



NEWSLETTER

Summer 2023

Easy Read



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/

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/

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 Emergency Department has been used by 751 patients since opening in March 2022.

Following this success a Sensory Room has opened since June in the South West Acute Hospital and will be officially opened in October 2023.

Both Sensory Rooms have received good feedback from Service Users, Carers and Staff.

For more 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'.

Service Users bust myths as they challenge themselves to learn new things, showcase their talents and 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 activities 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 for Service Users and Carers at Maybrook, Glenside and Benbradagh Day Centres.

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/

Glenside Day Centre

Service Users taking part in their weekly Art Class.



Maybrook Day Centre

Service Users and Staff enjoyed a trip to Lurgy Brack Farm. Service Users got to see and feed some of the animals and had fun in the good weather!



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 performed their song in St. Columb's Park.

You can view the video on the LD Hub.

Omagh Centre

Darren, a Service User at the Omagh Centre 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 farm, horticultural activities on farms in Fermanagh and Tyrone.

Service Users have been collecting eggs from the hens and ducks and welcomed new calves. Service Users do a butterfly walk and record the butterflies they see.

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

The sun has ripened the fruit maze that Service Users pick as they wander around. Soon the fruit will be ripe in the greenhouse and Service Users will make smoothies and jam.



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!



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Community Learning Disability Nursing Team

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

The team visited Maybrook Day Centre, Benbradagh Day Centre and Glenside Day Centre.

On their visit they offered information sessions and health checks to Service Users and Carers.



Involvement Update

Adult Learning Disability Services continue to have a focus on involvement. An evaluation of the Local and Strategic Involvement Groups was completed by Hummingbird (NI) in 2022. The evaluation concluded that the Involvement Model needs to evolve.

The Local Engagement Partnership is a partnership of representatives from statutory agencies, community, voluntary and independent sectors working together with Service Users and Carers to improve services for adults with a learning disability. The Trust will be recruit a Facilitator to support this important work.

Lilliput and Stage Beyond Launch Hi-Vis Festival

Stage Beyond and Lilliput is hosting a 'Hi-Vis' summer festival of music and dance starring adults with learning disabilities at The Playhouse in Derry from 17th-21st July 2023.



There will be 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 free festival finale showcasing the talents of Stage Beyond and Lilliput participants will be on Friday, July 21st at 1:30PM in The Playhouse.

Staff Raise Funds for Sensory Room

In January ten members of staff signed up to run as part of relay teams in the Belfast Marathon.

The staff raised 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 a day care service for 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



We make you feel welcome and supported.

We help you meet new friends and get involved in our community

We help you achieve your goals and potential.

A referral to Strule Erne can be made via your Social Worker or 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:



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