

West Hampshire Community Learning Disability Service Carers' Newsletter

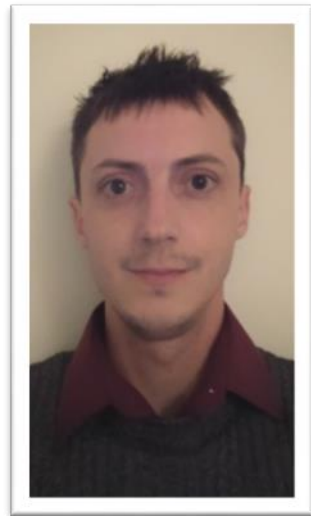
A message from the editors....

Dear Carers,

We hope you have had an enjoyable summer and made the most of the lovely weather that has come with it! In the second issue of our carers' newsletter we outline what was discussed at the last carers' group meeting in July, provide details of social and sporting opportunities in the local area and share details of the new IDDSI descriptors.

Best wishes,

Rachel Johnson & Martin Johnson
Carers' group facilitators



West Hampshire Community Learning Disability Service Carers' group

We held our second carers' group meeting on Thursday 19th July from 10:00 -12:00 at Hampshire House, Eastleigh. We had three informal carers attend the group and one of our senior community nurses, Jodie Tulk, came to talk to us about the work being done to improve the transition between Childrens' and Adults' learning disability health services.

Currently, each community learning disability team across Hampshire (North, West, East and Southampton) has a carers' group meeting. A new carers' group meeting has been created. This is called the CEG (carers' experience group) and carers from each of the locality groups have been invited to attend these bi-annual meetings. The purpose of these meetings is for carers' across Hampshire to come together and share what they have been discussing in each of the locality groups they attend. The first CEG meeting took place on Tuesday 18th September from 10:00 – 12:00 at Thomas Lewis House, Southampton. Two carers from the West Hampshire Community Learning Disability Service Carers' group went along.

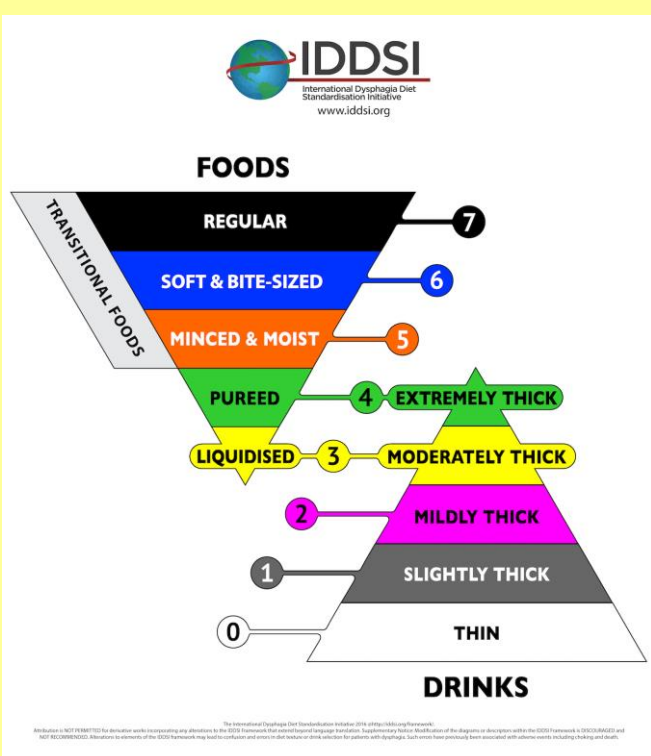
If you are an informal carer and would like to join the group please contact us using the details at the bottom of the next page.

Social and sporting opportunities

Mencap Family Hub – An online community with the opportunity to talk to other family carers and ask professions on matters including: Wills and trusts, housing, and finances. Visit the website: <https://www.mencap.org.uk/familyhub>

Active Nation – A charity that run an inclusive sports programme called ActivAbility. A variety of activities are offered including: swimming, sailing, tennis, football and exercise classes. They are based at multiple sports centres across Southampton and Winchester and work on an 8 week timetable, so it's best to get in contact with them to see what is currently being offered. Visit the website: <https://www.activecommunity.org.uk/activeability>

New International descriptors for food and drink



Some people who find it difficult to swallow drinks safely take their drinks thickened with powder to make them move more slowly so they are easier to swallow. This year, the way that we describe the thickness of drinks is changing as we adopt the "International Dietary Descriptors" (IDDSI www.iddsi.org).

If a person is prescribed a drinks thickener, they may see changes to the scoop size and instructions on the side of the tub. The drink thickness is described in 'levels' rather than stages or grades. These 'levels' are also being used to describe food textures that people might be advised to have. If you are uncertain or have questions about the changes, please call Speech and Language Therapy on: **01962 764560**.

How can you contact West Hampshire Community Learning Disability Service?

We have two bases. One in Totton and the other is in Eastleigh:

Totton Hub, 1 High Street, Totton, SO40 9HL (Tel. 02380 383444)

Hampshire House, 84 – 92 Southampton Road, Eastleigh, SO50 5PA (Tel. 01329 316226)

Our generic email address is: hp-tr.whclds@nhs.net

Our working hours are Monday – Friday from 9am to 5pm
(excluding bank and public holidays)