



NEWSLETTER

Autumn 2021



Adult Learning Disability Services

WHAT IS INSIDE?

Welcome to the Autumn 2021 edition of our Adult Learning Disability Services Newsletter.

In this special edition we have a spotlight on some events for our service users.

See inside for more...

- Our STELLA friends visit Lilliput
- Meet the new ALD Occupational Therapists
- Complete the Animal Word Search



Art Exhibition



Day Centres In Focus



Reconnecting Events



Ana Maria Teaching Makaton



Launch of the ALD Choir

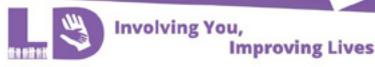
Welcome to the Adult Learning Disability Services Hub



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/

If you have any suggestions for items you would like to see included in the Hub please contact the Local Involvement Facilitator at ald.involvement@westerntrust.hscni.net

COVID19 Update

Constraints due to social distancing and transport restrictions continue to impact on capacity within our services.

We remain committed to increasing the numbers using our services whilst adhering to Public Health Agency regulations to keep everyone safe.

The Department of Health has set a target of 50% capacity in Day Centres. Latest figures show that Day Care provision in the Western Trust is an average of 56%. A rapid review of the impact of social distancing on Day Care, Short Breaks and use of transport has been commissioned by the Department of Health and we will continue to keep you updated if the regulations change.

Stay 2 metres apart to social distance.



Wear a face mask.



Wash your hands.



Lilliput's Visit from our STELLA friends

Lilliput and the Playhouse have been involved in an EU funded project called Erasmus+ STELLA (Staff's European Lifelong Learning Academy). This is a ten country strategic partnership with organisations from Germany, Poland, Italy, Greece, United Kingdom, Sweden, France, Lithuania, Netherlands and Turkey.

It creates links amongst the European partners working to advocate for disabled people's rights and autonomy and on developing working methods in area such as: Organisational skills, Social Behaviour, Team Ability, Analytical Thinking, Communication Skills and Technical Skills.

Lilliput attended a short performance by groups from Italy, Sweden and Poland in the Playhouse on Thursday 8th October.



Lilliput group with Day Services Manager Natasha Mc Elhinney



Jan demonstrating variations of expression through sound and tempo. Care Assistant Anne Ramsey assisted Jan.



Maria Krzempek, Sebastian Włodarek and Jan Skiba

The group finished their project time on Friday and left for home on Saturday 9th October, we wish them safe travels and hopefully it won't be too long until we see them again.



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/



Reconnecting Events

The Western Trust has worked with a number of partner agencies to provide a series of fun events for Adults with a Learning Disability and their families.



Friends Together – Western Trust Adult Learning Disability Choir

The Western Trust in Partnership with our Local Involvement Groups have created a new Inclusive Adult Learning Disability Choir - Friends Together.



The choir includes Adults with a Learning Disability, their Carers, and Trust Staff.

Rehearsals will take place each Tuesday evening via Zoom. Those with communication difficulties are encouraged to join as the Choir will be supported through the medium of Makaton.

The Choir plans to showcase their new skills in a Christmas Concert.

For more details and to sign up please contact Deirdre on 028 7186 4323 or email: Deirdre.Kelly@westerntrust.hscni.net

Mencap Free 'Planning for the Future' Seminars

At the free seminars parents can learn how to ensure their child has a fulfilling, financially secure future.



During seminars parents can gain support and information from Mencap's Wills and Trusts Service. The 2022 dates of the seminars are included below.

Book your place online at www.mencap.org.uk/willsandtrusts/events or phone 020 7696 6925

February	March	April	May	June
3 February	8 March	19 April	5 May	7 June
24 February	17 March	28 April	26 May	30 June
	24 March			
	31 March			
August	September	October	November	December
4 August	15 September	6 October	8 November	8 December
	29 September	13 October	17 November	
		27 October	24 November	



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Art Exhibition

Our Learning Disability Team with Omagh Local Involvement Group, were delighted to hold a special exhibition in Omagh Golf Club in August showing the work service users completed through Art Classes held over 6 months with local artist Phil O'Connor.

Student Carla Priestley said:
'It's fantastic!'

Student Claire Hamill said:
'Thank you for letting me be involved!'



Benbradagh

A busy time for Benbradagh and Willow Group enjoying fun at the park, cookery, flower arranging and a day of pampering!



Oaktree Centre



Colouring in time for Paul.

Morning Keep Fit.

Enjoying Milkshakes at McDonald's.

Valley Centre



Tyler, Christopher and Shaun enjoy fishing.



Sally-Mae leaving.



Enjoying a picnic at Roe Valley Country Park.



Celebrating Nathan's Birthday.



Being creative during Art Time.



Having fun on a boat trip on the River Foyle.



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Joy Through Self Care

A wellbeing programme for Adults with a Learning Disability - 'Joy through Self Care' is taking place in November.

The programme will be hosted via Zoom, from 11AM - 12:00PM every Thursday for 4 weeks starting on November 25th.

Places are available on a first come first serve basis for individuals or groups of Adults with a Learning Disability.

For more information or to register, please contact:

Northern Sector - Deirdre Kelly
028 7186 4323 or email
deirdre.kelly@westerntrust.hscni.net

Southern Sector - Jonathan McGuigan
028 8283 5124 or email jonathan.mcguigan@westerntrust.hscni.net

Ana Maria - Teaching Makaton



My name is Ana María Valadez Peña. I moved from Spain to Ireland in 1997. I am the mother of María and Raúl. María is 20 years old and Raúl is 12 years old. María has a rare chromosome disorder, severe learning difficulties, complex medical needs and is non-verbal. María is the reason why I have become a Makaton Tutor.

The Makaton Language Programme provides everyone with the tools to communicate with those that have special needs. Makaton uses symbols, speech and signs, as well as gestures and facial expression.

For more information go to:

Facebook: facebook.com/AnaMakatanaTutor

Website: www.ticketsource.co.uk/north-west-makaton-training

Email: anamakatana@outlook.com

Meet our new Occupational Therapists

A new team of Occupational Therapists have joined Adult Learning Disability Services.

Occupational Therapy involves delivering valid and reliable occupation focused assessment and intervention. This could be in relation to housing adaptations, highly specialist equipment, management and prevention of falls, independent living skills and more.



Louise McGurk
Specialist Occupational Therapist for Adults with a Learning Disability Southern Sector



Shelley Crawford
Clinical Lead Occupational Therapist for Adults with a Learning Disability Northern and Southern Sector

NOW Connects Programme



NOW Connects

NOW Connects is a pre-employment programme for people with learning disabilities or autism.

The programme builds independence, confidence and develops key skills. It promotes independent living and develops social skills through a variety of activities and training.

NOW Connects supports individuals on their journey to a job with a future or into further training.

Contact us:
Aisling O'Doherty on: 073 9456 5134
Niamh Jones on: 074 6795 8322

www.nowgroup.org

Opportunities include OCN accredited Training and a range of Soft Skills courses:

- Personal Development
- Route Training/Road Safety
- Money Management
- Health & Wellbeing



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Animal Word Search

Find the animals in the word search below!



Cat



Fish



Horse



Monkey



Lion



Mouse



Bumblebee



Sheep



Hedgehog



Dog



Rabbit



Snake



Bird



Fox

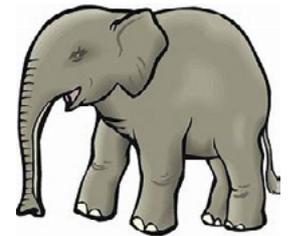
B	U	M	B	L	E	B	E	E	G
L	R	A	B	B	I	T	P	L	H
O	P	R	A	C	A	T	J	E	E
D	O	F	L	I	O	K	P	P	D
O	S	I	S	B	H	E	I	H	G
G	E	S	B	I	R	M	G	A	E
C	E	H	O	R	S	E	O	N	H
N	O	X	L	D	N	M	F	T	O
S	H	E	E	P	A	N	O	E	G
W	E	A	U	T	K	B	X	R	K
L	I	O	N	A	E	I	S	A	A
O	G	I	R	A	F	F	E	B	V
P	O	M	M	O	N	K	E	Y	P
S	M	O	U	S	E	W	L	H	S



Pig



Giraffe



Elephant