



# 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.



**Day Centre Activities and Updates**

See inside for more details.....



**Christmas Updates and Activities**

### Further Resources and Information Including:

- Resources for Information on COVID-19
- New Roles in ALD Services
- Resources for IT Support
- Support for Carers



**Service User Stories**



**Lilliput Theatre Company Release Video**

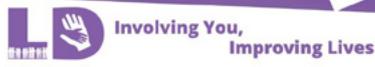
Welcome to the Adult Learning Disability Services Hub



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

## 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: 028 677 227 98



### Returning to Day Care



I helped my daddy to clean his car when I was off. It's good to be back. It's good to have my own area. I am enjoying doing my art work.



I helped my family on the farm when I was off. I missed my friends and I am glad to be back at day care doing the things I enjoy.



I was very upset when day care closed because of covid. I am so glad to be back as it is my safe and happy place.



Friday is the best day of the week because I get to see my friends.



When day care closed everything in my world stopped, I had no routine. I am happy to be back to see all of my friends.

### Armchair Exercises

The service users were getting some sun while doing some armchair exercises outside during the summer. Now the weather is getting colder, the service users have decided to do this activity inside.



The service users said they enjoyed getting outside to enjoy the warm weather.



Here are some of the service users showing off their armchair exercise skills.



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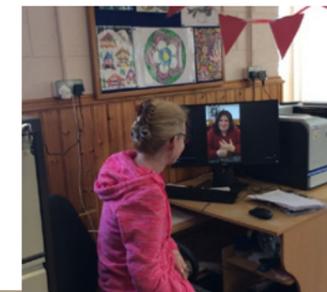


### Nature Walks and Photography

The service users enjoyed going on walks around Share. The service users were working on their amazing photography skills, as you can tell by their lovely photos. The service users said that they enjoyed going for walks and taking some pictures.

### Messaging Friends

Some of the service users have been sending each other messages on our message board, as they cannot always attend on the same day due to restricted numbers.



Some of the service users have been recording messages on the iPad so they could talk to each other.



I was really happy when I got a message from Siobhan on the iPad. I liked sending her one back. Liadhan





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

We provide a service to those within the Limavady, Dungiven and Eglinton areas. Throughout Covid-19 we have overcome many obstacles to ensure we maintain a safe environment for our service users. They can enjoy safe social interactions with fulfilling and meaningful days.



We have been offering both in-house and outreach services where service users can go for walks in socially isolated areas such as the local beaches and forest parks. We have celebrated a few birthdays throughout this time as well as having a Halloween competition. Our service users have shown tremendous resilience throughout the pandemic and have thoroughly enjoyed being back and socialising with their friends since the reset of services.



### Glenside Centre and Satellite Unit

Since re-opening in July we have followed PHA and WHSCT guidelines to keep everyone safe during the Covid-19 pandemic. We use visual stories and guides to help explain these changes to service users.

Since returning to the Centre and Satellite Unit service users have been enjoying independent and small, socially distanced group activities. These include arts and crafts, puzzles, word games, film sessions, computer work, walks, multisensory and relaxation therapies.

Service users are busy making plans for Christmas. This year will be very different because of Covid-19 but we ensure that the fun and festive spirit remains!



### Oak Tree

Since March 2020 we have seen a reduction of services in day care due to the pandemic. All our classes, social activities, gym, educational and complimentary therapy classes have stopped.

We now have 8 or 9 service users coming in daily instead of the normal 19. We do things like step it, art, DVD mornings and trips to local beauty spots and country parks with packed lunches and takeaway teas/coffees.

Service users are looking forward to being able to come to day care every day again. In the meantime however they can still see their friends on the days that they come in and this means a lot to them.

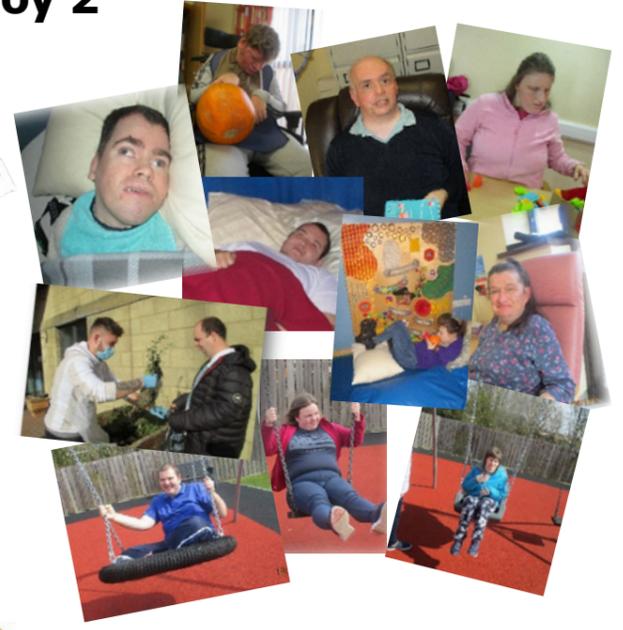


### Killadeas Day Care, Lackaboy 2

We are pleased to say that services resumed in Killadeas Day Care, Lackaboy 2. We are all delighted to be back in the Centre. The centre is laid out differently now in line with social distancing measures with each service user having their own 'work station'.

On arrival to the centre everyone gets their temperature checked and staff wear appropriate PPE to keep service users and themselves safe. There are currently 8 service users in daily with 10 service users in total being provided with a service.

The Lackaboy 2 centre continues to provide a range of day care activities to suit individual service user needs, such as: arts & crafts, painting, daily walks, sensory, table-top activities and time in our sensory garden. As you can see from our photographs we are enjoying being back at day care.



### Our Team



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

The Lilliput Theatre Company have produced a wonderful music video to 'Dance Monkeys' to help reconnect with members who have been missing out on their drama and creative arts activities due to the ongoing Covid-19 pandemic.

Clare-Ellen Duddy, Senior Day Care Worker, explained: "With the Covid-19 pandemic our members have been separated since the end of March 2020 with some members isolating and some availing of outreach programmes facilitated by staff. The group are missing the fun and social element of interacting with each other. They have been able to facetime and call but really miss being all together.

Thank You to Brian Hasson, Lilliput Care Assistant who took the idea and carried the vision forward.

We hope that you enjoy watching this as much as we did making it!

Go to the Western Trust ALD Hub to view this wonderful video.  
<https://youtu.be/8P883cIFXTw>

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



## A Service User Story ...

My name is Paul and I attend Glenside Satellite Unit in Strabane. Covid-19 has been a really difficult and scary time for me. When I heard the centres were closing at the end of March I was very frightened. As I live on my own I felt lonely and my mood was low. If it wasn't for the staff, Marie, Catherine, Jacinta, Laurence and my manger Victoria, I don't know what would have happened to me.



They came every day to see me talking from a distance, brought me shopping and food to eat. They helped me through my low moods and taught me to take it day at a time. I listened to the news and all the information and figures was too much. Because of my Learning Disability I found it hard to understand and I worried. The staff explained everything and reassured me it would be okay. Marie and Victoria called me every day on the phone. They told me I could phone them any time, day or night and even at the weekend. Just knowing I could do this was all I needed, I was no longer alone. Jacinta made me a blanket. This was a comfort and reassured me. Staff brought me an Easter egg and my favourite food – a deluxe burger.

When it was safe, staff started to take me for drives in the bus. We visited Drum Manor Forest Park, Gortin Glens, Roe Valley and Laurence took me to visit my old school. I want to thank Laurence for taking me down memory lane, I loved seeing my old school and talking about happy memories. Getting out on the bus, seeing new places and banter with the staff helped to lift my mood and take my mind of coronavirus.



We were able to go back to the Satellite Unit in July. This was great although we all can't attend together. I still miss my friends but we will hopefully all be together soon. Staff do their best to keep us safe.

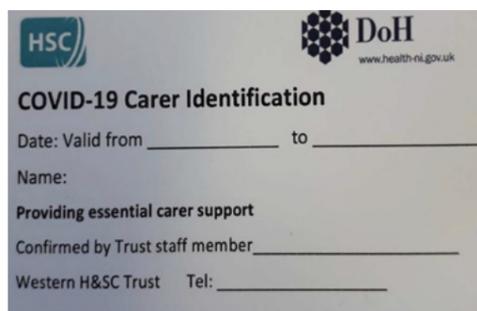
I also want to thank my Social Worker Mairead, Family Support Worker Nuala and Gail from New Horizons for their help. They phoned to check in on me and helped arrange dinners from St. Pats Hall.

Without all of the help from staff this Cowboy would have went under. I know that if lockdown happens again the staff will be there for me and I don't need to worry.

## Carers ID Card

The Health Minister has launched a new ID card to support carers. They are similar to IDs for healthcare workers and allow carers access to priority shopping hours. The card is available to those currently in receipt of Trust services.

To request a card contact the keyworker (Social Worker/ Nurse/CPN) involved with the person you care for.



## A Service User Story ...



Hi my name is Ryan Mc Cann I attend daycare at the Omagh Centre.

Since my return following a period of lockdown, daycare as I've known it has changed. We are all learning to adapt to the Covid Guidelines and regulations in place. I understand that these changes were put in place to protect me, my family and the staff.

Although so much has changed I continue to enjoy every day I attend and have a very fulfilling day.

### How My Day Looks...



My bus guide takes my temperature before I get on the bus.



When I enter daycentre I sanitize my hands. I wash my hands throughout the day.



We have lunch in the unit. After lunch we use these antimicrobial hand wipes.



In my unit there are less service users so that we can safely keep 2 meters apart.



We do not share activities. We each have our own activity box which we wipe down after use.



We continue to take part in a wide range of activities; keep fit, karaoke, sensory, arts and crafts, in house coffee mornings, Table top activities, bus runs, walks, whilst safely maintaining our social distance. We still have lots of fun as these pictures reflect.



I am also compiling my own Covid Story.



## Sow & Grow

Sow & Grow service users and staff have been extremely busy making Christmas wreaths. You can order your Christmas wreath by ringing Sow and Grow on 028 71860831.

They will let you know when you can pick them up. Standard wreaths: £8.00 or Deluxe wreath: £10.00 Wreaths are available until Wednesday 16th of December.



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

Based on the 'Take 5 steps to wellbeing' this programme aims to support the mental health of Learning Disability service users and their parents or carers and to help reduce isolation and feelings of stress.



Learn how to incorporate practical techniques to help manage stress, feel connected and HAVE FUN!



This pilot 4 week programme will run for four consecutive weeks via Zoom. You can join either from home or any participating Day Centre.

Nuala McKeever will facilitate each group and each session lasts 45 minutes. There are 30 places per group - allocation will be on a first come first served basis. These places will be in high demand and pre-registration is essential.

**\*Please note before booking your place you must be able to commit to attending the 4 week block in your chosen group.**

Each participant will receive a wellbeing resource pack as part of the programme.

You can choose from Group 3 or Group 4 below:

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

**COMPLETE**

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

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

**COMPLETE**

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

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)

## 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

The ONSIDE project helps disabled people overcome feelings of social isolation by equipping and upskilling them to get online. This project is FREE.

The ONSIDE team will provide support via telephone and email. Digital training will be provided via Zoom. Before training begins, an ONSIDE team member will deliver an android tablet (which the service user can keep). During training they will offer 1-2-1 support (depending on the service user's level of IT skills).

Once the service user is confident, Community Navigators will tell them about online sites which might interest them e.g. hobbies, health and well-being classes and social media platforms.



For more information about this project contact Deirdre on 02871864323.

## Carers - Using Digital Technology to keep in touch

Are you struggling a bit with digital technology? Would you like to find out how to use it to keep in touch with family and friends?

If you're having problems using your tablet, laptop or smartphone, or just want more information Libraries NI can give you free advice. They have help sheets on useful apps – for health and exercise, cooking, crafting, playing games and even parking!

Libraries NI can help you keep in touch on social media and give you tips on staying safe online. If you need any assistance simply phone the Libraries NI digital team on 028 9039 5989 (Mon - Fri 9:15am - 4:45pm).



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## New Roles in Adult Learning Disability Services

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

I have a Trust wide remit within Adult Learning Disability Services as an Epilepsy Nurse.

My role is to provide clinical expertise, advice and support in relation to the development of the Epilepsy Nursing Service.

I will work with the multi-disciplinary team, local and regional epilepsy services to deliver co-ordinated, effective, holistic and patient centred care.



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



I hope to improve access to Acute healthcare for people with learning disabilities within Altnagelvin Area Hospital.

This will involve providing opportunities for healthcare professionals to improve their knowledge, understanding and skills in supporting adults with learning disabilities, whilst supporting the implementation of reasonable adjustments within acute care.

I will be a point of contact for hospital and community staff by supporting and assisting with complex cases, helping to reduce health inequalities in adults with a learning disability.

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

This new service has been developed because people with a learning disability are more likely to get dementia.

I will be working closely with the multi professional teams to care for people with a learning disability affected by dementia. This will help them live well and cope with the challenges they may face as the disease progresses. I will be supporting both services users and their carers.

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



Some of you might remember me, I began my career in Killadeas Day care, where I was afforded the opportunity to complete my social Work Training.

I worked in Day Care for 9 years and I have worked in the Social Work field for 15 years. I am looking forward to meeting all the old and new faces.

I will be based in Community Services Department. Coleshill and my contact number is 028 6634 4000

## New Personal and Public Involvement Roles

In August and September two Personal Involvement Facilitators joined the Adult LD programme. Deirdre Kelly is based in Lakeview Hospital and has Learning Disability Involvement responsibility for the northern sector of the Western Trust whilst Jonathan McGuigan is based in Strathdene House on the Tyrone and Fermanagh Hospital site and covers the southern sector.

The facilitators will be working closely with interested service users and their carers to provide an accessible and outcomes based involvement process. If you would like to be part of the conversation please contact Deirdre or Jonathan directly on the details below.



**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

Check out the introduction videos by Deirdre and Jonathan on the ALD Hub

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



I have worked in Community Nursing Learning Disability for 15 years and in Stradreagh Hospital for 5 years.

My role is to support people with learning disabilities attending acute services. I will be a point of contact and support for patients, carers and hospital staff. My aim is to improve the experience in acute services for people with learning disabilities and to increase the confidence of hospital staff in caring for them.

### Julie McGinty - Involvement Business Manager



Some of you may already know me as I was involved with the development of the Involvement model and setting up of the Local Involvement Groups.

I started my career as a nurse before moving into management and have worked across the Health Service and Community and Voluntary sector in various roles for nearly 30 years.

I am deeply committed to Involving You so that staff, service users and carers work together to improve both services and day to day lives. I will be based in Lakeview Hospital, Gransha Park and I am very much looking forward to meeting you all in the near future.



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# 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

