



NEWSLETTER

Autumn 2023



Adult Learning Disability Services

WHAT IS INSIDE?

Welcome to the Autumn 2023 edition of our Learning Disability Services Newsletter.

In this edition we have updates from around the Trust and what our Service Users have been up to and celebrate the opening of the new Sensory Room at South West West Acute Hospital!



Official Opening of South West Acute Hospital Sensory Room

See inside for ...

- Rossville Art Exhibition
- Success for Family Support Team's Healthy Lifestyle Programme
- Lilliput Theatre Company
- Destined



Updates from around the Trust

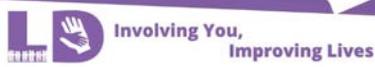
Welcome to the Adult Learning Disability Services Hub



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/

Chair Visit

The Chair of the Western Health and Social Care Trust, Dr. Tom Frawley recently visited our Adult Mental Health and Learning Disability Service facilities in Omagh, Grangewood and Lakeview Hospital.



Staff Celebrate International Nurse's Day

Staff at Lakeview Hospital celebrated International Nurse's Day with a tea party.



Benbradagh Wear Green to Celebrate World Mental Health Day

Service Users and Staff at Benbradagh were wearing green on October 10th to celebrate World Mental Health Day.



Donation to Berries Cafe

Berries Cafe gratefully received a donation of umbrellas and a table and chairs for their outside earing area.

Thank you to 'Friends of Lakeview and Ralphs Close'.



Sensory Room at South West Acute Hospital Official Opening

The Sensory Room at the South West Acute Hospital was officially opened on Friday 20th October 2023.

Emer Ferguson, Acute Liaison Nurse Learning Disability at the South West Acute Hospital said: "We are delighted to officially open this wonderful new sensory room."

Family of service user Patrick McDaid have stated: "The room took us away from all the noise and commotion in the busy Emergency Department. Patrick relaxed immediately and was able to have some of his tests completed more easily."

Christine McLaughlin, Assistant Director of Adult Learning Disability said: "I would like to pay tribute to all those whose efforts contributed to making the sensory room a reality."

Both Sensory Rooms at South West Acute Hospital and Altnagelvin Hospital 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 Nurses:

South West Acute and Omagh Hospital
Emer.Ferguson@westerntrust.hscni.net

Altnagelvin Hospital
Sinead.Gallagher2@westerntrust.hscni.net



Glenside Day Centre

Service Users and Staff enjoyed an End of Summer Party and an evening of dance with Melanie from Urban Motion Dance Group.

Service Users also had trips to Portrush, Bundoran and Tropical World, Letterkenny and taking part in Jo Jingles with Doreen and the School of Rock at Alley Theatre Strabane.

Joy and Estelle had a lovely lunch for their Birthdays.



Benbradagh

Benbradagh Day Centre held a fancy dress end of Summer Party.



Fresh Focus

Following a 6 week work shop Fermanagh GAA sponsored Fresh Focus to travel to Croke Park. Service Users have grown their own vegetables in the new inclusive garden, built by Fermanagh and Omagh District Council.



Omagh Centre

Service Users have recently enjoyed trips to play parks, enjoying walks and taking part in a Sensory Walk in Grange Park. Everyone had great fun!



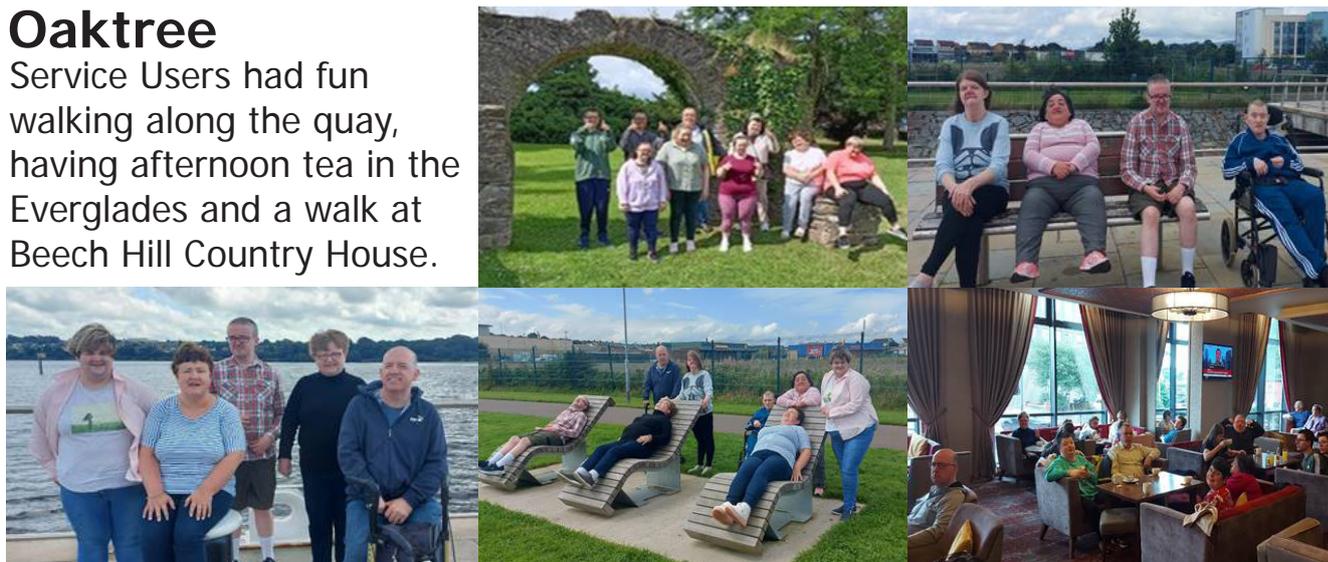
Cityside Supported Living Services

Service Users enjoyed travelling to Clare's 40th Birthday Celebrations by limo!



Oaktree

Service Users had fun walking along the quay, having afternoon tea in the Everglades and a walk at Beech Hill Country House.



Valley Centre

Service Users from Valley Centre enjoyed an outing to the Derry Girls Museum.

They also visited the City Hotel for some refreshments.



Tir Na Var

Service Users have been busy singing, looking after their plants and bowling.



Service Users made a welcome sign during arts and crafts.

Ralphs Close

Service Users and Staff had fun at a Garden Party with music in the great weather.



Maybrook Day Centre

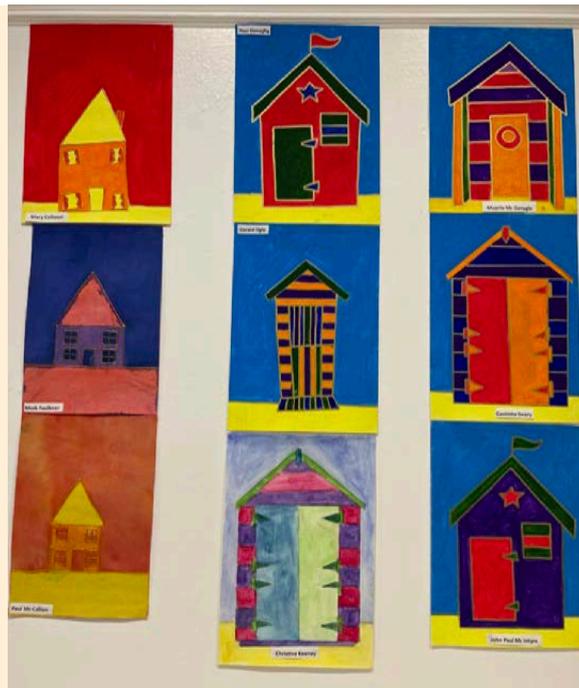
Service Users enjoyed an End of Summer Party before welcoming Autumn. They also enjoyed a trip to Belfast Zoo, Portrush and Fulton's Sunflower fields.



Rossville Group 'Where The Heart Is' Art Exhibition

Rossville Day Opportunities held an Art Exhibition in Eden Place Arts Centre from 19th - 26th October.

Service Users displayed fantastic bright paintings, canvases and fabrics. They explored feelings of joy, home, security and spending time with family, friends and those most important to them in every day life.



Kesh Day Centre

Kesh day centre have visited the Bawnacre Centre and enjoyed the use of the new sensory room.

Service Users have been busy attending Kesh Courthouse Café where they have joined in their gardening section. Kesh Day Centre plant seeds and care for flowers and vegetables that they grow.

We are always busy in the centre completing table top activities and doing daily tasks!





DESTINED

Empowering People With Learning Disabilities



An Inclusive Cycle was held, encouraging everyone to get involved in a community cycle. Adaptive bikes were kindly made available through Derry and Strabane City Council to give our members the opportunity to get involved.



Several of our Derry Destined members are trained facilitators to give guided tours of the Foyle Valley Railway Museum.



Members climbed Mount Errigal in August. None of the members had ever climbed a mountain before and they all succeeded in getting to the top. A great achievement for everyone involved!



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/



Ian achieves 'Gigantic' Healthy Lifestyle Programme Success!

The Family Support Team congratulates Ian Martin from Omagh who has done really well at their Healthy Lifestyle Programme.

The Programme provides support and advice for Service Users on staying active and healthy eating.

Avril Barton, Senior Support Worker said:

"Huge congratulations to Ian Martin who successfully lost 3.5 stone and climbed Mullaghcarn, Gortin Glen Forest Park to see 'The Giant'! The Family Support Team have been supporting Ian are delighted that he has achieved his goal."

"Ian has worked really hard, eating healthy; walking every day as well as attending the Step programme at Omagh College and working in Pat Kirk Motors, Omagh. Well done Ian!"

Another Service User, Carla Priestly who is taking part in the programme has also completed the climb. Well Done Carla!



Lilliput Theatre Company

Lilliput Theatre Company members have been busy recently visiting Fultons Sunflower field.



The Group also performed at the Chat Tea Train event and met the Mayor of Derry and Strabane District Council. Some members were interviewed for the news!



Art Exhibition

Lilliput hosted an exhibition in the UV Arts, Urban Arts, and Garden of Reflection Studio.

Members of Lilliput designed their own individual boards and made a brand new Mural showcasing all that Lilliput does. The Lilliput Mural will proudly hang in the Lilliput room in the Playhouse.

The exhibition was funded by the Acorn Project and facilitated by Karl Porter of UV Arts.



Lilliput Theatre Company Christmas Fayre

Lilliput's Christmas Craft Fayre is taking place on Saturday 9th December 2023 from 11am - 3pm at The Playhouse.

Tables are available for £15
Contact: 0734 2061 591

Lilliput's
Christmas
Craft Fayre

Saturday 9th December 2023
11:00am - 3:00pm

The Playhouse - Derry/Londonderry

Tables Available @ £15

All proceeds to Lilliput Theatre Group

For more information and booking, please contact
Clare-Ellen/Brian/Mark
07342061591





AUTUMN WORDSEARCH

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



SQUIRREL



CONKERS



LEAVES



PUMPKIN



ACORN



APPLES



SPIDER



HEDGEHOG



COAT



WIND



UMBRELLA



SCARECROW



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

