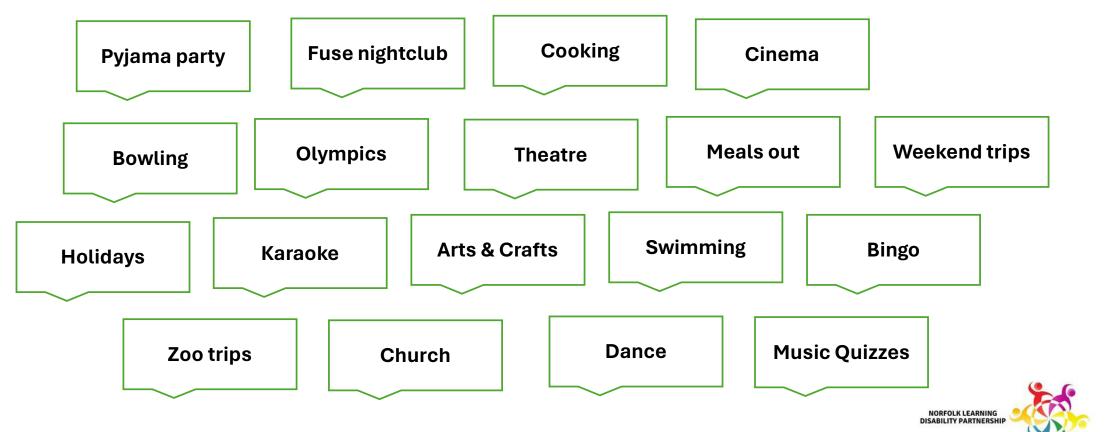


The Locality Groups told us what community activities there are in the local area.



Locality Groups (3)

These are just a some of the activities



Locality Groups (4)



At the next Locality Groups we will discuss how people will be able to find out about these?



We will do this with the help of Development Workers



Locality Groups Dates (5)













Questions on the Locality Groups answers (6)



Question: Can the Norwich Locality Group next be changed to a Tuesday?



Answer: At the next Norwich Locality Group on 3rd July we will ask the group if they want to move to a Tuesday instead of Wednesday.

This may help more people attend.



Topic 2 (7)



Learning Disability Service Model in Norfolk



What can we start to change in April 2025 (8)



Principle 6: Mainstream Health Services



Principles 7/8/9: specialist multi-disciplinary health and social care support in the community



Principle 9: Hospital



Principle 6: Mainstream health services (9)



Annual Health Checks



Health Actions Plans & Hospital Passports



Reasonable Adjustments



Principles 7 & 8 specialist multi-disciplinary health and social care support in the community (10)



Specialist health and social care support for people



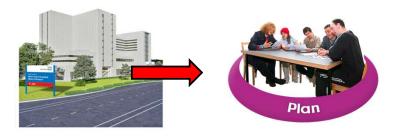
Services working together



Principle 9: Hospitals (11)



Integrated with community services



Discharge planning



What organizations run the hospitals (12)

A member of the partnership asked to confirm the acronyms used for the hospital providers







NSFT
Norfolk and Suffolk
Foundation Trust

HPFT
Hertfordshire
Partnership
Foundation Trust

NCHC
Norfolk Community
Health and Care



What services can help? (13)





Community Learning Disability Psychiatry Service

Community Learning Disability Teams

City South East

West North

Doctors, Dentists, Screening for Cancer, Stopping Smoking services

NORFOLK LEARNING DISABILITY PARTNERSHI

Health (14)



What needs to change? (15)



1. What help do you need to go to and use the doctors or dentist?



2. How do we help people have a healthy diet, exercise more and lose weight, if they need to?



3. What help do you need to make choices about sex and relationships?



What help do you need to go to and use the doctors or dentist? (16)



People with learning disability may be frightened to go on own

Ways to solve

Change Drs appointed so can go with support worker

Some people need support to go with them but no support available at time booked

Some people with

Learning Disabilities

can go on their own

with no support

Transport issues getting there

Re book appointments when necessary

Other Comments

Price for private dentist is expensive and unaffordable for treatment

Some dentists can come to care homes

People are going to hospital as can't get a dentist Limited NHS dentists in the area No self-advocate access NHS Dentistry



How do we help people have a healthy diet, exercise more and lose weight, if they need to? (17)



Limit junk food

Healthy meals choices

Eat plenty of fruit and veg

Change portion size to smaller portions

30 minutes a day exercise

Diabetic control diets

Other Comments

Most selfadvocate had a good diet There was good understanding of health diets



What help do you need to make choices about sex and relationships? (18)



People with learning disabilities feel they are targeted in public

Not enough talk about sex and relationships

Online dating is dangerous

Don't know how to have a relationship with someone

People with learning disabilities feel they are taken advantage off

Challenges understanding consent

Other Comments

Would like help to understand relationships

Some self-advocates had been in relationships in the past

Most self-advocates would like a romantic relationship or more friendships



Any other Business? (19)



1st July 2024 The Forum Norwich– **Making It Real Event** part of Coproduction week

The Norfolk Learning Disability Partnership will have a stall at this event.

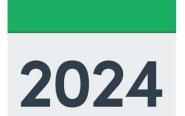


Date of Next Meeting





22









We will be using Zoom for this meeting

Co-Chair June Walton Co-Chair Rachel Gates

