



Western Health
and Social Care Trust



NEWSLETTER

Summer 2024

Adult Learning Disability Services

WHAT IS INSIDE?



LEARNING DISABILITY WEEK



SUMMER OUTINGS



COMMUNITY NURSES UPDATE



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

Welcome to the Summer 2024 Edition of the Adult Learning Disability Services Newsletter



Well done to the Friends Together Choir who performed at the Main Foyer of Altnagelvin Hospital in June. The choir performed some of their favourite songs and the audience really enjoyed the music!

The choir is open to Service Users, Carers, family members and Western Trust Staff. If you are interested in joining please email:
margarets.mcdaid@westerntrust.hscni.net

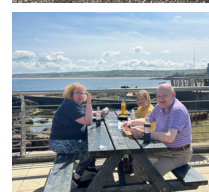
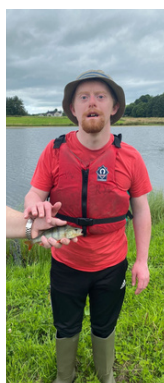
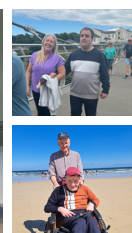
What's New in our Community Nursing Learning Disability team?

Over the Summer months our Health Facilitator's completed Walking Groups and Health Promotion groups alongside our Family Support colleagues that proved to be very successful and enjoyable. Our Health Facilitators are also completing the "I can Cook it" programme in the hope to begin groups in the community around Nutritional information and preparing healthy meals and snacks on a budget.



Summer Activities and Outings

Service Users and Staff around the Trust have enjoyed activities and outings during the Summer.



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

westernhsctrust.hscni.net/service/adult-learning-disability-services/



Learning Disability Week 2024

Learning Disability Week took place in June.

The theme of Learning Disability Week was 'Do you see me?' all about feeling seen, heard and valued.

Our Service Users, parents, carers and staff got involved in a range of activities throughout the week.

All photos and videos from the week can be viewed on the LD Hub.





Foyle Down Syndrome Trust

Foyle
Down
Syndrome
Trust



**Foyle Down Syndrome Trust are hosting their
3rd Annual Peace Games Soccer Event**
When: Wednesday 25th September at 10.30am-2.00pm
Where: Waterside Shared Village, 3G Pitch
Who: Day Opportunity providers

This event will bring together members of the local adult disability community to play inclusive, non-contact football, have fun and make social connections. It will be supported by coaches and will take the form of a fun football tournament.

If you wish for your group to take part contact Connor
via email on connor@fdst.org.uk or phone 028 7134 3991



We are excited to launch our innovative, new "Down Right Fit" programme aimed at adults with a learning disability. We are inviting Day Opportunity groups to engage in inclusive sports, games, movement and dance sessions which are planned and facilitated by adults from Foyle Down Syndrome Trust. The venue and programme of activities are fully accessible.

Where: Foyle Arena, Main Halls
When: Starting Friday 13th September, running each Friday until Friday 29th November 2024, 11am-12noon.
How to Register:
To register your group contact Connor via email: connor@fdst.org.uk
Phone: 028 7134 3991
Please note places are limited.



Stage Beyond wows audiences with 'Available Light'

Stage Beyond Theatre Company based in the Millennium Forum received great reviews from audience members for their recent 'Available Light' production.

The show was dedicated to company founding member and Service User Catherine 'Kitty' Campbell who died earlier this year. A framed photograph of 'Kitty' performing with the company has been unveiled at the Forum.

The signature song from 'Available Light' - 'Don't Judge A Book By Its Cover' - was performed in Foyle's Shopping Centre during Learning Disability Awareness Week. It will also be performed as part of Stage Beyond's Hi-Vis Festival of Visibility supported by Derry City and Strabane District Council's Community Festival Fund.

Stage Beyond showcased their theatre work with pop-up summer performances of 'Shakespeare on the Streets' at the Guildhall and for their friends at Lilliput.

The group will have two performances on Tuesday 27th August: 11:30am at the steps outside Cafe Nero, Richmond Centre and 12:30pm at Ebrington Square. Stage Beyond will perform again on Culture Night, Friday September 20th 2024 when all activities are made available to the public free of charge.

Stage Beyond will also be performing a magical Christmas show, 'Room at the Inn'. For more details to be announced soon follow on Facebook @stagebeyond Instagram @stagebeyond2023



Summer Word Search

Find the 10 words in the grid below...

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



SUNSHINE



MUSIC



SPORTS



ICE CREAM



PICNIC



WALK



BUS



BAG



PARK



FRIENDS



FLOWERS



BEACH