



# NEWSLETTER

## December 2020



### Adult Learning Disability Services



### WHAT IS INSIDE?



Welcome to the December 2020 Adult Learning Disability Services Newsletter.

In this edition we have a spotlight on some service users returning to day care as well as a great music video produced by Lilliput Theatre Company.

See inside for more details.....



**Day Centre Activities and Updates**



**Christmas Updates and Activities**



**Service User Stories**



**Lilliput Theatre Company Release Video**

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



Personal and Public Involvement (PPI)



Involving You, Improving Lives

### A Return to Daycare for Killadeas Day Centre - Share Centre



If you would like to contact the Share unit, here are our Contacts Details:

Killadeas Day Care,  
7A The Haven  
Share Discovery Village,  
221 Lisnaskea Road,  
BT92 0JZ  
Phone Number: 028 6772 2798



### Returning to Day Care



I am enjoying doing my art work.



I missed my friends and I am glad to be back at day care doing the things I enjoy.



I am glad to be back at the Day Centre.



I am happy as I get to see my friends.



I am happy to be back to see all of my friends.

### Armchair Exercises



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



### Nature Walks and Photography



### Messaging Friends

Because of COVID19 restrictions some of us record message on iPads for our friends



### Benbradagh Centre, Garden, Willow and Roe Leap Group

"We are happy to be back with our friends."



### Glenside Centre and Satellite Unit

"All the staff are keeping us safe."



### Oak Tree

"We love going on trips."



### Killadeas Day Care, Lackaboy 2



### Our Team



### Lilliput Theatre Company produce music video to help reconnect with members

Members of the Lilliput Theatre Company made a video to the song 'Dance Monkeys'.

Go to the Western Trust ALD Hub to watch the video or visit the web address below:

<https://youtu.be/8P883clFXTw>



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

### A Service User Story ...

Paul goes to Glenside Satellite Unit in Strabane



COVID-19 made Paul scared. He was lonely when his day centre had to shut.

Staff from Glenside went to visit him at home.

They knitted a blanket.



The staff took Paul out in the bus.

Paul misses his friends but he hopes to see them again soon.



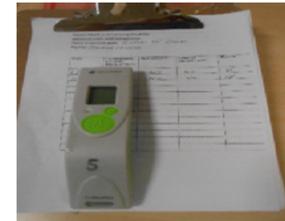
### Sow & Grow

"We are busy making wreaths for Christmas."



### How My Day Looks by Ryan Mc Cann A Service User Story ...

I attend daycare in the Omagh Centre.



I get my temperature checked and get on the bus.



I keep apart from other service users.



We do not share activities. We have our own activity box.



I wash my hands.

We do lots of fun things.



I am writing my own Covid Story.

Check out the latest ALD news online at [westerntrust.hscni.net/service/adult-learning-disability-services/](http://westerntrust.hscni.net/service/adult-learning-disability-services/)

**Time for you to Connect and Relax:  
A 4 week relaxation programme via Zoom**

This is a course that will help you feel less lonely.



**Group 1**  
Tuesday Mornings at 11AM  
Starting Tuesday 24th November  
Final Session Tuesday 15th December

**COMPLETE**

**Group 2**  
Wednesday Mornings at 11AM  
Starting Wednesday 25th November  
Final Session Wednesday 16th December

**COMPLETE**

**Group 3**  
Tuesday Mornings at 11AM  
Starting Tuesday 5th January  
Final Session Tuesday 26th January

**Group 4**  
Wednesday Mornings at 11AM  
Starting Wednesday 3rd February  
Final Session Wednesday 24th February

You can ask to join  
Group 3 or  
Group 4

Please contact Gemma Smyth Health Facilitator:  
Telephone 028 6634 4227 or  
email [gemma.smyth@westerntrust.hscni.net](mailto:gemma.smyth@westerntrust.hscni.net)

You can also email:  
[jonathan.mcguigan@westerntrust.hscni.net](mailto:jonathan.mcguigan@westerntrust.hscni.net) or  
[deirdre.kelly@westerntrust.hscni.net](mailto:deirdre.kelly@westerntrust.hscni.net)



Project supported by the PHA

**Further Information on COVID-19**

**Western Health and Social Care Trust**  
[www.westerntrust.hscni.net](http://www.westerntrust.hscni.net)

**Mencap Northern Ireland**  
[www.mencap.org.uk](http://www.mencap.org.uk)

**NI Direct**  
[www.nidirect.gov.uk/coronavirus](http://www.nidirect.gov.uk/coronavirus)

**Patient and Client Council**  
[www.patientclientcouncil.hscni.net](http://www.patientclientcouncil.hscni.net)

**Public Health Agency**  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

**Autism NI**  
[www.autismni.org](http://www.autismni.org)



**Disability Action – ONSIDE Project for Service Users**



Do you want to learn how to use a computer to keep in touch with your friends?



Phone Deirdre on 028 7186 4323

**Carers - Using Digital Technology to keep in touch**

If you need any help using your computer, tablet or phone simply phone the Libraries NI digital team on 028 9039 5989



Monday - Friday  
9:15am - 4:45pm



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



## New Roles in Adult Learning Disability Services

**Lisa Harris - Adult Learning Disability Epilepsy Nurse -Trust Wide**



I provide support and care to people with a Learning Disability who have epilepsy.

**Clionagh Mc Elhinney - Acute Liaison Officer - Altnagelvin Area Hospital**

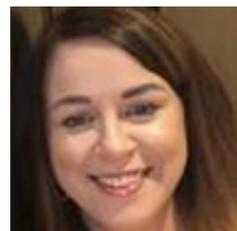


I hope to improve access to Acute Healthcare for people with Learning Disabilities within Altnagelvin Hospital.

**Alison Bristow - Learning Disability Dementia Nurse - Trust Wide**

I will be helping service users who have dementia.

**Pauline Lennon - Day opportunities Manager in Omagh & Fermanagh**



I worked in Daycare for 9 years and social work for 15 years. I am looking forward to meeting all the old and new faces.

## New Personal and Public Involvement Roles

Two new Involvement facilitators will be working closely with you to help you get involved with services.

You can watch introduction videos by Deirdre and Jonathan on the ALD Hub



**Deirdre Kelly- Northern Sector**  
deirdre.kelly@westerntrust.hscni.net  
Telephone: 028 7186 4323



**Jonathan McGuigan- Southern Sector**  
jonathan.mcguigan@westerntrust.hscni.net  
Telephone: 028 8283 5124

**Emer Ferguson - Acute Liaison Officer - South West Acute Hospital**



I help people with learning disabilities to attend hospital.

**Julie McGinty - Involvement Business Manager**



I will work with you to improve services and day to day living.



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Welcome to the Adult Learning Disability Services Hub

Involving You, Improving Lives



# CHRISTMAS WORDSEARCH

Search for the Christmas words below – forward, backwards, up and down.  
Good Luck!

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

