

East Hampshire

Learning Disability Team

Carer's Newsletter

Spring 2019



Hello and welcome to our spring newsletter



My name is Trish Sullivan and I have recently taken on the role of Carers Champion which includes writing this newsletter.

I have worked in this team for 12 years, firstly as a health care support worker, now as a physiotherapy assistant.

Our aim is to let you know what is happening within our team and information which may be useful to you.

The first thing you may like to know is that the team from Havant have now located to The Potteries, joining the team there.

This is working well for us.

Team News

Newcomers:



Jane Pickles
Community LD Nurse



Vicki Russ
Trainee Clinical Psychologist

Leavers:



Dr. Jonathon Coshever
CT3 Psychiatrist

Dr Jon Coshever has left our team for a job closer to his home. Jon was very well liked by all the team and was a real asset. We were all very sad to lose him as a member of our team but wish him well for his future



Dr Chris Ainsworth
Consultant Psychologist

Dr Chris Ainsworth has left the team for a job closer to home. We wish him well in his new venture.

Southern Health are working to improve services and wanted to gain carers and service users views, they held 2 x week long workshops, following requests for attendees at a weeklong workshop which few people could commit to we held a Focus Group, this enabled us to gain feedback without having to attend.

Attendees:

8 members of staff from the East Hants Learning Disability Team.

1 Expert by Experience (Transformation Team)

5 service users who access our service.

5 parents of service users.

3 paid carers.

Feedback was sent to senior members of The Trust

The questions being asked were;

What is the reason for a learning disability service?

What would you change about the service?

What is good about the Learning Disability Service?

What would you like to keep?

The feedback from the day was fed back to the Trust

Following feedback from focus group about support groups in the area here are a few groups you might be interested in:

The Green LIG is part of the Hampshire Learning Disability Partnership Board. We are one of five LIGs in Hampshire.

The group includes adults with learning disabilities, their carers, Health Services, Adult Services, housing, other voluntary and statutory organisations, and advocacy.

For further details contact

Florence Garland florence.garland@hants.gov.uk 01962 847249

You can find out more from our website:

www.hampshirelearningdisabilitypartnershipboard.org.uk

We meet once a month at Petersfield Community Centre Love Lane Petersfield GU31 4BN from 11am to 1pm (dates available from Florence Garland). We always welcome new members.

The Purple LIG is part of the Hampshire Learning Disability Partnership Board. We are one of five LIGs in Hampshire.

The group includes adults with learning disabilities, their carers, Health Services, Adult Services, Housing, other voluntary and statutory organisations, and advocacy.

We meet once a month (except August) at Bishops Waltham Church Hall (by the library), Free Street, Bishops Waltham from 12.30 noon to 1.30 pm (dates available from Florence Garland).

We always welcome new members.

The Chair is Janet Chierchia. The co-chair is James.

Contact Florence Garland: florence.garland@hants.gov.uk 01962 847249

There is a Facebook group named; save Orchard Close. The group was set up to save Orchard Close, but they have decided to keep the group running. They don't have plans yet to change the name of the group but this is a local group of carers connecting/campaigning together.

Sally Eshraghi runs a parent/carer group for Fareham and Gosport on the last Wednesday of every month. This is held in the community room inside Fareham Tesco opposite the toilets. Parking is free.

Ring Sally on 01489 587150 with any questions.

There is a new carers group up and running by Princess Royal Carers Trust at St Margaret Mary Church in Park Gate. The last Thursday of the month from 11.00-16.00, come and go as you please. I am just waiting on a leaflet about this.



Hampshire
County Council



The Princess Royal Trust
for Carers

Fareham carer's hub



Come along and Create an Emergency Plan;

Access Carer support and information;

Access other organisations and professionals;

Meet other carers in the area. Workshops and Lunch.

Cared for are also warmly welcomed.

St. Margaret Mary R C Church, Middle Road,

Park Gate, Fareham. SO31 7GH

By kind permission of Father Peter and Parishioners.

**The Hub will run on the last Thursday of each month.
11am-4pm**

**For further information, please call 01264 835246/835205 or email:
info@carercentre.com**

Learning disability awareness week 17th -21st June 2019

Sport and keeping healthy through exercise.

Our Service user group and team are planning an event for the 21st June 2019

We will be inviting service users and carers to the event

More information to follow

100 years of learning disability nursing

Learning disability nurses are celebrating throughout 2019.

Our nurses had a breakfast and talked about why they became learning disability nurses.

They are going to meet once a month throughout the year to continue with their celebrations



An introduction to Brian Murthagh (Team manager)

I have had the pleasure of being East Hampshire team Manager for the past 4 years having started my time with SHFT as a Modern Matron for Learning Disability services in Hampshire. I am a registered Nurse in learning Disabilities and have worked with in Health service since 1993. In my time with the team we have been awarded a Quality Improvement fellowship with Health Education England, been nominated and have been finalists in Trust awards on numerous occasions as well as team members publishing on work they have completed and having involvement in National focus groups. We have an active Service user Group who regularly support the production and review of local and divisional information as well as having time to highlight Learning Disabilities in the locality through charitable work. We have a busy year ahead with our own divisional as well as trusts transformation that will allow us to continue to focus locally on the needs of people with learning disabilities. We will keep you up to date as we go!

Health Facilitation



Amy George has been working in the team since June 2014 originally joining as a Community Nurse, but was successful in getting the role of “Strategic Health Facilitator” in November 2014.

There are other Health Facilitators working across Hampshire and Southampton; Marta Coates (North Hampshire), Maria Cook (West Hampshire) and Becky Sparks (Southampton).

The team primarily works with GP practices to promote the “Annual Health Check” for people with learning disabilities. Since 2014 all of the GP practices, except two, in the South East Hampshire and Fareham and Gosport area have had learning disability training, as part of the requirement to deliver Annual Health Checks. Over the last two years Amy has been working with GP practices to validate their learning disabilities registers. To have an annual health check the person must be on the practices learning disability register. Often the registers are incorrect, and so Amy has been working to ensure those who do not have a learning disability are removed, and those who do are added. If you're not sure whether the person you care for is on the register, please ask your GP practice.

Another piece of work that the Strategic Health Facilitators have been implementing across Hampshire and Southampton in partnership with the Transforming Care Programme is to support GP practices to achieve “Learning Disability Friendly” status. The GP practice must meet a set of criteria which includes; practices identifying Learning Disability Champions, being person centered, delivering good quality Annual Health Checks and providing reasonable adjustments. Each section has a number of sub-sections which are reviewed and included in practice action plans. Once all is achieved, the practice receives a certificate, a sticker (which you may be able to see in the practice) and a logo which can be included on their practice website.



GP practices currently recognised as “Learning Disability Friendly” in South East Hampshire and Fareham and Gosport currently are;
Gosport Medical Centre, Jubilee Surgery, Lee on Solent Health Centre, Portchester Health Centre, Emsworth Surgery, Swan Surgery, Denmead Practice, Park Lane Medical Centre and Cowplain Village Practice

“Helping Paramedic Students understand learning disabilities”

The Trust's strategic health facilitators recently organised for eight paramedic students to spend a successful five-day placement within our Hampshire community learning disability teams.

This is the fourth time the team have facilitated such a placement and the aim was for the paramedic students to gain a better understanding of how to work with people with learning disabilities, getting an important insight into their needs so they can deliver their services appropriately and to a high standard.

Our strategic health facilitators arranged for the students to shadow members of learning disability teams, visit day services and join hydrotherapy sessions - as well receive learning disability awareness and epilepsy training.

The students all walked away with a bundle of useful resources and we wish them the best of luck for the future!

If you have any thoughts on what we could cover in the newsletter or want to comment on the team please contact Brian Murtagh (Community Team Manager) or Trish Sullivan on 01329 316350

If you would like to receive future newsletters by email please contact the team with your email address