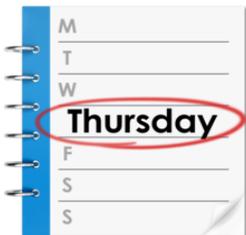




The South West Valuing People Group

Minutes of our January 2021 Meeting.

Chaired by Thomas Moore.



Held online on
Thursday 28th January
2021 using Zoom
video.



Important subjects we talked about:



Physical Activity Survey



Feedback on the Autism
Workshops



Update on Accommodation
with Care and Support.



Webpages

Other important subjects we talked about:



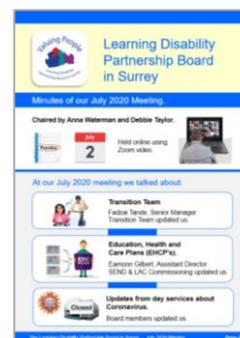
Local Updates



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 South West Valuing People Group



Thomas Moore explained about the role of the group.

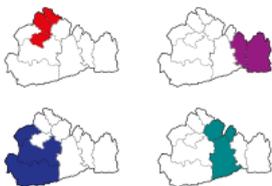
We are a focus group for people with Learning Disabilities in the South West of Surrey.



The areas covered by South West are Guildford Borough, Surrey Heath Borough, Waverley Borough.



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, North West Valuing People Group and Mid Valuing People Group



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

Physical Activity Strategy



Lawrie Baker updated us on the new Physical Activity Strategy.

This is about the new Physical Activity Strategy 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 strategy to find out what people think of physical activity and how we can help people to have a more healthy and active lifestyle. They 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 strategy.

The Strategy will be available from the middle of May 2021.



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?



- Alison Cooper from Parity for Disability advised that she walks the dog
- Thomas Moore, chair advised that he tries to go for a run or walk daily.
- Angela Chitty, Assistant Curriculum Manager for Supported Learning at Surrey Adult Learning has got four dogs so does a lot of dog walking.
- Liz Lodge, Social Prescriber for the West of Waverley PCN advised that in 'normal times' she used to go dancing with her partner.
- Joseph Mathew advised that he goes out with his carer and does some bike riding.

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



- Fatima finds that going out with a carer/friend helps to get some motivation.
 - Lawrie agreed, it is like a commitment that is quite hard to break as it is built into your routine.
- Keila advised that she follows fitness people on Instagram as they sometimes do 'live' videos to follow and it is good to do when the weather is bad.
- Liz Lodge, Social Prescriber advised that cost is a barrier as some gym memberships/classes are very expensive.

Q3 – Would you rather exercise with people who have a learning disability or not?

- Alison from Parity for Disability advised that she works with people with profound multiple disabilities, Angela advised that she has found finding accessible facilities quite hard. Angela stated that Hydrotherapy is brilliant but it is hard to get to. Angela advised that they have got some accessible facilities and have got staff to support, however since the pandemic and people not being able exercise as much, their physical ability has deteriorated.
- David Muir asked whether if you have a paid membership for a gym will you get refunded for all of the time of the pandemic?
 - Angela Assistant Curriculum Manager for Supported Learning at Surrey Adult Learning advised that she has been refunded for the gym that she attends however it may be down to each individual gym.
 - Lawrie advised David to check this with his specific centre. Although, a lot of centres are not making people pay during the pandemic.
- Liz Lodge, Social Prescriber advised that she feels with mixed classes it comes down to the appropriateness of the activity. Liz said that we are all just people and are there to do the same thing, but can understand that some things need to be tailored to certain disabilities e.g. hydrotherapy.



Q4 – Are you worried that your benefits will be affected (negatively) if you're too physically active?

- Sara Truman, Parent Carer advised that this would most likely be an issue for those with physical disabilities.
- Liz Lodge, Social Prescriber said that there is a charity called Money and Mental Health Charity that are aware of the benefits being cut and may be an organisation worth speaking to.
- David Muir asked about the Community Champion Games.
 - Lawrie advised that this is something that their team should be able to help with, by identifying funding for these sorts of activities to be put back on again once COVID-19 restrictions have been lifted but that there would need to be a link with David Gill at Farnham Sports Council.



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 strategy should be ready around Easter time.

If you have any specific concerns or feedback, please email Lawrie Baker at:
Lawrie.baker@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 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 autistic people, 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.

Please see the slides about The Autism Workshop Feedback and Next Steps that we have sent with these minutes.

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.

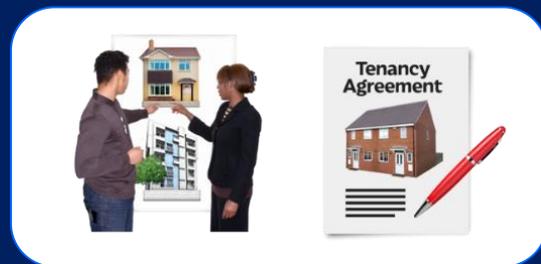
Children's Services are putting together their own Autism Partnership Board which mirrors the Adult one, this will help with hearing everyone's voices.

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.

Partnership Board Updates

Update on Accommodation with Care and Support



Thomas Moore 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.



A lot of people with a Learning Disability and/or Autism in Surrey live in residential care settings. Although some have positive experiences, many 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.

Please see some slides about the update on Accommodation with Care and Support that we have sent with these minutes.

There is a need for more Independent Living Accommodation in Surrey. Many people supported by Surrey County Council are not able to live in Surrey as we do not have the right accommodation. Also, each year there are young people reaching adulthood, who need accommodation.

This programme of work started in April 2020.

34 people have moved to independent living. Surrey County Council have identified four sites for potential development of new accommodation.

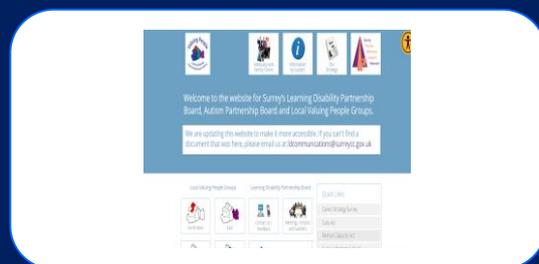
Questions and Answers about the Accommodation with Care and Support.

Q1 – Joseph Matthew said that he had been waiting two years to go into supported living, but have not heard anything from Social Services. Joseph asked whether the pandemic is causing trouble.

Tom said that the pandemic has slowed things down as the team are responding to urgent situations that have to be dealt with quickly. Situations that are still important, but not urgent may take slightly longer. Tom suggested for particular cases to speak to your Social Care Team for further information and guidance.



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.

Please see some slides about the changes to our Webpages, that we have sent with these minutes.

Any Other Business - Local Updates



Surrey Adult Learning



SURREY
ADULT LEARNING

Angela from Surrey Adult Learning updated us that they have successfully put all their courses online, you can access these classes through the Surrey Website on the [Surrey Adult Learning Page](#). Some people are unable to access the online courses, so they will be doing a face-to-face provision to support people.

Angela said that they are also holding classes around health and wellbeing once people have been established in their new accommodation. Angela said that they also hold classes around money.

Angela said that they also do bespoke classes if this is what people are looking for but these are usually for 30 weeks and start in September and run through till Summer Term.

Surrey and Borders Partnership 
NHS Foundation Trust

Frimley Park Hospital

Learning Disabilities Services

Emily Belton, Learning Disability Liaison Nurse advised that her and Natasha Mullender are going to Frimley Park Hospital to support patients with admissions etc. Emily updated us that people with a Learning Disability are allowed to have someone with them, if they are anxious about coming in alone.

Any Other Business - Local Updates



Healthwatch Surrey



Fatima, a volunteer at Healthwatch Surrey updated us that she has been working with the NHS and Social Care to feedback what is going well and what is not going so well for local people during the pandemic.

Fatima said that they have been working with charities such as Mary Francis Trust.

Fatima updated us that they have been reaching out to digitally excluded people by putting leaflets into food bank parcels so that people can share their experiences.

Surrey Coalition



Yasmin from Surrey Coalition updated us that they have started doing a social schedule everyday for people who want to join as they may be feeling lonely. Yasmin said that they will be doing a specific social group for those with a Learning Disability during the week, Yasmin said that she is not sure what this will include yet, so if anyone has any ideas please email Yasmin at: Yasmin.broome@surreycoalition.org.uk

Yasmin said that they are also holding some virtual trips to bird world, museums and other places. If you would be interested, please let Yasmin know.

Any Other Business - Local Updates



Parity for Disability



Alison Cooper from Parity for Disability updated us that they have had to close their day services at the moment due to lockdown but they are running some remote services.

Alison said that they are finding people are needing the interactive sessions such as virtual trips like Surrey Coalition are holding.

Alison said that the [Parity for Disability Website](#) has got an at home services, with lots of activities. They have put a diary on the website which links to other organisations that have activities going on, so if anyone is looking for activities to do, please check the website.

County Care



Charmain Henry from County Care updated us that they have gone online and are doing lots of activities such as coffee mornings with service users using zoom.

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 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 a Thursday 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.

Tom asked that if anyone would like a topic discussed at the next South 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 South West.

Attendees for our January 2021 meeting

- Thomas Moore, 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
- Alison Cooper, Parity for Disability
- Angela Chitty, Assistant Curriculum Manager for Supported Learning at Surrey Adult Learning
- Liz Lodge, Social Prescriber for the West of Waverley PCN
- Fatima Jammal, Volunteer for Healthwatch Surrey
- Sara Truman, parent of an autistic son and volunteer Deputy Chair of the National Autistic Society Surrey Branch
- Keila Wong, Assistant Team Manager of the Learning Disability and Autism West Team
- Charmaine Henry, County Care
- Yasmin Broome, Involvement Coordinator for Surrey Coalition
- David Muir, ex LD Guvnor, focus rep for the west and south west and independent network meetings
- Joseph Matthew
- Padner, Manager at Sans Sourcie Homecare
- Monica Heather, Surrey Choices
- Emily Belton, Learning Disability Liaison Nurse, Frimley Park Hospital
- Natasha Mullender, Learning Disability Liaison Nurse, Frimley Park Hospital

Apologies for our January 2021 meeting

- Daz Anderson
- Halow Project
- Alex Noakes, County Care
- Tony Gorham
- Angie Taylor, Surrey Coalition
- Bloomin' Arts
- Clare Burgess, Surrey Coalition
- Dexter James, Surrey Choices
- Dan Gower-Smith, Avenues
- Daniel Dzikowski, Avenues
- Ashleigh Tilley, Avenues
- Crossroads Care
- Hilary Dyce
- Jane Wilkins, SCDC, Learning Disability and Autism Team, Surrey County Council
- Joanne Bruen, Voyage Care
- Kathryn Fisher, Programme Manager – All Age Learning Disability
- Julie Tripp, National Autistic Society
- Siobhan Howells, SCDC, Learning Disability and Autism Team, Surrey County Council
- Katherine Newman, Healthwatch Surrey
- Matthew Peaker, Assistant Team Manager – West Learning Disability and Autism Team
- Chris Dubois, Manager at Art Venture
- Zoe Richards, Team Manager at Malow Crescent
- Paul Drury, CTPLD, West Manager
- Phil Mack, Surrey Choices
- James Ward, Team Manager with the Learning Disability and Autism Team, Surrey County Council
- Jane Wilkins, SCDC, Learning Disability and Autism Team, Surrey County Council
- Dawn Kettleton, SABP
- Lauren Bowler, SABP
- Sarah Browne, Healthwatch Surrey
- Nicola Farrell, Family Voice
- Sara Doneux, Assistant curriculum manager
- Zoe Squillaci, Assistant Curriculum Manager
- Christopher Esson, Senior Commissioning Manager, Surrey County Council
- Zoe Harris, Healthwatch Surrey
- Christina Hall
- Natasha Hall
- Rosie Andrews