



NEWSLETTER

Spring 2022



Adult Learning Disability Services

WHAT IS INSIDE?

Welcome to the Spring 2022 edition of our Adult Learning Disability Services Newsletter. In this special edition we highlight some events our service users have taken part in over the past few months.



Friends Together Choir

See inside for ...

- COVID19 Update
- Meet our new staff
- Puzzles



Maybrook Service Users complete recycling programme



Day Centre Updates



Visit the Adult Learning Disability Services Hub for:

- Latest News
- Upcoming Events
- Information and Resources

westerntrust.hscni.net/service/adult-learning-disability-services/

Personal and Public Involvement (PPI)



Involving You, Improving Lives

Adult Learning Disability Online Hub



The Western Trust Adult Learning Disability Hub contains a wide range of information and a "What's On?" section which features events for Adults with a Learning Disability.

The Hub can be found at westerntrust.hscni.net/services/adult-services/adult-learning-disability-services/

If you have any suggestions for items you would like to see included in the Hub please contact the Local Involvement Facilitator at ald.involvement@westerntrust.hscni.net

Get Involved...

If you would like to submit an article for the next edition of the Adult Learning Disability Services Newsletter, please contact Deirdre Kelly by 1st June 2022 at deirdre.kelly@westerntrust.hscni.net

Carers Week 2022

The Carers Support team within the Western Trust are currently planning their Carers Week programme. Carers week runs from 6th – 12th June and activities will include a boat trip to Devenish Island, a walking tour of Derry City and various interactive zoom sessions.



Participants must be registered on the Carers Support mailing list.

A consent form for the mailing list can be obtained by emailing: Carers.Support1@westerntrust.hscni.net
Or telephone the Carers Support Office on 028 6634 4217 (Monday - Friday 09:30-13:30)

We would encourage all carers to sign up to the mailing list to receive weekly updates that carers have described as supportive and informative.

COVID19 Update: Attendance at Day Centres/Day Opportunities/Short Breaks and Transport Services

We are all aware of the negative impact the pandemic has had on Service Users and their families particularly regarding the reduction in services. This was necessary to reduce the risk of transmission of COVID19 and to protect both Service Users and their families. With the relaxation of restrictions in the wider community we aim to facilitate full delivery of services but this must be balanced with the risk of increasing transmission of COVID19.

In line with the Public Health Authority and Department of Health Government document 'Services Remobilising Pathway' we will ensure the following:

- Facilities will be risk assessed to ascertain the impact of removing social distancing measures and zoned areas.
- Staff will be encouraged to take lateral flow tests twice weekly.
- Service Users are encouraged to take lateral flow tests twice weekly at home before going to their day care facility. Testing will be encouraged prior to going into a short break facility. However, if a Service User cannot tolerate testing this will not prevent them being able to attend day care or the short break facility.
- Staff will wear PPE.
- Encourage full vaccinations by both staff and Service Users. In situations where compliance with full vaccination is less than 80%, further risk management and possible restrictions will be required.
- Infection control guidelines are being followed e.g. good hand and respiratory hygiene, cleaning and ventilation.
- Infection Control guidelines will also be followed in situations where a staff member or Service User is COVID positive or a close contact in line with regional guidance in Northern Ireland (for full guidance visit www.nidirect.gov.uk/articles/coronavirus-covid-19-self-isolating-and-close-contacts).

Although these measures do not guarantee a reduction in transmission of COVID19, they provide a pathway to move forward and mitigate risks while reducing the emphasis on social distancing.

We will continue to monitor the situation to assess the impact of removing social distancing. This will allow us to decide whether a service needs to reduce or pause for a short period if an outbreak is identified. We are also linking closely with the Trust Transport Department regarding transport to and from day care facilities.

Thank you all for your continued support. We will continue to review the situation and communicate any updates as required.

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Beltany House

Service Users at Beltany House are looking forward to more trips outdoors, baking and painting this Summer.



Glenside Day Centre

Service Users at Glenside enjoyed making pancakes on Pancake Tuesday. The Service Users were very creative with their decorating!



Benbradagh Day Centre

The Day Centre Service Users and staff celebrated World Disability Awareness Day by 'Rocking their Odd Socks'. Well done everyone!



Benbradagh 'lights up in blue' for Autism Awareness Day on 2nd April. Service Users and staff dressed in blue to raise awareness of the day.



Maybrook Day Centre

Maybrook held a competition to mark the beginning of Spring. Service Users and staff had to make a display for outside. The bus driver entered the competition with his own handmade bus!



Staff and Service Users had a visit from the Honey Bear Ice Cream Van. The ice cream man served up some lovely ice creams that everyone enjoyed.



Valley Centre



Roy recently baked some lovely fairy cakes.



Service Users made some handprints for Mother's Day.



Service Users enjoy listening to music and dancing at the weekly music sessions. Michelle, Curtis and Anne love to sing for everyone.

Oaktree Day Centre

It has been a busy few months at Oaktree Day Centre.



Service Users made this tree out of card and added their photos to the leaves.



Service Users and staff have enjoyed doing their keep fit classes in the morning.



Marie, Kathryn, Paul and Tracy enjoyed making cards for Mother's Day.

Dromore Day Centre

Service Users at Dromore Day Centre enjoyed making their own pancakes on Pancake Tuesday.

There was also a 'Self-Care for men' class held recently in the Day Centre.

The Service Users are looking forward to more fun activities in the summer.



For all the latest News, Information and Events for Adult Learning Disability Services, check out the new-look Online Hub at:



westerntrust.hscni.net/service/adult-learning-disability-services/

Omagh Day Centre

Service Users at Omagh Day Centre recently have worked on a Safeguarding Easy Read Booklet with the Adult Safeguarding Team.



Some Service Users recently enjoyed taking part in the 'Joy Through' Self Care' Programme.



Tir Navar

Service Users meeting lambs at Dolan's Social Farm.



Service Users enjoying a walk in the Spring sunshine.



Maybrook Day Centre Service Users complete council waste and recycling course

The course, which was facilitated by Derry and Strabane City Council Liaison Officer Aiden Lynch, ran over twelve weeks.

It was completed by eight Service Users assisted by staff member Danny Mc Laughlin. Together they explored all aspects of waste and recycling. They also learnt about Health and Safety in a work environment and COSHH.

Over the final four sessions they helped produce bird feeders out of recycled materials and these are now hanging out in the Maybrook garden.

At the conclusion of the course all Service Users workbooks were submitted to the OCN Examining Board.

We are delighted to say that they all met the required standard to gain Open College Network accreditation.



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Friends Together Summer Concert



The poster features a green background with a large yellow sun in the top right. On the left, a circular inset shows a choir performing on stage. Text on the poster includes: 'HSC Western Health and Social Care Trust', 'FRIENDS TOGETHER Adult Learning Disability Choir', 'SUMMER CONCERT', '7th June 2022, 7:00PM Alley Theatre, Strabane', 'Compered by Gary Gamble', 'Tickets: £5', 'Booking Office: 028 7138 4444', 'In aid of CANCER RESEARCH UK', and the 'LD Involving You Improving Lives' logo.

The Friends Together Choir are delighted to announce their Summer Concert in the Alley Theatre, Strabane on 7th June.

Tickets cost £5 with all proceeds going to Cancer Research.

Come along and enjoy a wonderful evening of music and support this worthwhile charity.

For tickets contact:
028 7138 4444

Meet Our New Staff

Health Facilitators

Our role is to complete annual health checks alongside the GPs for Adults with a Learning Disability.

We provide Service Users with information on keeping healthy and how to access national health checks such as cancer screenings.

We deliver awareness training to GP Practices on the health needs of people with a Learning Disability.



Bridin McAleer
Omagh area



Louise O'Kane
Limavady,
Derry and
Strabane area

Mary Neeson - Learning Disability Mental Health Liaison Nurse

My post was created because people with Learning Disabilities have higher incidences of mental ill health. I am based in Lakeview Hospital and my remit is for the northern sector of the Trust.

I receive referrals from the Emergency Department at Altnagelvin Hospital. I work closely with the Consultant Psychiatrist and the Multi-disciplinary Team in the effective triage and assessment of people who are presenting in distress.

I act as a resource to the Emergency Department, Mental Health Staff, Learning Disability Staff and Carers.



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Sudoku

Fill in the squares of the grid so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9 only once.

8	2					4		3
1		6	5				2	
	5				2			
5	1			9	7			
			2	5			6	7
			7				4	
	8				3	6		9
6		7					3	5

Spot the Difference

Can you spot the 9 differences between the two images below?

