



Together for learning disabilities and autism

# Let's speak up together – Friday 23<sup>rd</sup> June 2023



# Learning Disability Week 2023


















Our event was held during Learning Disability Week 2023

The theme of the week was to help **bust myths** about living life with a learning disability.

We want to let people know that people with a learning disability can do things like get a job, have a relationship and learn new things.

# Learning Disability Week 2023

| Wednesday   |   |  |  |
|---|---|--|--|
| June  |   |  |  |
| 21  |   |  |  |
| 2023  |   |  |  |
| <br>Whitmore Vale/ SOLD<br>Whitmore Vale Housing Association<br>Churt Road, Hindhead<br>GU26 6NL |   | 10:30am – 3:45pm<br> →  | Email: <a href="mailto:rebeccas@whitmorevale.co.uk">rebeccas@whitmorevale.co.uk</a> to book a place on the outdoor activities.                              |
| Virtual Tour Learning Disability and Autism Hub<br>  | Online<br>   | 11am – 12pm<br> →       | A virtual tour of the website. Feedback and ideas welcome. All welcome. Book your place on Eventbrite:<br><a href="https://www.eventbrite.co.uk/e/639356732197">https://www.eventbrite.co.uk/e/639356732197</a>                                |
| include choir<br>  | Redhill Memorial Park   | 7pm – 8:30 pm<br> →     | No need to book, but if you need more information email: <a href="mailto:info@include.org">info@include.org</a> .<br>Look forward to singing with you!   |
| Public Health – Cancer Screening<br>   | Online<br> | 12pm -1pm<br> →     | Find out about cancer screening for you and how to support people in this important area of health.<br>Book your place on Eventbrite:<br><a href="https://www.eventbrite.co.uk/e/643032616867">https://www.eventbrite.co.uk/e/643032616867</a> |

There were lots of interesting and exciting talks and activities happening every day in Surrey during Learning Disability Week.

There are many people in Surrey who are busting myths, you can read about some of them on our website. [Click here to go to our Learning Disability Week 2023 web pages.](#)



# Let's speak up together – Friday 23rd June 2023

| Blue Room Timetable   |   |   |
|---|---|---|
|    |    | Arrive and Welcome  |
|    |    | Police - Hate Crime   |
|    |    | Liaison Nurses Annual Health Checks   |
|    |    | Break    |
|    |    | Community Transport   |
|   |   | Adult Social Care Annual Reviews  |
|  |  | Lunch  |
|  |  | Sunny Sessions Inclusive Radio  |
|  |  | POhWER Advocacy   |

| Surrey Outdoor learning (SOLD)   |   |   |
|--|---|---|
|    |    | Archery Clout   |
|    |    | Break    |
|    |   | Orienteering  |
|  |  | Lunch  |
|  |  | Team Tasks  |



Lots of interesting and exciting talks and activities took place at our event on Friday 23<sup>rd</sup> June.

Over 50 people with a learning disability came to the event.

# Activities and stands at the event

Many different organisations had stalls at our event.



Project Radio kept us entertained with music and interviewed people live for their radio station. We could try out some virtual reality headsets and there were stands about staying healthy and services like Leatherhead Link.

# Surrey Outdoor Learning and Development (SOLD)

SOLD ran sessions for us so people could try archery, orienteering and team building.



Andrew White from SOLD told us:

*"I had a great day on Friday, the participants were so friendly and enthusiastic"*



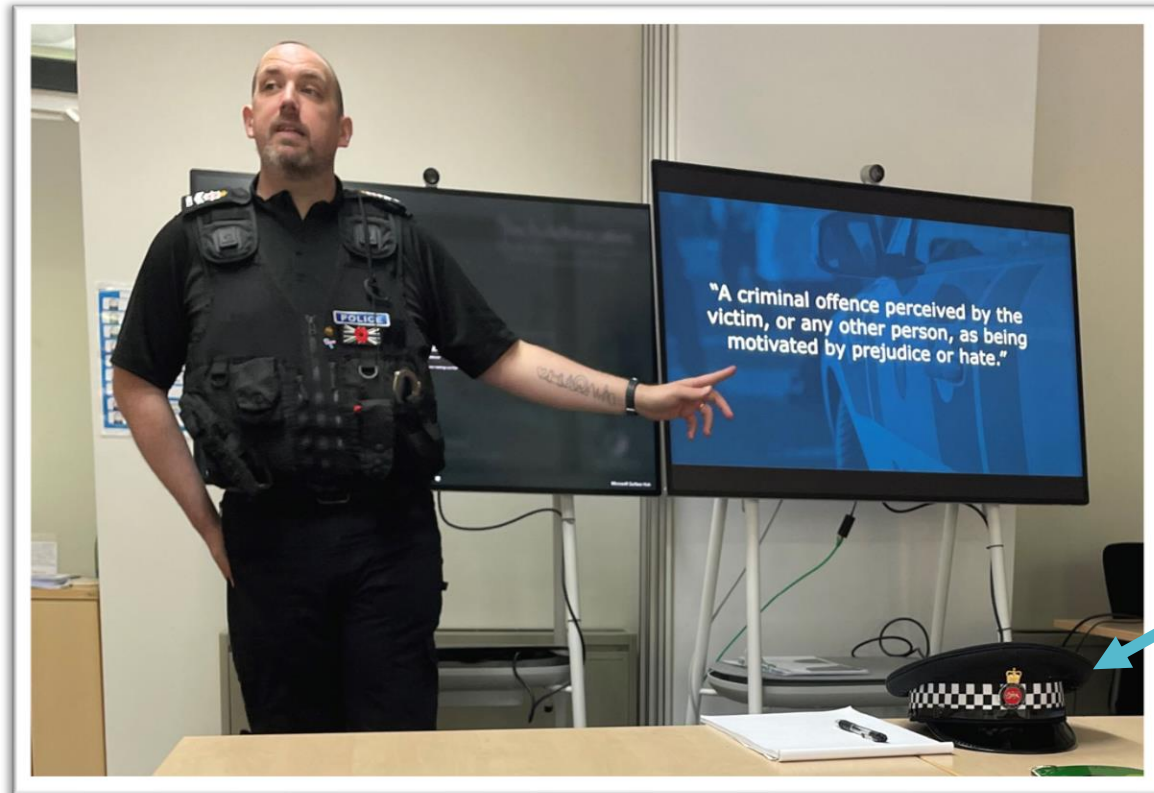
[Click here to visit the SOLD website](#)



# We ran workshops on important topics



# Surrey Police – Hate Crime



**Sergeant Tristan Barnett came to talk to us about Hate Crime.**

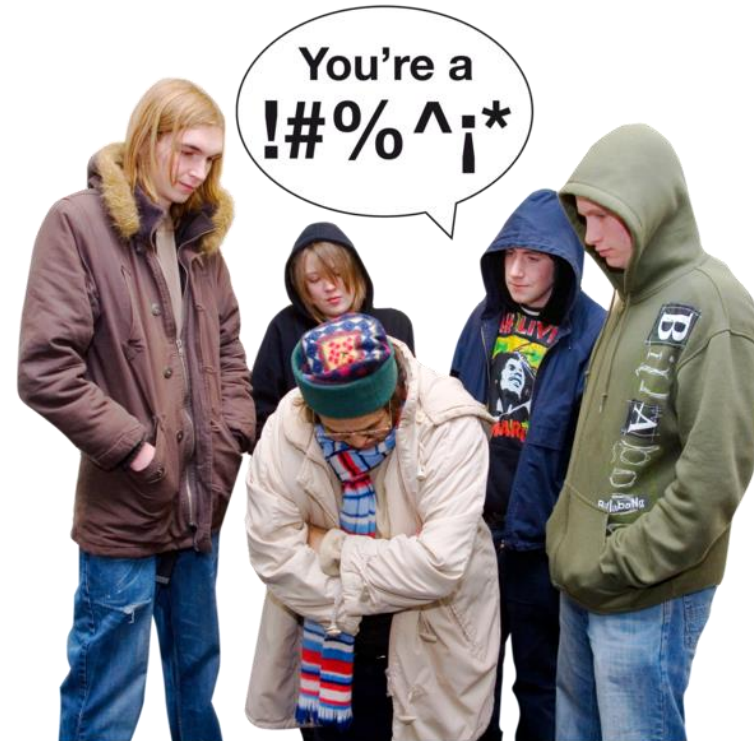
It was a hot day and Tristan said it too hot to wear his hat !



# Surrey Police – Hate Crime

## A hate crime is things like:

- Being pushed / punched because you are in a wheelchair.
- Having a rude word shouted at you because you take longer to order a coffee
- Having something thrown at you because you are a man holding hands with another man



# Surrey Police – Hate Crime

## Tell the Police.

If anything like this ever happens to you then please tell an adult who you trust.

Report it to the Police by phoning 101 or going to a Police station.

Phone the Police on 999 if the person is still there being rude or trying to attack you.



# Surrey Police – Hate Crime

Tristan wants people with a learning disability to get a Pegasus Card.



This makes it easier for the Police to help you.

Your Pegasus Card will have a number on it. If you need to talk to the Police tell them your Pegasus number.

The Police will have information on their computer about how to help you.

[Click here to apply online for a Pegasus Card](#)

# Surrey Police – Hate Crime

## Key points from group discussion.



- Always take your Pegasus Card with you when you go out and about.
- Children and young people who go out independently can have a Pegasus Card.
- If you travel outside of Surrey you can still use your Pegasus Card. The Police in the area you are in will contact Surrey Police.

# Surrey Police – Hate Crime

People told us about their experiences of Hate Crime.



bullied

someone i know hurt me  
made me scared  
got nasty calls and texts  
someone pulled my hair  
dont know why  
no  
made me worry  
never  
someone stole my money  
got bullied at school  
yes physical  
someone threatened me  
someone hurt my arm

# Surrey Police – Hate Crime

People told us how they did or would report a Hate Crime.



told someone i trust  
used to scream and cry

told staff

rung 999 immediately

called 999

told a friend

told family

rang 101

# Annual Health Checks



**Katie Striblehill and Dawn Kettleton came to talk to us about Annual Health Checks.**

Katie and Dawn are Learning Disability Liaison Nurses for Primary Care.

# Annual Health Checks

Everyone with a learning disability aged 14 or older can have an Annual Health Check at their GP Surgery.



- You will be seen by the doctor and maybe a nurse once a year.
- The doctor or nurse will ask questions about your health and life.
- They will check things like your weight and blood pressure.



# Annual Health Checks

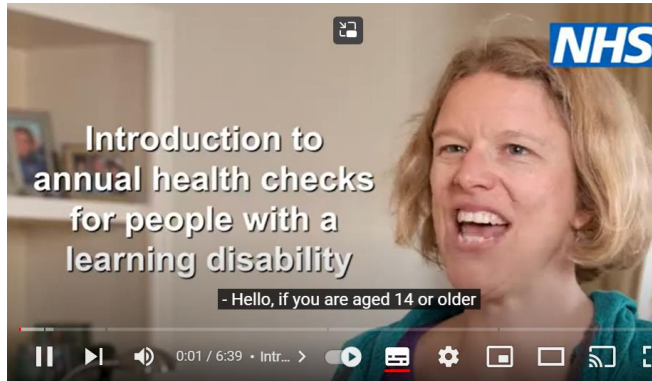
After your health check you will be given a health action plan.



A health action plan will:

- Give you ideas about how to stay healthy
- Tell you if you need to see any other health professional

# Annual Health Checks



We watched a video that explained about Annual Health Checks.

[Click here to watch the video.](#)



The Learning Disability and Autism Hub has useful information about your health, including videos and easy read templates you can use to get ready for your appointment.

[Click here to go to our website.](#)



# Annual Health Checks

## Key points from group discussion.



- If your GP surgery doesn't offer Annual Health Checks they should help you book a check at another surgery.
- If you need help to get an Annual Health Check the Primary Care Liaison Team can help you. Their contact details are on their website.
- The Liaison Team can also help people to access services like dentists and cancer screening.

[Click here to go to the Primary Care Liaison Team website.](#)



# Primary Care

People told us about their experiences of primary care.

I am having to wait a long time to see the specialist dentist.

We need to meet the doctor face to face. I find online appointments difficult.

My doctor doesn't talk to me, they talk to the staff instead.

Since the pandemic GPs seem to be getting nurses to do more of the work.



You can ask for things to be done differently. For example, they can use numbing cream before giving an injection

# Community Transport and bus passes



**Cass Brewer and Brendon Thompson came to talk to us about Community Transport and Bus Passes.**

# Community Transport

Mole Valley Connect is an on demand electric bus service which can pick you up from home and take you places in Mole Valley.



- Outside of Mole Valley the bus can also take you to Epsom Hospital, Effingham Junction Station and supermarkets in Cobham.
- The bus operates Monday to Friday 7am to 7pm and Saturday 8am to 6pm.

[Click here to go to the Mole Valley Connect website](#)



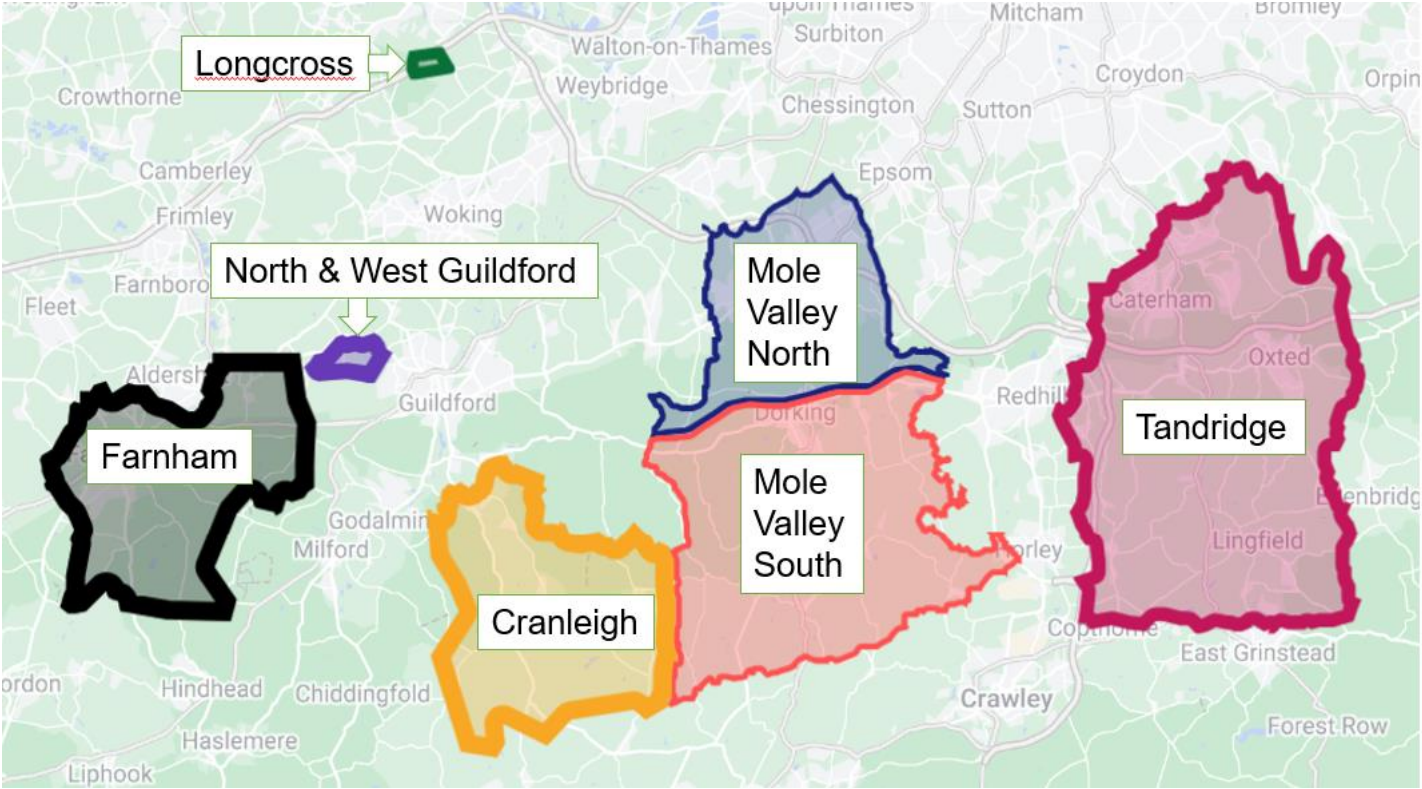
# Community Transport

You can use your free bus pass on Mole Valley Connect after 9.30am. If you don't have a free bus pass or want to travel before 9.30am you have to pay.

| Under 5 miles | 5-7 miles | 7-10 miles | 10-12 miles | 12-15 miles | Over 15 miles |
|---------------|-----------|------------|-------------|-------------|---------------|
| £2.00         | £4.00     | £6.00      | £8.00       | £10.00      | £15.00        |

- You can book online or by phoning 0300 123 7751 (Mon – Fri 9am – 5pm)
- You can also download the app – search for Surrey Connect

# Community Transport



New Surrey Connect Bus services will be starting in these areas of Surrey in September 2023.



# Community Transport

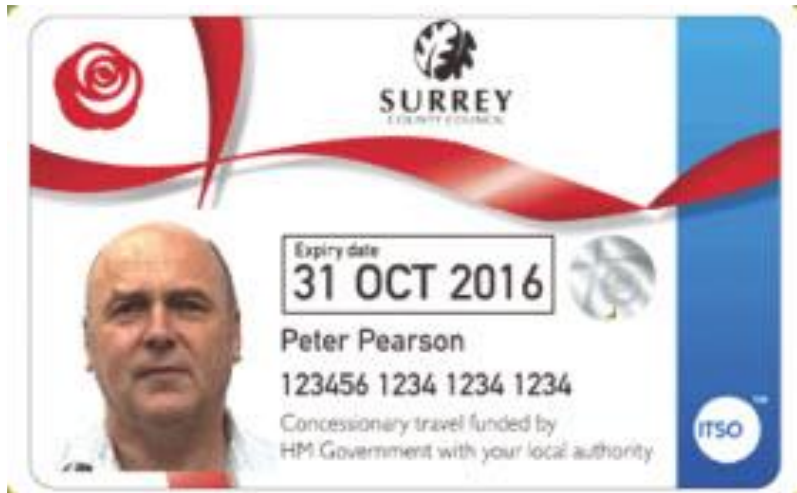
## Key points from group discussion.



- Each area will have a bus that is wheelchair accessible, and assistance dogs are allowed on.
- You have to give at least 30 minutes notice to book a journey.
- You may not always be able to get the exact time you want but they will give you options to choose from.
- You need to be ready when the bus arrives. The driver can only wait for one minute.

# Free bus passes

Disabled people aged 5 to 66 years old can get a free disabled person's bus pass.



- You can apply for a bus pass online or go to any library in Surrey.
- You will need to have evidence of your disability. The rules are complicated so you may need someone to help you.
- You can also get a free disabled person's bus pass if you are not allowed to drive because of a medical condition.

[Click here to go to the Surrey County Council bus pass website](#)



# Bus passes

## Key points from group discussion.



- It's important remember to take your bus pass out with you, otherwise you will have to pay.
- Your supporter can travel free as well if you have a C+ on your bus pass (C+ means companion)
- You can get a replacement bus pass if you lose yours.
- You will need a passport photograph of yourself for your bus pass.

# Community transport and bus passes

People told us about their experiences.

All the applications we made for free bus passes from our home in Hindhead were turned down.

Electric buses are very quiet so can be dangerous for people with a visual impairment.



My husband has to renew his bus pass every year because he has epilepsy.

# Sunny Sessions Radio



Jon, Emily and Alex from Sunny Sessions Radio came to talk to us about their work.



# Sunny Sessions Radio

The Sunny Sessions is an inclusive radio show from the Sunnybank Trust in Epsom



- Our shows are every Monday and Thursday at 11am on Surrey Hills Radio
- We have a monthly live show on first Monday of each month at 9pm

[Click here to go to the Surrey Hills Radio website](#)

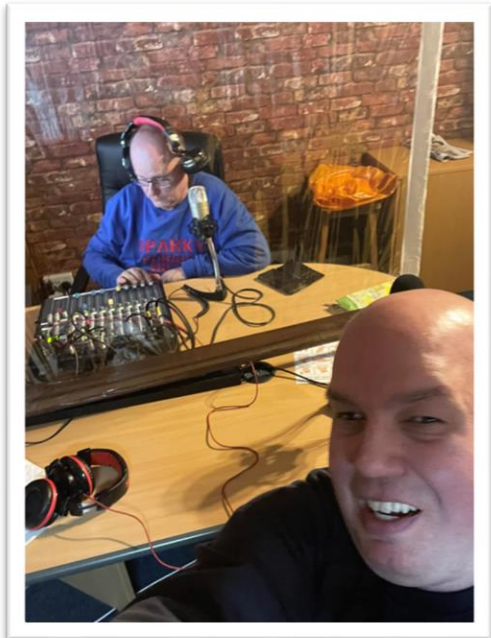


[Click here to go to listen to old shows on the Sunnybank Trust website](#)



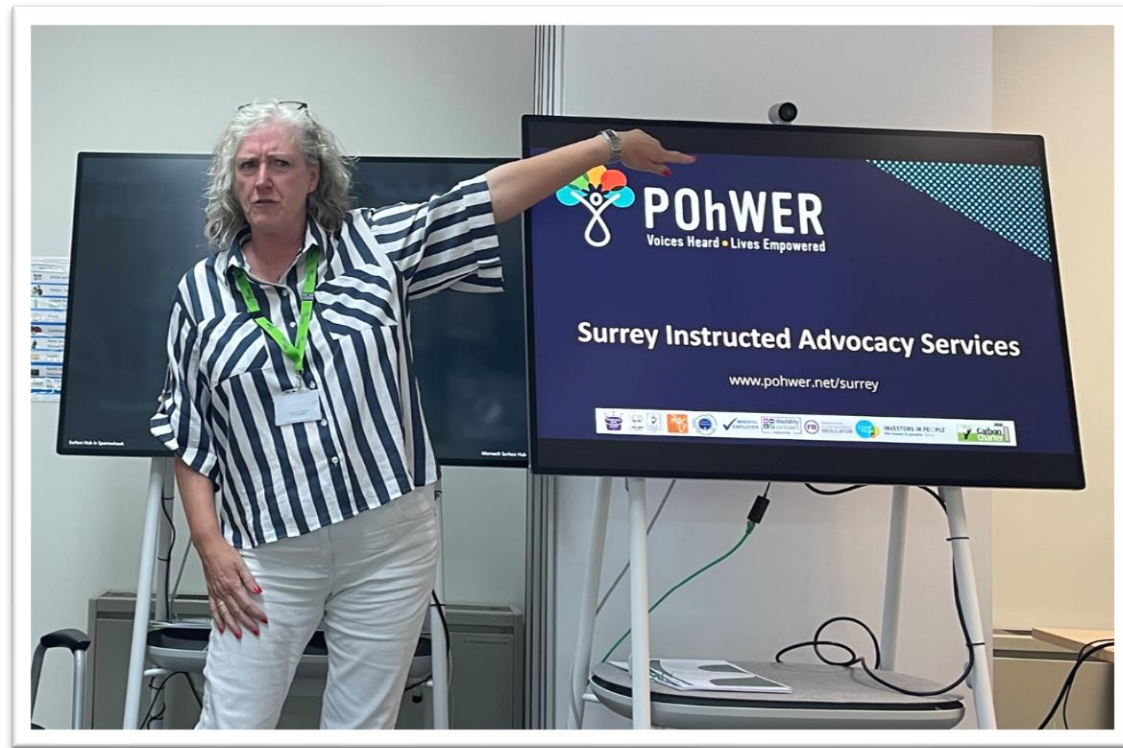
# Sunny Sessions Radio

Sunny Sessions is helping people learn new skills, like interviewing skills. People have the chance to create their own radio shows.



The Sunny Sessions team did some interviews for their radio show on Thursday 13<sup>th</sup> July 2023 at 11am.

# Advocacy



**Charlie from POhWER advocacy came to talk to us about Surrey Instructed Advocacy Services.**



# Advocacy in Surrey



POhWER offer instructed Advocacy. This is when the person can tell the advocate what their needs and wishes are and what support they need.

[Click here to go to their website.](#)



If a person isn't able to tell someone what their needs are and what support they need Matrix Advocacy in Surrey will be the right organisation to support them.

[Click here to go to their website.](#)



# Care Act Advocacy

Advocacy helps the person through the Care Act assessment so they can take part as much as possible in the best way for them.



## Care Act Advocacy is for people:

- Who find it very hard to take part in their assessment, care and support planning and review or safeguarding.
- Who do not have anyone who can support them to take part in their assessments.

# Independent Mental Health Advocacy (IMHA)

IMHA advocates can help people with mental health needs.



IMHA Advocacy is for people who:

- Have to be in hospital because of their mental health needs
- Are in hospital of their own wishes because of their mental health needs
- Have been ordered to get treatment for their mental health needs

# Discretionary instructed advocacy

This may include people living in Surrey in one or more of these groups:

- Older person
- Physical disability
- Sensory disability
- Learning disability
- Autism and Asperger's
- Long term health condition
- HIV/AIDS
- Substance misuse
- Mental health
- Street homeless



This could be support for assessments for people who aren't eligible for advocacy under the Care Act and support with safeguarding.

# PoHwER Advocacy

## Key points from group discussion.



- Only professionals can refer a person for Care Act Advocacy.
- If you need an advocate to help you to tell people about your needs and to get the support you need you can contact POhWER Advocacy and ask about Discretionary Advocacy.

### You can contact the POhWER Help Hub:

- Phone: 0300 456 2370
- Email: [pohwer@pohwer.net](mailto:pohwer@pohwer.net)

# Reviews



**Maria Carmen Bowen and Cristian Mirt from the Adult Social Care Learning Disability and Autism Team talked to us about reviews.**

They did not have time to talk to everyone so we will be asking people who did not have the chance to take part for feedback.

# What is a Review?

Your review is time to talk your social worker about what's important to you



- What have you done this year
- What is going well
- What may need to change
- What are your goals
- What support you might need

# What is a Review?

You can talk about lots of different things, including:



Being more independent



Learning new skills  
and technology



Your home and money





# Making reviews a good experience


Social workers in Surrey want to make sure their reviews are helpful for people with a learning disability and / or autism.

They want to use more Easy Read information, including letters inviting people to their review.

They think it is important that they are honest with about the help you can have and help that they won't be able to offer.





The image shows an Easy Read invitation letter. It is addressed to Tom and includes a 'Support Plan' icon. The recipient's address is 21 Halifax Road, Hebden Bridge, West Yorkshire, HA12 4RG. The meeting is on Monday, 16 January 2023 at 11:00. The meeting will be led by Mike Leat and held at 22 Forest Row Lane, Old Coulsdon, Coulsdon, CR5 1HF. A phone number 01737 558288 is provided for cancellations. A QR code and a link to the Surrey Learning Disability Partnership Board Easy Read website are also included. The letter is made with photosymbols.

Dear Tom

 Support Plan


Tom Sapey  
21 Halifax Road  
Hebden Bridge  
West Yorkshire  
HA12 4RG

You are invited to a meeting to review your support

 Monday  January  2023  11:00


Monday 16th January 2023 at 11am


The person leading your review will be Mike Leat





The meeting will be in person:

22 Forest Row Lane  
Old Coulsdon  
Coulsdon  
CR5 1HF



Please phone to let us know if you can't come on this date.  01737 558288

 Scan this QR code or [click here](#) to go to the Surrey Learning Disability Partnership Board Easy Read website information about independent living.

 made with photosymbols

# How to contact the team

**Phone:** 01483 404770



[East.LearningDisabilityDuty@surreycc.gov.uk](mailto:East.LearningDisabilityDuty@surreycc.gov.uk)

**East team covers:** Tandridge, Mole-Valley, Reigate & Banstead, Epsom & Ewell and Elmbridge.

[West.LearningDisabilityDuty@surreycc.gov.uk](mailto:West.LearningDisabilityDuty@surreycc.gov.uk)

**West team covers:** Spelthorne, Surrey Heath, Woking, Runnymede, Guildford and Waverley.



# How was your review?

People told us about their experiences of reviews and how to make them better.

My social worker was very kind and understanding. They listened to me.

There needs to be more understanding of different ways of communicating.

People need to give you eye contact, it shows respect.

People need help to prepare for their review meeting.

I'm always happy after my review.

People need autism training.



# How was your review?

People told us about their experiences of reviews and how to make them better.

People said they would like to have the same social worker each time, but were told that this wasn't possible. People then asked if each social worker could read their file before the review so they don't have to start from scratch each time.

Some people need the support of an advocate at their review.

The writing should come with pictures



It's important to make sure the person knows who will be coming to their review.

Good listening is very important.

# Surrey People's Group

Surrey People's Group is a network for people with a learning disability.



At the group, people can talk about issues important to them and work together to make real change.

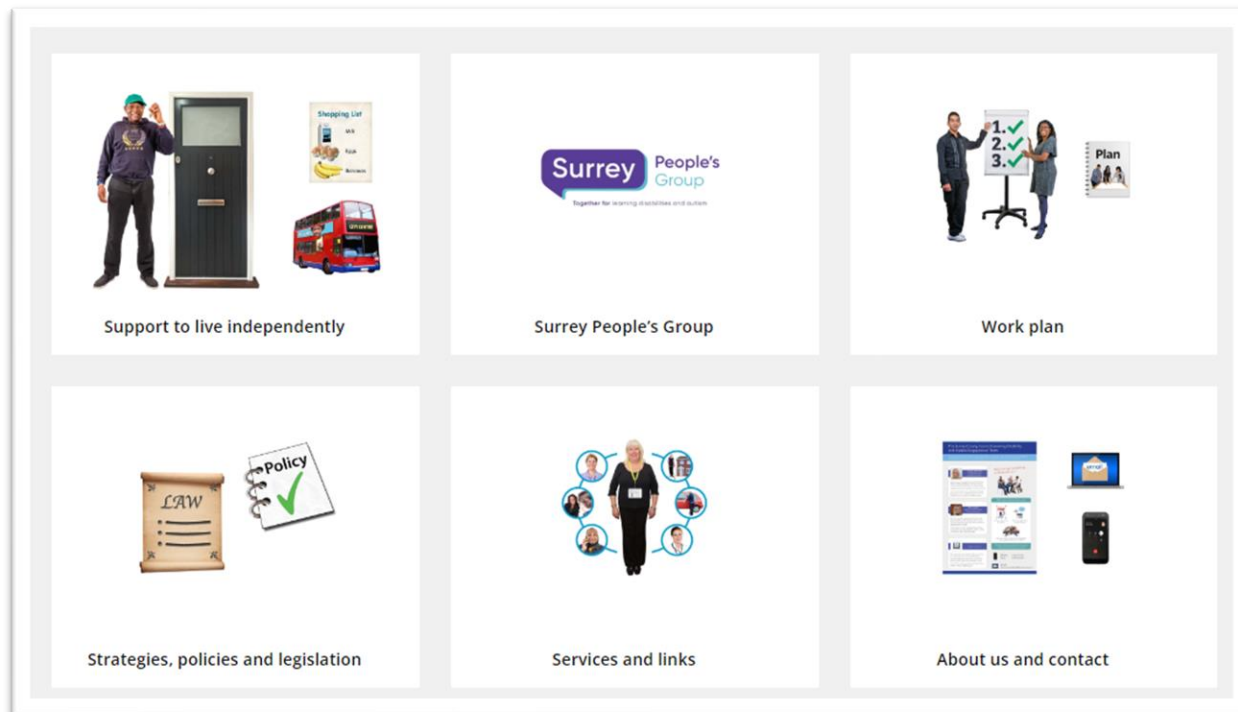
People can say what they want to talk about and what is important to them. The group has a large event four times a year.

[Click here to see our webpage and get involved by joining us.](#)



# The Learning Disability and Autism Hub.

The Learning Disability and Autism Hub has a lot of useful information.



Including information about The Police, Pegasus Cards, Hate Crime, Adult Social Care, advocacy and bus travel.

[Click here to go to our website.](#)