



10 January
2024

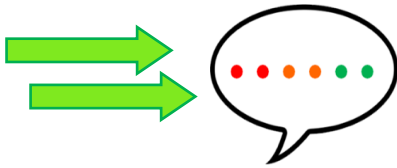


This meeting was held at Greenwood

Welcome and introductions



The co-chairs **Andrew** and **Sandy** welcomed everyone to the meeting



Actions and updates from the last meeting



The updates on actions presentation is on the [Planning Together website](#)



CLDS updates from the last meeting

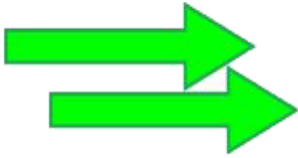


Alice Taylor and Esther Sun have left CLDS – we will be getting new staff to replace them



Psychology have started a new group about how to manage your feelings

★ Action



Andrew has asked psychology to set up a waiting list because the group is already full



The Camden Society close this month – there is a lot of work going on as we get ready for that



Support will be handed over to Centre 404 on **1 February**



A new social club is starting for the older people that were using Choices – it will be based at Kingsgate Resource Centre



The club will also be open to other people over **55**, who like somewhere quieter and not so busy



The club at Kingsgate will start from the **6 February** - to start with there will be **3** half day sessions a week



When people want to move on from Greenwood they have the choice to move to Kingsgate



There will be someone who takes the lead across Greenwood and Kingsgate clubs



Catherine said there was money to employ a member of staff to develop our work with informal carers – this will be for **1** year



We want to know the risks of older carers supporting people with LD at home and what that means for the future



Employment



There was a presentation from Ellie Campbell and Leigh Grant from Good Work Camden – you can see their presentation on the

[Planning Together website](#)



We are looking for employers who are open to talking about supporting disabled people properly in work



The job hub starts training this year – it's a small step and there is a lot of work to do



We are trying to work with the team at Camden who employ new staff – they are called **HR**



Work placements have been more about training employers how to support people - and to show this is easily done

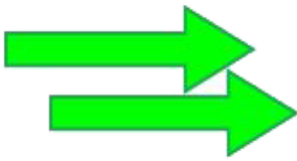


We would love to hear from anyone else who wants to be involved



We have been asked by HR to look at ways to make the application process easier for disabled and neurodiverse people

★ Action



Ellie will speak to Eilis Woodlock and Paul Smith in CLDS about making the application process easier for disabled and neurodiverse people



We work closely with the SEN team – we are doing work in schools thinking about what people can do to prepare for work



Because we want to offer the right support it means we can help fewer people at any one time



Catherine said it was important to give ongoing support with all job hub advisors being involved – if it's spread out across teams it means everyone thinks about reasonable adjustments



Ellie said that the other advisors do a bit already – maybe they need proper training and staff who are leads in the team



We are having training in how we can support employers to **job carve**

Job carve means splitting a job into 2 – part of the job is easy and the other part is harder

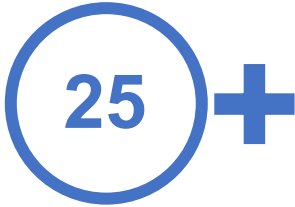
People with LD can be supported to apply for the easier job



A person should have continued support or a buddy in the workplace – you can't just leave people in a job after a month



Services when people reach 25



Synergy is worried about when people get to **25**
- they say **they are thrown away and no longer exist in the world**



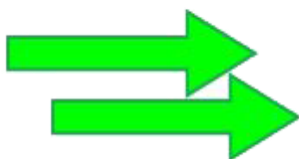
Synergy will do a play about what happens to someone in a youth club when they are not allowed to go anymore because they are too old



When people reach **25** they are handed over from colleges and schools and struggle to get help – support seems to fall away



Most people have no activities to go to and it's unfair



★ Action

Andrew to invite Camden's Adult Community Learning team to talk about what there is for people with LD



LDN would like to hear what people over **25** in Camden would like to do – if you want to share your ideas call Laurence Swan on

020 82 06 59 27 or **077 15 31 13 99**



Or email Laurence at lswan@ldnlondon.org



People make friends in places like college, but they don't continue – there needs to be something that allows for continuing friendships



If there are events where people meet and friendship groups start, staff can speak to people alone to ask about staying in touch



People need support to do this type of thing, for example, showing them how to set up a WhatsApp group or swapping phone numbers

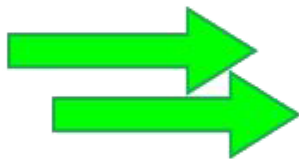


In a recent health and wellbeing group we looked at how to make friends and stay friends

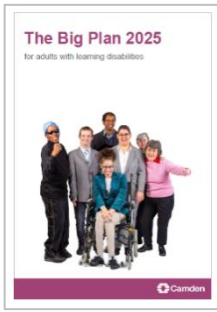


Andrew said a few years ago they looked at the importance of friendships - they should think how to make that work

★ Action



Lynette, Crina and Laura to talk about joining up adults and children's services - and think about a preparing for adulthood event



The Big Plan



Anjalene Whittier is a new LD commissioner – you can see The Big Plan presentation on the [Planning Together website](#)



[Small group discussions](#)



We shared ideas about important things to look at - the full list is in the PT minutes on the [Planning Together website](#)

The Big Plan



- The Big Plan has lost its way
- we want more information about The Big Plan and what it means to us
- commissioning talk about what they have done in The Big Plan – we want numbers and facts
- we want details about the short, medium and long term plans
- we want an update on the work around finding jobs for people



Wellbeing

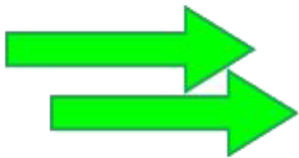
- we want good physical and mental health
- we want to feel safe
- we want help to lead longer and healthier lives
- how can we reduce loneliness for carers
- how can we check the quality of care and support
- how can we make connections and keep friendships



Housing

- we want homes that are right for the person
- we need to think about the right sort of housing from an early age
- we want to be taken seriously if we have worries around housing
- we want ongoing advice and support with repairs

★ Action



Anjalene will look at the feedback about The Big Plan and write something up



Obesity and weight management



You can see the presentation from Lynette on the [Planning Together website](#)



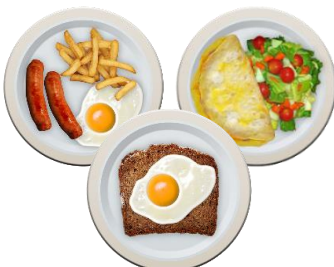
Lynette is working with Public Health to work out why people with LD are more likely to be overweight



We support a group of people that don't make their own choices about food – they are still overweight and this shouldn't happen



Black and Asian people are genetically at more risk of having high cholesterol - they need to be even more careful and exercise more



Sometimes food is cooked differently – it's not just what we cook but how people cook it



We should only sit still for **20** minutes without moving – any movement is important



You don't need to go to the gym or go jogging – people need to get into the habit of moving even if it's **at home**



You can do chair exercises at home if you find it hard to move around



If you don't like the idea of exercise you can think of it as walking the dog, going to the shops or meeting a friend



We are developing training with all Supported Living and Floating Support providers - we want people to think about how to support people to make different life choices



Part of the training is for support staff to question people about the choice they make when they are shopping – to make sure people understand what can happen because of the choices they make



We are also looking at cooking and how to make staff more confident



BBC news article

Andrew told us about a BBC news report - it says some hospitals are failing people with LD



This is mainly when the hospital only has 1 LD liaison nurse, and they go on holiday



You can read about it on the [Planning Together website](#)



Camden's Safeguarding Adults Partnership Board have written to hospitals asking what they are doing about this - we will update you when we hear back from them



Topics for the next meeting



- mental health



- more on The Big Plan



- family planning



- bereavement



- adult community learning



- Synergy play about services for the over 25s



- LeDer mortality review report



- Unity Works - supporting people in employment



- self-service checkouts at Sainsburys

Any Other Business

The Matilda Project



Haleemah from University College London talked about the project – it's about helping people with LD join local community groups supported by mentors from these groups

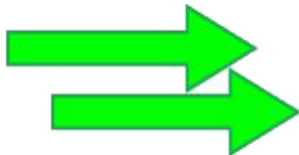


The project aims to reduce loneliness, depression and anxiety for people over **45** with LD



People are given a **£10** voucher every time they speak with Haleemah

★ Action



Louise will resend Matilda Project information
Haleemah will attend the LD Provider Forum

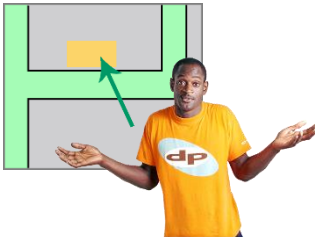


Peckwater petition



The NHS need to find somewhere to move a **dialysis** unit to – they think it would be good to move it to the Peckwater Centre

Dialysis is a special treatment for people who have kidneys that don't work properly

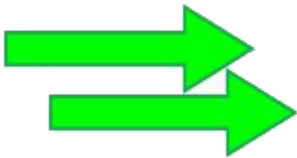


Some people don't want this to happen because other services already in the Peckwater Centre might have to move somewhere else



Simon said there is a petition against the possible move - it would be helpful if people could add their name to the petition

★ Action



Louise will send around the Peckwater petition and QR code - if you scan this with the camera on your smart phone it will take you to where you can put you name on the petition

IT coffee mornings

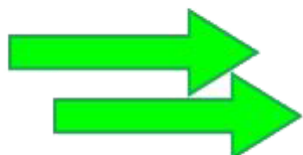


If you want support with mobile phones, tablets or laptops come along to an IT coffee morning at Greenwood



It's every **Monday** at **10am**

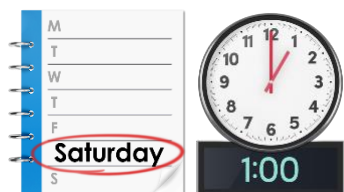
★ Action



Louise to send out poster for the IT coffee morning at Greenwood



Talacre walking football



This is on **Saturdays** from **1pm**



For more information about walking football call London Inclusion Sports Academy on

020 74 27 60 85



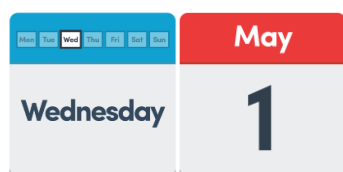
Or email them at

info@lisahub.org.uk



Next Planning Together meeting

The next Planning Together meeting will be



on **Wednesday 1 May 2024**



at **10am**



The meeting will be at **Greenwood**