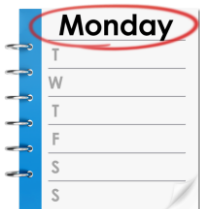




The North West Surrey Valuing People Group

Minutes of our January 2021 Meeting.

Chaired by Andrew Price.



Held online on Monday
11th January 2021
using Zoom video.



Important subjects we talked about:

An illustration of two elderly people, a woman in a red top and a man in a striped shirt, standing together. They are surrounded by colorful geometric shapes (triangles and a circle). Below them is a blue arrow pointing right with the text "Be active".

Physical Activity Survey

An illustration of two women standing next to a whiteboard. One woman is pointing at the board while the other looks on.

Feedback on the Autism Workshops

An illustration showing two people, a man and a woman, looking at a model of a house. To the right is a document titled "Tenancy Agreement" with a red pen resting on it.

Update on Accommodation with Care and Support.

A screenshot of a website homepage. The page has a blue header with logos and a main content area with text and several small icons.

Webpages

Other important subjects we talked about:



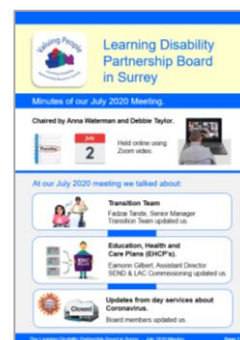
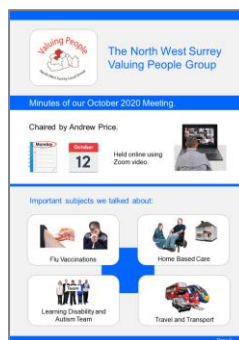
Local Updates



Agenda Planning

Minutes of our meetings and the Learning Disability Partnership Board Meetings:

Valuing People Group members will be sent minutes of their Valuing People Group meetings, and also the minutes of The Learning Disability Partnership Board meetings.



For any further information regarding the minutes of Valuing People Groups and The learning Disability Partnership Board , please contact the Learning Disability Communication inbox:

ldcommunications@surreycc.gov.uk

The North West Surrey Valuing People Group



Andrew Price explained about the role of the group.

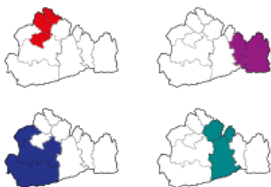
We are a focus group for people with Learning Disabilities in the North West of Surrey.



The areas covered by North West Surrey are; Runnymede, Woking and Spelthorne boroughs.



The purpose of this group is to network and share information locally.



We are one of four other Valuing People Groups across the County we also have, East Valuing People Group, Mid Valuing People Group and South West Valuing People Group



Each of the four Local Valuing People groups report to the Learning Disability Partnership Board Meetings.

Physical Activity Survey



Lawrie Baker updated us on the new Physical Activity Survey.

This is about the new Physical Activity Survey that is being established.



Lawrie Baker advised that he works in the Active Surrey Team for Surrey County Council.



Their team is currently creating a survey around Physical Activity and are working with stakeholders, they are attending these meetings to talk to people to find out what they would like to see included in the survey.



The Chief Medical Officer has a recommendation that all adults should do 150 minutes of physical activity at a moderate level every week. This can be broken down into ten minute chunks.

You only need to do seventy five minutes of vigorous activity – this is where you are getting sweaty.



A moderate level of activity would include; cycling, walking for leisure or travel, dancing etc. Or moving your body around in any way to raise your heartrate.

Lawrie asked the attendees some further questions.

Q1 - What Physical Activity you currently do?

- Tommy Dunphy advised that he likes to go for a walk every evening.
- Beth Robinson, Employability advised that she goes for a walk most days and often goes for a run.
- Karen from Dramatize advised that they are operating a full timetable online which includes activities such as Zumba, dancing and seated fitness. Before COVID-19 they used to do face to face fitness lessons which also included going to the gym and swimming.
- Amy Marsh from County Care advised that they do live workouts every morning on Facebook and Zoom, weekly Yoga sessions and lots of seated activities. This month they are running a walking challenge and are generally encouraging people to go on daily walks.
- Pier from Elmbridge Community Link advised that they have been taking part in the 10 Today programme via Zoom every week and also doing dancing exercises on Zoom with members with a Learning Disability and/or Autism. Around fifty people participate in this per week.

Q2 - What simple changes could you do to help you exercise more?

- Margaret Friend from Employability advised that it is good to set yourself small goals everyday whether this is just to exercise for ten minutes per day, to start on a gradual level and not set yourself anything too overwhelming. As you can walk with one other person within the Government guidelines, Margaret suggested having a walking partner.
- Andrew advised that there are lots of role models that help us such as our Providers, role modelling activities. Joe Wicks is a good role model that helps us exercise.

Q3 – At the moment there are lots of free exercises for you to do e.g. walks, Zoom groups etc. Has cost been a barrier in the past?

- Karen from Dramatize advised that before lockdown they were aware that parents and carers would look to providers to help their son/daughter to exercise as they do not have the resources / time to take them to the gym etc. In regards to cost, for those that are wheelchair users and can only access the hydro pool, this is a big cost.
- Andrew Price, Chair advised that we would like to see provision for leisure centres willing to ensure facilities are accessible for those with a disability.
- Thomas Moore advised that in the Autism Consultation one theme that came up was leisure centres being accessible and what they can do to be more accessible. Supermarkets had less busy shopping times, so people with a Learning Disability and/or Autism would feel more comfortable using it. Maybe leisure centres could learn from this e.g. advertising a quiet hour.

Q4 - Would you rather exercise with people who have a learning disability or not?

- Beth Robinson, Employability advised that her main concern is social distancing in gyms etc.
- Lawrie advised that when leisure centres were open before lockdown, they were ensuring they were meeting the guidelines by lowering their capacity, cleaning all of their equipment etc. They worked hard to ensure their gyms were as safe as possible. At the moment we are unable to go to gyms.
- Andrew Price, Chair advised that it would be good to see some focus provisions where people will feel comfortable but also some where anybody can join in.
- Helen Hunt, Senior Commissioning Manager advised that if we are looking at social inclusion, a mixture of people is appropriate. However, if people feel more comfortable going to a specialist group, then they should be able to have this option.

Q3 – Are you worried that your benefits will be affected (negatively) if you're too physically active?

- Andrew Price, Chair advised that you would need to be honest about the benefits that you claim and be open about what you are claiming for.
- Margaret Friend, Employability advised that it may be that people are able to be active but unable to do other things e.g. work for a certain length of hours.



Lawrie advised that they will be carrying out some coproduction focus groups over the next couple of months, these discussions are feeding into the focus groups.

Lawrie stated that the survey should be ready around Easter time.

If you have any specific concerns or feedback, please email Lawrie Baker at:

Lawrie.baker@surreycc.gov.uk

Andrew Price, Chair advised that it is important to keep fit and healthy, this will help us avoid illnesses.

Imogen and Amy send out Weekly Updates to all members of this group with lots of information on upcoming events. If you need some support in finding things to do, please contact us via email and we will try and find something for you.

Email: ldcommunications@surreycc.gov.uk

Partnership Board Updates Feedback on the Autism Workshops



Thomas Moore updated us on the Autism Workshops that took place in December.

The Autism Workshops feed into the Autism Strategy.



We are trying to set up an autism-friendly approach across services and the whole community in Surrey.

Autism is the biggest needs group identified through Children's Special Educational Needs and Disabilities (SEND) and is a key priority across health in children's and adults.

The strategy covers all ages and all services, and the whole of the Autism Spectrum including autistic people whether or not they have a Learning Disability.



We held an online consultation during the Summer and had over 1,000 responses.

The responses were from a range of people such as carers, professionals, and autistic people. London South Bank University helped us analyse the responses.



In December we held three Autism Workshops to ensure that we got the themes right for the strategy.

We held one just for people with Autism and two that were more widely available to everyone. We held two in the evening and one during the day, so that most people could join.

More detailed information about the Autism Workshops.

Some slides about the Autism Workshop Feedback and Next Steps have been sent round with the minutes. If you require a copy of these slides, please email:

ldcommunications@surreycc.gov.uk

People wanted better autism understanding and acceptance, more support from specific services and to be able to access support that is already there. We need to change things to make this happen. We have arranged this work into workstreams. Each workstream will have a team which will include autistic people, family carers and professionals.

Children's Services are putting together their own Autism Partnership Board which mirrors the Adult one, this will help with hearing everyone's voices.

There is no extra money to deliver this strategy, so we need to deliver this change by working smarter and more efficiently. There is a lot we can achieve without spending a lot, such as; autism training, quiet times at gyms, easy read information at job centres etc.

You will be able to comment on the draft strategy in February, and we will be publishing it in April.

Andrew Price, Chair noted that as a Local Group we can help and support the Autism Strategy by flagging up good/bad practice happening around our area, to Tom.

Questions and Answers about the Autism Workshops.

Q1 – Beth Robinson from Employability asked whether Tom could recommend certain schools to parents with Autistic children? As through her own experience advised that it is hard for Children to get into certain schools.

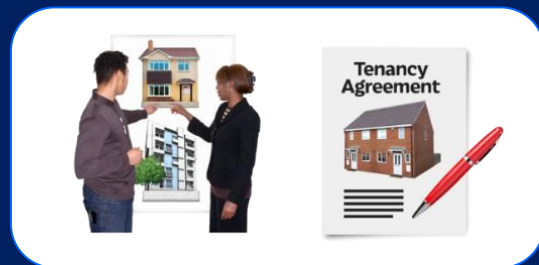
Tom advised that we have had a lot of feedback about schools in the strategy. Our colleagues in Children's services will include action in the strategy to develop Surrey school provisions so that more Surrey autistic people can be educated in County.

Q2 - Beth Robinson from Employability advised that she has been having problems with Housing and advised that she did not receive any help from being on the Housing List. Beth also feels it would be beneficial for people to have support once they have moved out, with letters etc.

Tom agreed that this is a good point that has a real impact on people. In Surrey, housing is run by the District and Borough Councils. They get together through the Chief Housing Officers' Group, who have now have started to link with work on the Autism Strategy. Our links with District and Borough Council Housing Departments have not always been good, so it is great that this is improving.

Partnership Board Updates

Update on Accommodation with Care and Support



Helen Hunt updated us on Accommodation with Care and Support.

This is about Increasing the availability of independent supported living accommodation in Surrey.



A transformation programme is happening to provide more support for people with a Learning Disability and/or Autism to live independently in Surrey.



We have got a lot of people with a Learning Disability and/or Autism that are living in residential care settings, although some can have positive experiences, they may find it better to be more independent in a supported living setting.

We need to make sure there are enough options for people in Surrey.

More detailed information about the Update on Accommodation with Care and Support.

Some slides about Accommodation with Care and Support have been sent round with the minutes. If you require a copy of these slides, please email: ldcommunications@surreycc.gov.uk

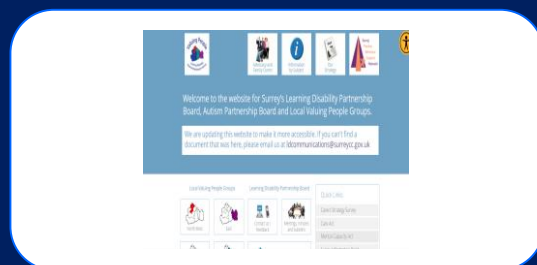
There is a need for more Independent Living Accommodation in Surrey, as we have many people supported by Surrey County Council not able to live in Surrey as we do not have enough accommodation.

We also have a lot of young adults coming from the Transition Team that need accommodation.

The programme of work started to pick up in April 2020.

So far Surrey County Council have identified four sites for potential development of new accommodation.

Updates from Surrey Webpages



Imogen updated us about our Webpages .

We are updating our Website by getting rid of old information and making it easier to understand.



We have created a survey that has now gone live: [Surrey Learning Disability and Autism Partnership Board website survey - Surrey County Council - Citizen Space \(surreysays.co.uk\)](https://surreysays.co.uk)



Please fill out this survey as your opinion is important to us and we would like as many people to complete as possible.

The survey closes on the 5th February 2021.

We will then hold some groups to focus on the survey answers.



We are aiming to launch the new website in Spring 2021.

Some slides about the changes to our Webpages have been sent round with the minutes. If you require a copy of these slides, please email: ldcommunications@surreycc.gov.uk

Any Other Business - Local Updates



St Peters Hospital Ashford and St. Peter's Hospitals
NHS Foundation Trust

Ming, Learning Disability Lead at St Peters Hospital advised that they have been dealing with positive COVID-19 patients in the last two weeks but have been managing ok.

Ming supports people who have unplanned and planned visits to the Hospital.

Ming's poster about her service has been sent round with the minutes. If you require a copy, please email:

Idcommunications@surreycc.gov.uk

Healthwatch Surrey healthwatch
Surrey

Lawrence Oates, a volunteer from Healthwatch Surrey advised that he is trying to feedback to the NHS and providers for Social Care what is and what is not working well. Lawrence advised that he is unable to engage in face-to-face conversations due to the Government guidelines, so he is trying to engage with as many people remotely to reach as many people as possible.

Lawrence advised that Healthwatch have currently got some projects happening such as looking at the lived-in experience of the years after dementia diagnosis.

Healthwatch are trying to get as much feedback as they can to feedback to the NHS and improve provisions for everyone.

Karen from Dramatize advised that Hampshire have given clear guidance that they are suspending day services for day care but Surrey have not announced anything yet. Dramatize have shut and have returned to online full time, but any guidance would be useful.

Andrew Price, Chair advised that Surrey are looking into this currently.

If any providers have any queries regarding COVID-19, please email the Adult Social Care COVID-19 inbox: asc.covid19@surreycc.gov.uk

ACTION



Helen Hunt, Senior Commissioning Manager will look into this and feedback.

Learning Disability and Autism Team



Keila, Assistant Team Manager from the West Learning Disability and Autism Team updated us that they are continuing to do as many reviews as they can, working more closely with the Community Team and with people with a Learning Disability and/or Autism which has been really positive.

The team are also continuing with strength based practice and are holding special training for staff around Autism and Learning Disability.

Staff are only going out when they really need to e.g. urgent or Safeguarding situations but are being very careful.

Rebekka Francis, Community Engagement Officer, Clinical Commissioning Group updated us on the flu vaccine. Rebekka advised that there is currently a lot of focus on the COVID-19 vaccine however we are still encouraging people to get the flu vaccine if they haven't yet.

The COVID-19 vaccination programme are still on the first two cohorts, those over the age of 80 and frontline workers and care home residents. The supply is not a smooth process, getting a lot of queries in the CCG and to practices with people asking when it will be their turn, please be patient as we will contact you.

There is a bit of variation between geographies and this is due to the make up of the area e.g. larger populations of older adults in Waverly so may take slightly longer. It is being rolled out by primary care networks.

Please stay patient and you will be contacted for your vaccine when you fall in the relevant categories.

Questions and Answers about the Clinical Commissioning Group

Angie Taylor from Surrey Coalition asked on the COVID-19 vaccine, there are lots of vulnerable people being vaccinated— what provisions for people that have not got means of private car and need to use public transport within the government restrictions?

Rebekka advised that if they are not able to make the appointment, they will be continued to be contacted as it is a rolling list. There is no specific transport service available at the moment, but it is constantly changing. They may need to just wait a bit longer till a location comes up a bit closer to where they live.

Andrew advised that they would also need to talk to their Social Care Team and discuss different options. One idea would be to possibly look at family and friends, if the person does not have family and/or friends then the best option would be to talk to their Social Care Team and see what is available.

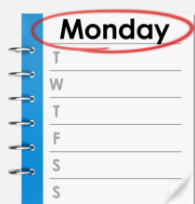
Angie Taylor from Surrey Coalition also advised that there is currently a scam about the COVID-19 vaccine where they are using a fake NHS text, telling people they're eligible to apply for the COVID-19 vaccine. The URL leads to fake NHS website that asks for your personal details, including your bank/card details in order to 'check your identity'. When you are invited for your vaccine you WILL NOT be asked for bank details or payment of any kind.

Imogen Osborne, Engagement and Partnership Board Officer updated us about the Surrey Booklet.

We have sent round the Surrey Booklet with the minutes, the booklet tells you lots of advice and support in Surrey to help you through the winter. A paper copy has also been shared with providers so that this can be given to those they support.

If you require a copy of the booklet or need any more information please contact Imogen.Osborne@surreycc.gov.uk

Agenda Planning



Everyone agreed that they were happy with the day/time of the meeting.

Therefore, we will continue to book these meetings every three months on the second Monday of the month at 10:30am-12:30pm.

If there is anyone that anybody can think of that would benefit from attending these groups, please feedback to Amy or Imogen.

Contact details: Email: ldcommunications@surreycc.gov.uk

Everyone feedback that they found the group very useful.

Andrew asked that if anyone would like a topic discussed at the next North West Valuing People Group, please send to Amy/Imogen via the Learning Disability Communications inbox: ldcommunications@surreycc.gov.uk

Please feel free invite friends/colleagues who have a link to the North West.

Attendees for our January 2021 meeting

- Andrew Price, Chair
- Amy Jackson, Senior Business Support Assistant, Surrey County Council
- Imogen Osborne, Engagement and Partnership Officer, Surrey County Council
- Declan Carey, Digital Assistant, Surrey County Council
- Lawrie Baker, Active Surrey, Surrey County Council
- Pier Markham, Charity Coordinator from ECL
- Simon R
- Beth Robinson, Representative of the Autistic Community in the Workplace, Employability
- Karen Davies from Dramatize
- Margaret Friend, Employability
- Helen Hunt, Senior Commissioning Manager, Surrey County Council
- Lawrence Oates, a volunteer at Healthwatch Surrey
- Sonia from Surrey Choices, Employability
- Rebecca Delay from Cobham Link
- Rebekka Francis, Community Engagement Officer, Clinical Commissioning Group
- Amy Marsh, County Care
- Jane Wilkins, Social Care Development Coordinator in the Learning Disability and Autism Team
- Ming, Learning Disability Lead at St Peters Hospital
- Angie Taylor, Surrey Coalition Engagement Officer
- Keila Wong, Assistant Team Manager from the West Learning Disability and Autism Team
- James Ward, Team Manager for the West Learning Disability and Autism Team
- Alex Noakes, Manager at County Care
- Lindsey Wilcock, Community Prevention Social Care Development Coordinator at Spelthorne Locality Team
- Katie Stribblehill, Lead Nurse Primary Care Liaison Nurse for Learning Disabilities

Apologies for our January 2021 meeting

- Kim Baker, Family Voice
- Glynis Taylor, Social Care Development Coordinator
- Bloomin' Arts
- Colleen Calvo, Surrey and Borders Partnership
- Bethany Down, Crossroads Care
- David Man, Surrey Choices
- Dexter James, Surrey Choices
- Farhana Hussain, Action for Carers
- Boyce Care
- Glen Holme
- Joanna Bruen, Voyage Care
- Lee Wilkins, Grassroots Project
- Liz, The Newlands
- Samantha Coombs, Dimensions
- Stephen Diplacito, Welmede
- Sam Davies, DWP
- White Lodge Centre
- Tracy Mills, MENCAP
- Ali Mould, Family Carer
- Lesley Crofts, Family Carer
- Susan Margaret Brown, Family Carer
- Yasmin Broome, Surrey Coalition
- Paul Drury, Surrey and Borders Partnership
- Melanie Hawkins, Social Care Development Coordinator in the Learning Disability and Autism Team
- Dan Gower-Smith, Avenues
- Elisa Money, Surrey and Borders Partnership
- Anna Kevin, Surrey and Borders Partnership
- Alison Caraccio, Surrey Adult Education, Supported Learning
- Leanne, Acute LD Liaison Nursing Associate for St Peter's Hospital
- Daniel Dzikowski, Regional Director from Avenues Group
- Harinder Pabari, Service Coordinator at Surrey Choices
- Marnie Cotterill, Commissioning Manager, Surrey County Council
- Mary Hendrick, Senior Commissioning Manager, Surrey County Council
- Sarah Browne, Healthwatch Surrey
- Christine Walsh, Curriculum Manager, Surrey County Council
- Leanna Rodriguez, Everyone Active
- Zoe Harris, Healthwatch Surrey