



NEWSLETTER

Spring 2021



Adult Learning Disability Services

WHAT IS INSIDE?

Welcome to the Spring 2021 Adult Learning Disability Services Newsletter.

In this edition we have a spotlight on some service users returning to day care as well as some funded programmes that have been made available virtually through Local Involvement Groups.

See inside for more details.....



Day Centre Activities and Updates



Activities Funded by Local Involvement Groups

Further Resources and Information Including:

- Resources for Information on COVID-19
- HSC Hospital Passport
- Support for Carers



Nathan's Story



Time to Connect and Relax Programme

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

COVID-19 Update

Vaccination clinics for service users with a Learning Disability are currently taking place throughout the Western Trust in facilities such as the Lakeland Forum, Omagh Centre and Trust Day Centres.

To date a total of 621 service users who attend either Day Centres or Day Opportunities have received at least one dose of the COVID-19 vaccine. The COVID-19 vaccine has also been offered to service users who reside in Supported Living accommodation.

Please check the Learning Disability Online Hub for further COVID-19 information and updated guidance.
westerntrust.hscni.net/services/adult-services/adult-learning-disability-services/library-of-resources/

Restrictions in Day Centres due to COVID-19

Unfortunately 2m Social distancing restrictions remain in place, both within all Trust premises (including Day Centres) and Transport in line with Public Health Agency (PHA) guidelines and protocols.

This therefore reduces the number of individuals the Day Centres can safely accommodate and transport can only be provided in exceptional circumstances. In order to provide a service to all clients, although reduced, the allocated days per week may need to be reviewed and decreased for some.

It is hoped that as 2nd vaccinations are administered and COVID 19 restrictions are eased, this too will be the case for the Day Centres. However at present we must continue to abide by up to date PHA and WHSCT guidelines, protocols and risk assessments, ensuring the safety and wellbeing of everyone.



Remember to stay 2m apart.



Remember to wash your hands often.



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



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Omagh Centre

Ryan enjoying the Sensory Room



Matthew and Lynsey relax using the Foot Spas



Una and Ryan enjoy listening to music



Celebrating Pancake Tuesday



Calum and Kenny enjoying games afternoon



Happy Birthday Lynsey!



Valentine's Day Coffee Morning



Kesh Day Centre

Bernadette's Birthday!



Chair Exercises



Making Flower Pictures



Monday Relaxation



Making Milkshakes



Virtual Visit to Chester Zoo



Health and Well Being Activity

We took some time to complete the love your health and wellbeing activity. We talked about what we were grateful for and wrote these on hearts.

Making Personalised Calendars



Celebrating Valentine's Day



Fun Pack

Thank you to Matthew Nevin from Fermanagh and Omagh District Council who sent a fun pack. We really enjoyed making our own juggling balls. We just have to practice our juggling skills.



Pancake Tuesday



Eating Treats



We would like to thank Roly & Jo McIntyre John's mum and dad who sent in donuts for all the service users and staff.

Visits to Glenside

Service Users and staff at Glenside and Satellite Unit enjoyed a visit from the Mr Whippy ice cream van.



The Easter Bunny visited Glenside to deliver Easter treats to service users and staff.



Castle Coffee mobile coffee van visited Glenside. We enjoyed some coffee, hot chocolates, traybakes and homemade buns.



Involvement Update

5 Local Involvement Groups continue to meet across the Western Trust area. These groups consist of local Carers, Service users and Western Trust staff.

The groups exist so that you can have your say and discuss what works well in your area or what can be improved.

You can ask questions and have your say about services and suggest what you think would work well and help to plan these services.

If you would like to join a group, our Involvement Facilitators will meet with you to talk about the group, what will be expected of you and what support you can expect. We will also provide one to one support and training to make sure the experience is rewarding.



Want to get involved?

Fermanagh or Omagh

Contact Jonathan McGuigan on 02882835124

Strabane, Derry/Londonderry or Limavady

Contact Deirdre Kelly on 02871864323

Activities funded by Local Involvement Groups

Draw 'n' Dance with Gail



Gail Mahon held 9 Draw 'n' Dance workshops for Service Users in the Strabane, Derry and Limavady areas.

Participants had a great time getting creative with Gail on a Saturday morning!



Geraldine loved the art classes and seeing her friends!



Andrew enjoyed the workshops so much that he continued drawing outside of them!



Gillian loved painting with Gail.



I loved the Dance 'n' Draw workshops and I can't wait until the next one!
- Emmie Mae



I really enjoyed the workshops especially when we got up to dance to the music. It was great fun!
- Martine

SingTonicity

Siobhan Heaney provided a series of 4 SingTonicity sessions via Zoom for Service Users.

Siobhan says "songs can help our mood, help boost our energy, and that is the magic of singing".

SingTonicity is a method of looking after your health and wellbeing. It uses your breath, voice and sound to help you in times of stress, whenever you're feeling tired or to physically give a boost.

Participants really enjoyed the sessions...

"Loved it – would like to do it again!"
William

"Brilliant. Helps to build confidence, great exercise, stops the feeling of being cut off!"
Frances

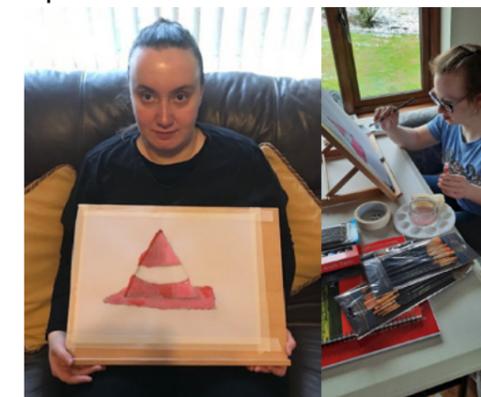
New Disability Bike purchased for Maybrook Day Centre



Phil O'Connor Art Workshops

Phil O'Connor is a self taught artist and author who runs his Art Club from Anderson House in Omagh.

Due to COVID-19 restrictions Phil has been teaching some of our service users remotely using Zoom with some impressive results!



Christmas Activity Packs

The Derry Local Involvement Group, in partnership with Destined and the Adult Learning Disability Team, put together Christmas Activity Packs for service users whose day opportunities were curtailed due to the pandemic.

Support was also provided from the Health Improvement Department and Dental Services.



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Time to Connect and Relax Programme

The Time to Connect and Relax Programme was run by Nuala Anne McKeever from November to February.

Over 130 service users and carers from the Trust area attended the workshops via Zoom.



Based on the 'Take 5 steps to wellbeing' this programme aimed to help service users and their parents/cares reduce isolation and feelings of stress.

Participants were shown practical techniques to help manage stress and feel connected. A lot of joy, fun and laughter was had during the workshops!

All participants were given a "Wellbeing Backpack" filled with items such as a wellbeing journal, adult colouring book, positive affirmation cards, hand cream to complement the programme.

For information on future programmes contact Gemma Smyth Health Facilitator, on 028 6634 4227 or gemma.smyth@westerntrust.hscni.net

Retirement of Lorraine Clarke

We would like to wish a very happy retirement to Lorraine Clarke, Head of Service and Lead Nurse for Adult Learning Disability Services.

Lorraine retires after 36 years of service within learning disability services.



Karen O'Brien, Director Adult Mental Health and Learning Disability and Christine McLaughlin, Assistant Director for Adult Learning Disability attending the socially distanced retirement party for Lorraine Clarke.

HSC Hospital Passport

The HSC Hospital Passport was developed by the Public Health Agency and the Regional General Hospital Forum for Learning Disability.

It should be completed by people with a learning disability (with or without help) and shared with staff every time they attend a general hospital.

It gives staff information on the person, how they prefer to communicate, their medical history and any support they need. Staff can then make reasonable adjustments in order to provide the best possible care.

Clionagh McElhinney, Acute Liaison Officer in Altnagelvin says:

"I could not do my job without the Hospital Passport. This is the first question I ask when a person with a learning disability attends the hospital either as an inpatient, outpatient or at the Emergency Department. It supports me in planning their care with the acute sector staff. By having the Hospital Passport prior to appointments or admissions we can pre plan, adjusting the environment and communication in order to make the individual's journey a lot smoother and stress free."

<https://www.publichealth.hscni.net/publications/hsc-hospital-passport-and-guidance-notes>

HSC Hospital Passport

For people with a Learning Disability in contact with a general hospital



Text Message Service

Adult Learning Services have launched a new Text Message Service to keep you up to date with the latest news.

If you would like to receive messages via text please contact your Local Involvement Facilitator:

Deirdre Kelly: 028 7186 4323
(Limavady / Derry / Strabane areas)

Jonathan McGuigan: 028 8283 5124
(Omagh / Fermanagh areas).



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Nathan's Story ...



Hello my name is Nathan Boyle. I usually attend Auglish Social Farm.

Auglish Social farm is near Dungiven and is run by Rosie Gibson.



Due to the COVID restrictions I can't go to the farm at the minute.



I'm missing my walks to check on the livestock and the new lambs but I'm looking forward to going back to the farm to see Rosie and all the animals.



They have pigs, goats, cows, ponies and sheep. I love seeing all the animals and helping to look after them.



In the meantime I'm keeping busy with my photography, going to Lisahally to see the boats and pier jumping in Portsalon!

£2.2 million Supported Living Facility development to begin



The £2.2million supported living facility at Strabane's Curly Hill will proceed this year, after suffering delays due to the coronavirus pandemic.

Initially announced in 2018, plans for the new facility include "high quality homes to help tackle the challenges people with a learning disability face in finding a home."

The new development will be based at what is known as the "Gentleman's Residence" on the Curly Hill. It will be a co-development between Mencap, Golden Lane Housing and the Western Health and Social Care Trust.

Barry McMenemy, Regional Operations Manager for Mencap NI explained "the development will provide much needed care, support, short breaks and respite for people with a learning disability and their families."

Strabane Chronicle - 21/3/21

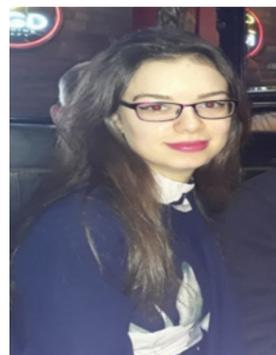
Behaviour Support Workers

The Behaviour Support Workers join our existing Positive Behaviour Support Service. They will work in collaboration with service users and their networks of support (family, day centre, respite etc).

Their focus will be increasing understanding about the reasons for behaviours of concern and helping service users to develop skills to increase engagement in activity and improve quality of life.



Lauren Murray
Northern Sector



Johanna Ozden
Northern Sector



Rebecca McCauley
Southern Sector



Erin Quinn
Southern Sector

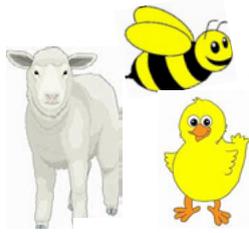


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Involving You, Improving Lives



SPRING WORDSEARCH

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



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



BIRD



BLUEBELL



BUMBLEBEE



DAFFODIL



BUTTERFLY



CATERPILLAR



CHICK



FROG



LAMB



NEST



RABBIT



RAINBOW



SHOWER



SUNSHINE



TREE