



# NEWSLETTER

## Summer 2023



## Adult Learning Disability Services

### WHAT IS INSIDE?

Welcome to the Summer 2023 edition of our Adult Learning Disability Services Newsletter. In this edition we check out Learning Disability Awareness Week celebrations and look forward to upcoming Summer events.



**Learning Disability Awareness Week**

### See inside for ...

- Sensory Room Update
- Annagh Social Farm
- Destined
- Strule Erne Activity Centre
- Positive Behaviour Support



**Lilliput and Stage Beyond Launch Hi Vis Summer Festival**



Visit the Adult Learning Disability Services Hub for:

- Latest News
- Upcoming Events
- Information and Resources

[westerntrust.hscni.net/service/adult-learning-disability-services/](https://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/](http://westerntrust.hscni.net/services/adult-services/adult-learning-disability-services/)

## Positive Behaviour Support Service

Positive Behaviour Support is a person centred model of support that aims to increase understanding and reduce distressed behaviour.

We work with Service Users, their families and staff through assessment, developing Positive Behaviour Support Plans and offering practice led support.

We strive for capable environments, encourage individual choice and self-advocacy, increase skills, support active participation thus improving quality of life and reducing distressed behaviour.

The Positive Behaviour Support Service Team worked with Greg Nixon, a Service User from Derry/Londonderry and his Social Work Team.

Greg's care team Potens (NIDCA) recently won the National Learning Disability and Autism Award (NI) for 'Breaking down barriers'.



Lisa Finlay, Behaviour Therapist, explained:

"Since moving to his supported living placement Greg has made some great achievements which at a time were very difficult for him."



**Well done everyone!**



## Hospital Sensory Rooms

The Sensory Room in Altnagelvin Hospital Emergency Department has been used by 751 patients since opening in March 2022.

This success has led to the developmet and opening of a Sensory Room in the South West Acute Hospital in June 2023. The new Sensory Room will be officialy opened in October 2023.

Both Sensory Room have received positive feedback both from Service Users, Carers and our Staff.

For information on the Sensory Room's or visiting hospital contact our Acute Liaison Nurse's:

### Altnagelvin Hospital

Sinead.Gallagher2@westerntrust.hscni.net

### South West Acute & Omagh Hospital

Emer.Ferguson@westerntrust.hscni.net



## Learning Disability Awareness Week 2023

Learning Disability Awareness Week was celebrated from 19th - 26th June.

The theme of the week was 'myth busting' and busting the myths about living with a learning disability.

Christine McLaughlin, Assistant Director of Learning Disability Services said:

"Our Service Users continue to bust myths day in daily as they challenge themselves to learn new things, as they showcase their talents and as they get involved in education and employment opportunities."

To celebrate and raise awareness of Learning Disability, our Day Centres had a jam packed week of events.

There were a range of activites such as:

- Talent Shows
- Inclusive Walks
- Day Trips
- Country and Western Party
- Petting Farms
- Music and Dancing
- High Tea Partys
- Sports Days

Community Nurses hosted information sessions and health checks at Maybrook, Glenside and Benbradagh Day Centres for Service Users and Carers.

Our Acute Liaison Nurse's held information sessions in Altnagelvin Hospital.

**The following pages have photos from around the Trust.**

**Visit the Learning Disability Online Hub for all photos!**

[westerntrust.hscni.net/service/adult-learning-disability-services/](https://westerntrust.hscni.net/service/adult-learning-disability-services/)



# Community Learning Disability Nursing Team

Our Community Learning Disability Nursing Team were busy during Learning Disability Awareness Week.

The team visited Maybrook, Benbradagh and Glenside Day Centre offering information sessions and health checks to Service Users and Carers.



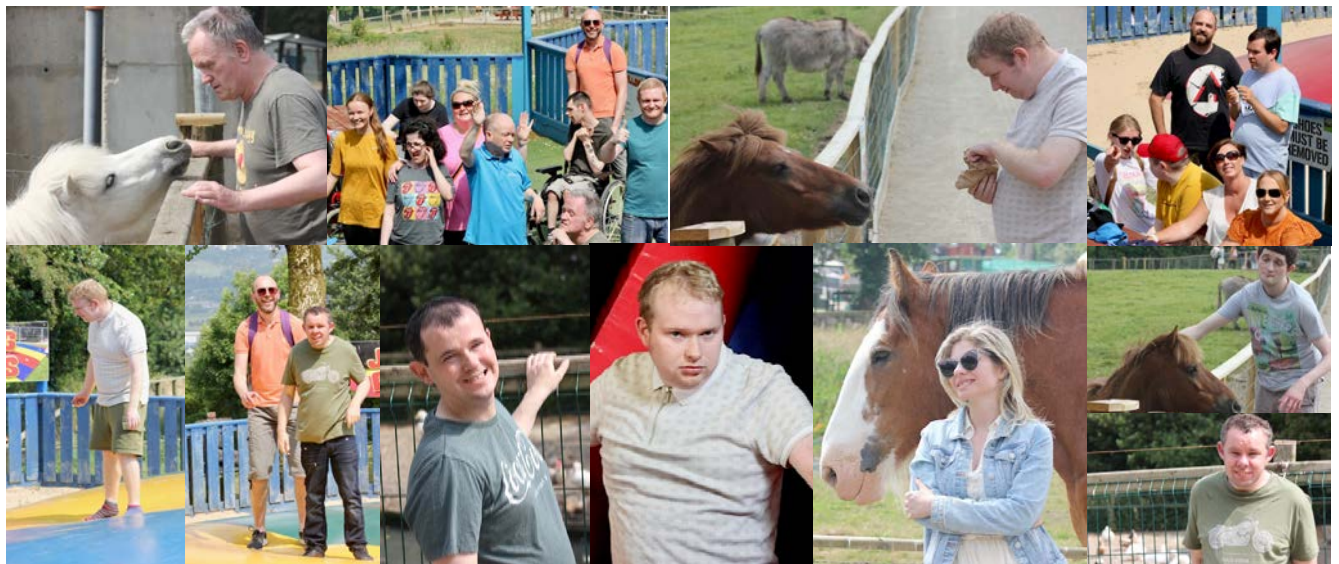
## Glenside Day Centre

Service Users taking part in their weekly Art Class.



## Maybrook Day Centre

Service Users and Staff recently enjoyed a trip to Lurgy Brack Farm.



## Lilliput Theatre Company

Lilliput hosted a Talent Show with Service Users from a range of Day Centres attending and performances from Lilliput, Benbradagh Day Centre, Sow and Grow and Berrie's Coffee Shop.



Lilliput Service Users took part in a programme, talking about and exploring the environment. The group then recorded a video of their song in St. Columb's Park.

You can view the video on the LD Hub.

## Omagh Centre

Service User Darren has helped make some flower pots to decorate the front door!



## Adult Short Break Cottages



## Castlederg Outreach Centre



## Dromore Outreach Centre



## Fresh Focus



## Rosville Group



## Kesh Day Centre



## Valley Centre



## Oaktree Centre



## Satellite Unit



## Strathroy Day Centre



## Supported Living Services



## Tir Na Var



## Benbradagh





## Annagh Social Farm

Annagh Social Farm CIC supports people with a learning disability to actively participate in seasonal purposeful farm, horticultural and conservation activities on farms in Fermanagh and Tyrone.

This year Annagh Social Farm CIC welcomed the summer season. Service Users have been collecting eggs from the hens and ducks and have welcomed new calves. Service Users also do a butterfly walk, identifying and recording the butterflies they see.

Recently we made and decorated window boxes that are now blooming with flowers.

The sun has also ripened the fruit maze that Service Users pick as they wander around. Soon the peaches will be ripe in the greenhouse and smoothies can be made with all the delicious fruits in the workshops and outdoor classroom.



## DESTINED

Empowering People With Learning Disabilities

Destined members have been making the most of the summer weather with plenty of BBQ's and Gardening. In our polytunnel we are growing strawberries, lettuce, turnips and have recently made our very own Destined Herb garden using old wooden pallets!



## Involvement Update

Adult Learning Disability Services continue to have a focus on involvement.

Through the Local Involvement Group (LIG) and Strategic Involvement Group (SIG), there were concerns expressed that the process was no longer working and so Hummingbird (NI) completed an evaluation of the work in 2022. The evaluation concluded that involvement successfully promoted change however the Involvement Model needs to evolve.

The Local Engagement Partnership is a partnership of a wide range of stakeholders including representatives from statutory agencies, community, voluntary and independent sectors working together to improve services for adults with a learning disability.

The evaluation recognises the potential strengths of this Model to offer a jointly led forum who work collaboratively with Service Users and Carers, sharing ideas and opportunities to improve access to and experience of Adult Learning Disability Services.

The Trust have endorsed this approach and a Facilitator will be recruited to support the ongoing development of this important work.

## Lilliput and Stage Beyond Launch Hi-Vis Summer Festival

Stage Beyond and Lilliput have announced details of an exciting new 'Hi-Vis' summer festival of music and dance starring adults with learning disabilities which will be held at The Playhouse in Derry from July 17th-21st 2023.



The week-long festival will include lunchtime concerts from 12:30 - 1pm on Monday to Thursday (July 17th-20th) performed in The Playhouse by the Quartet: Conor Linehan (Piano), Ken Edge (Sax and Clarinet), Oonagh Keogh (Violin), and Mary Curran (French Horn).

A festival finale showcasing the collaborative creative talents of Stage Beyond and Lilliput participants will be free for members of the public to attend at lunchtime on Friday, July 21st at 1:30PM in The Playhouse.

## Staff Raise Funds for Sensory Room

In January ten members of staff (Social Workers, Team Leader, Family Support Worker, Behaviour Support and Occupational Therapist) signed up to run as part of relay teams in the Belfast Marathon.

The staff decided to raise money for the Sensory Room in the South West Acute Hospital. The team have raised a total of £13,000.

Well done everyone and thank you for your donations!



## Strule Erne Activity Centre

Strule Erne Activity Centre is service designed to meet the individual needs of adults (aged 40+) with a learning disability.

The centre in Irvinestown is open Monday, Wednesday and Friday from 10.15am - 3.15pm.

The centre in Omagh is open Tuesday, Wednesday and Thursday from 10.00am - 3.00pm.



The centre offers a wide range of fun social activities including:

- Arts and Crafts
- Drama
- Music
- Gardening
- Beauty treatments
- Boccia
- Coffee mornings
- Alternative therapies
- Exercise programmes
- Healthy eating/living
- Day trips



The centre aims is to provide a day care service that is welcoming, supportive and friendly, that helps each individual interact and integrate into the wider community, assisting them to achieve their goals and potential.

A referral to Strule Erne can be made via your Social Worker or appropriate Western Trust staff.



## Service User Story

As part of Learning Disability Awareness Week, Paul who attends the Satellite Unit in Strabane busts the myth about 'learning new things' by telling us about his enjoyment of pottery. Well done Paul!

**"Hello my name is Paul and I attend the Satellite Unit, Strabane.**

**I attend a pottery class through the North West Regional College and have enrolled to complete an OCN qualification in pottery.**


**I enjoy pottery and making new pieces to show my friends and staff at the Satellite Unit. I have also been invited to use the pottery wheel on the Derry Campus."**









## Summer Wordsearch

Find the Summer words in the grid below.

A	E	R	O	P	L	A	N	E	H	G	Z
U	H	D	F	A	R	S	B	E	A	C	H
H	A	T	P	I	C	E	C	R	E	A	M
D	F	C	V	N	B	N	K	L	U	T	U
V	S	A	X	T	S	P	A	D	E	W	S
B	U	T	T	E	R	F	L	Y	L	G	I
U	N	B	V	F	P	O	R	Y	Q	P	C
C	S	D	D	R	O	R	Q	W	A	L	K
K	H	F	H	G	Y	R	C	A	G	D	Z
E	I	E	P	I	C	E	L	O	L	L	Y
T	N	G	L	A	S	S	E	S	J	K	P
Q	E	W	Z	X	W	T	B	E	Q	M	U



-  PAINT
-  WALK
-  ICE CREAM
-  SPADE
-  BUCKET
-  BUTTERFLY
-  SUNSHINE
-  MUSIC
-  FORREST
-  HAT
-  AEROPLANE
-  BEACH
-  ICELOLLY
-  GLASSES



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



[westerntrust.hscni.net/service/adult-learning-disability-services/](http://westerntrust.hscni.net/service/adult-learning-disability-services/)