



Sunderland People First

A Voice For Change

Newsletter - Autumn 2018

NHS England 10 Year Plan

Members of our team travelled to London and York to give their views and hear feedback about how NHS services will change and improve over the next 10 years. We are delighted that NHS England announced recently that 'autism and learning disability' will be a priority in the 'long term plan'. We met up with advocates, family members and professionals from across the country to share ideas and contribute to this plan.

"I enjoyed meeting other people and sharing what I think is important for people with disabilities. It was mint!." Phil Hughes, Advocate



At the workshops we looked at ways that people with a learning disability and or autism could lead healthier, independent lives in the community. We also looked at improving people's access to and experiences of health care. We look forward to reading the final plan when it is published soon.

Planning for the next 10 years of the NHS (Easy Read): <https://bit.ly/2O7CieL>



Community Spirit!

Our team have really enjoyed supporting various community events across Sunderland including the launch of the Tall Ships events, an arts project with Hendon Arts Studio and the opening of the Northern Spire Bridge.

Watch our video of the Tall Ships Parade: <https://bit.ly/2pUUYIG>



Peer to peer education - Be cancer aware

Jodie & Gavin joined advocates from across the North East and Cumbria to design a new training course around cancer awareness for people with learning disabilities. The project organised by The NE & Cumbria Learning Disability Network has been a great success and we are now looking forward to delivering the training in the New Year!

Positive Behaviour Support

We have really enjoyed working with Dr Steve Noone and Northumbria University, filming scenes for new training around Positive Behaviour Support. Positive behaviour support (PBS) is a person-centred approach to supporting people who display or are at risk of displaying behaviours which challenge.

Further Resources: <https://bit.ly/2C91SkK>



Raising Awareness of Hate & Mate Crime

Sunderland People First took part in several engagement events as part of #Safetember which involved raising awareness of how to stay safe.

This photo shows members of our team delivering Mate crime training to people with a learning disability.

Find out more about Mate Crime: <https://bit.ly/2NHCBjI>

Treat me Well Campaign

We are delighted to be working with Mencap and rolling out the Treat Me Well campaign in Sunderland. This campaign aims to transform how the NHS treats people with a learning disability in hospital. In the New Year we will be working with lots of organisations to plan this work.

Find out more at: <https://bit.ly/2HkaZye>



Stopping over medication of people with a learning disability, autism or both

We are supporting a national project to stop mental health drugs being given to people with a learning disability and or autism for behaviours that challenge when they don't have a mental health condition.

STOMP is about helping people to stay well and have a good quality of life.

Stop People with a Learning Disability Dying too Young

In May this year, the Government published a report to say that people with a learning disability often die at an earlier age than people in the general population. We are working with Inclusion North to look at why this is happening and help make improvements in the support and care that people receive.

Read our statement in response to the Government report:

<https://bit.ly/2ym7cOS>



I've been nominated for The Learning Disability and Autism Leaders' List 2018

for my hard work making things better for people
with learning disabilities and autism

Congratulations to Phil Hughes

Phil is a member of our team who has been nominated for the national Learning Disabilities & Autism Leaders list 2018. Phil was nominated because of his "outstanding contribution to the Stop People with a Learning Disability Dying too Young (LeDeR) work."

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 V O D G

 LDE
Learning Disability England

 The
Guardian

Social Isolation & Loneliness

Our team took part in a study around social isolation and loneliness. The study involved the experiences of lots of people across the city. We were delighted that Jackie Nixon (Public Health Manager) met with the group and talked through the findings. It was disappointing to find that people with a learning disability and autism were more socially isolated. We are working with other organisations such as Friends Action North East to create more social opportunities for people.



Good Support for Children with Learning Disabilities and or Autism

We have developed a training pack for staff working in Northumberland Tyne & Wear NHS Trust Intensive Community Treatment Team and have really enjoyed delivering our training. The interactive training is designed to think about the needs of children and young people with learning disability, autism, hidden disabilities and families)

Learning about Formulation

We are working with Jill and Nicola from Northumberland Tyne & Wear NHS Trust to re-design a training course so that people with learning disabilities and autism can understand and be involved in shaping their formulation. This means understanding yourself and what support would be best around a person's mental health and wellbeing.



Sunderland People First



We are a Community Interest Company based in the North East of England. Our business is about improving the lives of people with learning disabilities and autism. Our experience is based on over 20 years of working alongside the Health and Social Care Sector. Working closely with Sunderland Clinical Commissioning Group and Sunderland City Council we have built up a highly regarded professional and award-winning reputation.

Accessible Information



Meet your statutory duty and make sure that consultations and information are accessible to people with learning disabilities. We are experts in making information clear and easy to understand. We have experience of working with a range of partners to develop easy read information and a lot of our documents are used around the country and even the world. We also provide consultations and training around developing your own accessible information.



For further information – download our flyer: <http://bit.ly/2oxtud6>



Training

We offer a range of training programmes which include Disability Awareness, Values, Hate & Mate crime and Personal Assistant training. We produce bespoke training packages to meet the needs of our customers. All of our training courses have been developed and are delivered by people with learning disabilities.



Consultancy

We have experience of consulting with people on a large or small scale. We have developed links both locally and throughout the region allowing us to connect with people. Our consultations have helped shape local and regional policies.



Quality Checking

Quality checks provide an Expert by Experience view of how your service or organisation meets the needs of people with learning disabilities and autism. Our quality checkers team are unique in their experience and their range of checks with both health and social care providers.



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Scan for info



Do you have any thoughts or suggestions for our team? If so, we would love to hear from you: <http://sunderlandpeoplefirst.com/contact-us/>