

West Hampshire Community Learning Disability Service Carers' Newsletter

A message from the editors....

Dear Carers,

I hope you are all keeping warm and healthy during this cold weather! This is now the third issue of our carers' newsletter. We would like to update you on news from the last carers' group meeting, services available to people with learning disabilities and upcoming events.

Best wishes,

Rachel Johnson & Martin Johnson
Carers' group facilitators



West Hampshire Community Learning Disability Service Carers' group

We held our third carers' group meeting on Thursday 31st January from 10:00 -12:00 at Totton Hub. We were joined by our physiotherapy technical instructor, Peter Craggs. He spoke about the 24 hour postural care information that the physiotherapy team have developed for family members and carers. It was very helpful for him to receive feedback from carers about this information.

The community learning disability service is currently undergoing a service review. This is where we look at the processes in our service and see where improvements can be made to the healthcare we provide. We asked three questions at the meeting in relation to this. The questions were:

'What do you value about the learning disability service and what do you want to keep?'

'What is the best thing about the service?'

'Is there anything that hasn't helped or got in the way?'

If you would like to comment on these questions, we'd love to hear your views.

Additionally, if you'd like to receive the 24 hour postural care information or join our carers' group, please get in contact with us using the contact details at the bottom of the next page.

Our next meeting is on Friday 26th April, 10:00 – 12:00 at Hampshire House, Eastleigh.

Services for dental care, eyesight and hearing tests

The Outside Clinic – a service that provide eyesight and hearing tests at home. They work with people who have a range of needs, including those with a learning disability. Contact: 0800 60 50 40. www.outsideclinic.co.uk

Special Care Dentistry – dental care provided by Solent NHS Trust. They provide a service across Hampshire, including home visits, to individuals with a learning disability, challenging behaviour and physical health conditions. Contact: 0300 300 2014. <https://www.solent.nhs.uk/page-service.asp?fldArea=27&fldMenu=0&fldSubMenu=0&fldKey=561>

Research Project – New Forest Mencap are working on a research project in collaboration with Bath University. Professor Rachael Forrester-Jones is recruiting volunteers to take part in this project looking at what services older carers are accessing. If you're a parent/carer for a person with a learning disability over 45, and local to the New Forest area please email: office@newforestmencap.org.



Registered Charity Number: 1038962

Peer review

The peer review team consists of fellow Southern Health staff and are currently assessing West Hampshire Community Learning Disability Service on their ability to deliver safe and effective care. The peer review team work in accordance to the Care Quality Commission's rating system. They would like to hear from staff, service users and carers with their views on the service. The next peer review date is on **27th February**. Please contact us using the details below to find out more information or to get involved!

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)