

# Network News

Advocacy Groups and Partnership Board  
Newsletter



Copy 17  
Autumn 2010



## Calling People from Black and Minority Ethnic Communities to Speak Up on the services you want



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# Meeting Caroline Lucas, the Green Party M.P for



A group of people from the Advocacy Groups Network met Caroline Lucas to tell her what is important to people with learning disabilities.



People with learning disabilities are not voting. They do not understand what to do.



Caroline's idea is 'Using the television to tell people how to do it more.'

'and make sure candidates communicate in key words.'

What can you do about cuts to services?  
It's disgraceful!



'I hope I can be a very strong voice in parliament to fight the cuts.'

'It's just not fair. The poorest people who depend on services are being hit the hardest. These cuts are not being done in a fair way.'

The government is planning to change benefits. I am worried that people with mental health problems will be at more risk. That will put a lot of stress on NHS staff.



The government want to have more checks to see if people should have benefits. Very insulting. It's a battle we need to fight.

'I completely agree with what Sarah said. If people aren't properly looked after now. It's going to cost the government a lot of money.'

What can you do for people with mild learning disability. They need more support. See the CQC report on services in Brighton and Hove.



'I will do whatever I can for all people with learning disabilities whether its mild or severe. I will go and look at the CQC report.'

Don't cut the Uk Film Council. They give money to Oska Bright.



'I have written to the Government about the issue of the Film Council. It is shortsighted it makes money.'

To contact Caroline email [caroline.lucasmp@parliament.uk](mailto:caroline.lucasmp@parliament.uk). If you live in Brighton Pavilion and she is your M.P you can meet her to talk about problems. Ring 766670.



'She's very nice. Very friendly lady. I think she's going to be excellent, very good with other people.'



## The Big Meeting Our Ideal Home



The Link Group decided to ask the Big Meeting and Advocacy Groups what they want from their Ideal Home.



Groups talked about a few different areas including food, choosing housemates and what makes a good home.

We have found out that people are still not getting the choices they want at home, especially about the food they eat.

## Choosing our Food

Speak Out Advocacy Groups have talked a lot over the past year about the food they eat.



Group members want to be able to choose what they eat, shop for the ingredients and cook their own food.

Some people can choose and cook their food but others are not allowed to. Some residential homes think that it is too dangerous for people to go in the kitchen and do not want them to hurt themselves. Other homes let people choose what they eat but do not allow them to prepare food. Other homes support people to do their cooking.

# Choosing our Food



They are worried about people with epilepsy being in the kitchen.

'Staff choose it. Give me food I don't like and I just leave it. I don't like pasta. I have it four times a week.'



'When so and so is on you have to eat what's given to you.'

'My support worker comes round and writes down timings to help me cook.'

'Recently we had few changes in our house. We weren't allowed to make food at first and now we are. It feels great.'

**Everyone said they wanted to prepare their own food and choose what they want to eat at home. They want the Partnership Board to talk to homes about letting people make more choices about food.**



## Choosing who we live with and relaxing at home



Groups talked about what makes a comfortable and happy home. Lots of people like gardens and are able to grow things and spend relaxing time in the gardens. People want to spend more time growing things for themselves. Other people enjoy barbeques with their housemates and staff.

People talked about the importance of having a quiet space to relax in. They also talked about how important it is to be able to choose who you live with. Lots of people do not get a choice about this.

'one person goes mad at me in lounge. She tells you to get shopping. She is bossy. I would prefer not to live with her because she's so bossy.'

'Have my own flat & shared lounge downstairs. It's good.'



'not comfortable in either lounge at my house, if there's a ladies – too much shouting – it gives me a headache.'

'I watch TV in my own bedroom. Like my own space. I like being on my own.'

# Betty Vincent

## The new Co-Chair of the Partnership Board!



Betty Vincent was voted in as the new Co-chair of the Learning Disability Partnership Board in July.

Betty talked about the Partnership Board. 'It's important that people with learning disabilities understand the meeting. If they don't understand, they need to hold up a card and ask people to explain what they're talking about.'

'If you don't understand, you feel awful.'

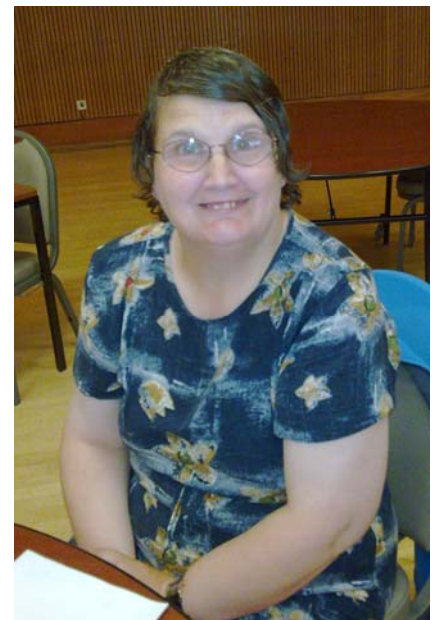


## Maria Borrer becomes Co-Chair of The Big Meeting

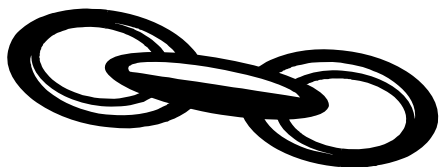
Maria Borrer also put herself forward to be Co-chair but was pipped to the post by Betty.

Maria told the Big Meeting 'I will help people talk about how they are feeling, their lives and difficulties. I will make sure the Partnership Board work out what to do and make a plan to make it better.'

Maria has now become the Co-chair of the Big Meeting



## Link Group News



By Sarah Watson



We have just come back from our short summer break and feel really quite refreshed and have lots of energy.

### Big changes since the new Government

There have been lots of changes recently since the elections when the new Tory and Liberal government came into power. Councils had to stop spending so much money in the summer.



### Less money for Speak Out



Speak Out got less money this year from Learning Disability Development Fund than they needed to run all its Self Advocacy Groups. Now the Loud and Clear Group will meet every two weeks instead of every week. We are also only going to do 2 Network News this year instead of 3.

### Changes to Benefits

At the last Partnership Board meeting Maureen Pasmore from the Work and Skills group told us there will be changes to the Income and Incapacity benefit. We felt that that's unnerving and are really worried about these changes. Maureen will be coming to the group to talk about the changes to the benefits.



We will tell you more in the next Network News.

The Link Group know that these are hard times and we need to stay positive and keep your chin up.



### **Staying in touch with our MP's**

In August Caroline Lucas from the Green Party came to Speak Out. She is the first Green Party Member of Parliament in this country. We think it's really important that MP's are in touch with people with learning disabilities so they can hear what you think. We would like to say a big big thank you to her for meeting us and best wishes to her.

### **New Co-chair of the Partnership Board**

Matthew Hellett has resigned as Co-chair. He wants to give another person a chance at being the co-chair so he can try new challenges.

Betty Vincent is the new Co-chair so well done! September was her first Partnership Board meeting as a co-chair and she was a star!



### **Telling the Partnership Board Meeting about food**

We told the Partnership Board about the work that groups have been doing about food. Different sub groups are going to talk about how they make sure people have more choices about what they eat and more chances to prepare their own food. We will tell you what they decide in the next issue.



# Advocacy for People with Learning Disabilities from Black and Minority Ethnic Communities.



Speak Out is working with Giving Us a Voice. This is a national project to tell the government what people with learning disabilities from Black and Minority Ethnic Communities want from services.



Giving us a voice is all about people from the BME communities having a chance to speak up about their lives and the support and services they get or want.



Speak Out is holding a meeting on Thursday 18th November inviting everyone from the Black and Minority Ethnic community to come and find out about Giving us a Voice and tell us what is important to you.



Ola and Rowland from the Giving us A Voice Team will come and talk to us.

On 20th January 2011 there is going to be a big event in Brighton for all people in the South East to meet up and tell about their experiences and what they want from services.



**Please tell everyone who might be interested about this project.**

**Come and Speak Up on Thursday 18th November 10.30-12.30 at Speak Out.**

**Please ring Speak Out on 421921 for more information, map and help with Transport.**



## Getting Better Support from Services in Brighton and Hove!

Do you find it difficult using shops and leisure services and sometimes need extra help?

Sometimes people need some extra help using places like libraries, cafes, shops and swimming pools. There are places that are good at offering extra help, and other places that could do better.

**The Thumbs Up! scheme** is about offering good support to people with learning disabilities.

The scheme is asking places like shops, banks, and housing offices to say that will do 10 things to help people with learning disabilities. They are sent a DVD and some other information they can use to train their staff.



The DVD features people with learning disabilities from Brighton & Hove.

Watch out for the Thumbs Up logo. It shows you should get good support there.

If you go to places that you think should join the scheme, please let them know. There is more information about the scheme on

[www.brightpart.org](http://www.brightpart.org)

# Tune into the Shut Up and Listen Radio Show!!

By J.J

## What is it?

Shut up and Listen is a radio station for people with learning disabilities.

It gives opportunity to people with learning disabilities to become radio presenters, work in the media and get themselves heard on radio.

We play people with learning disabilities' songs.

## What it has done for me?

It's given me the opportunity to get my name heard around Sussex and Europe.

I've got media experience, I've done radio production, and hospital radio.

I've got 2 awards from hard work in hospital radio.

I've done a couple of voiceovers for Shut Up and Listen and I operate the desk at radio reverb.

Hoping to give the opportunity to train others on the mixing desk.



**If anyone is out there who's interested, or who is a musician with learning disabilities. Drop us an email and we can play their songs and get their names heard. Email: [sual@carousel.org.uk](mailto:sual@carousel.org.uk)**

A group of artists with learning disabilities supported by Carousel, meet to plan and record the radio shows.



‘Some of us had some DJing experience or had been interviewed on radio, but none of us had arranged our own radio show and none of us had had our songs broadcast. So we created a unique radio show to play music done by many of the learning disabled bands that we knew about. We meet twice a month to plan and record the show, at a local radio studio.’



### When can you hear the show?

Shut Up and Listen is broadcast at 8pm on the last Thursday of every month, with repeats every Friday at midday.



You can hear the show on 97.2fm in Brighton and online at [www.radioreverb.com](http://www.radioreverb.com)  
Or download a podcast of the show at [www.shutupandlisten.org.uk](http://www.shutupandlisten.org.uk)



“I’m really proud of our radio show, I want as many people as possible to hear it. I want it to be really big!” – DJ JJ

# Choosing what you would like to do in day services

## By Wednesday Group



The Wednesday group went to the Choices Event to find out what activities are on offer at the day centres.

Each day centre is going to be doing different things like art, work or health. There were lots of different activities to choose from like:



- Working with Feast
- Working on an allotment
- Recycling
- Music
- Healthwalks
- Dog walking



People are going to be starting their new courses soon. There may be spaces on some of the courses.

**If you are interested in finding out about what courses are on offer you can contact Mandy on 296389 or Jacqui on 295565.**



**You can join in the activities even if you do not go to a Day Centre.**

**If there are a group of people who want to do an activity that is not offered they will help you organise it.**



**You will have to pay a small amount to join in if you don't go to a day centre.**





# My Working Holiday In France

By Susan Street

It was lovely, really lovely.

We went to France, in a chateau. We all done a lot of things there. We didn't do any work first day because we were so tired. We didn't have to work on Sunday, some of them went to church.



We started on Monday all the garden. Took all the ivy off the wall. We all done a bit and the staff went with us.

Big house where we stayed. They have students there coming to paint the walls.



The food was nice. We had French food, croissants and one with chocolate. We had chocolate in a dish. We drink it out the dish. We had snails!! They were lovely. When we tasted those, I put one in a sandwich.

Went out to the markets looked around.

In the fields sheeps and cows.

We went on the farm and saw where they made the milk and butter. Someone leaned over and her glasses went in all in the milk!



**It was all good!!**



# Speak Out's picnic and website launch

Speak Out had it's annual picnic back in the summer when it was warm and sunny! We also launched our new website on the same day. A great day was had by all!

Members of Speak Out came along with friends of the project, the Mayor Geoff Wells and Councillor Dave Smart.



Sarah and Sue



The Mayor meets Diana and Marjorie



Advocacy partners Anita and Sandra



Louella making Speak Out badges



Pam with the Mayor



Peter



Peggy and the Mayor

# My First Paid Job

## By Roger Williams

At home I get excited when the postman delivers letters. I'm always the first to pick them up.

One day my support worker Tim asked me would I like to be a postman? I said 'Yeah'

We contacted the Leader Newspaper and now I have my own delivery round every Thursday.



It's great. I have leaflets delivered on a Monday (sometimes a lot) and my friend the Leader delivery man comes every Thursday morning and gives me 122 Leader papers. I sit down on a Thursday with my support workers and place all leaflets in each papers ready for me to do my round.

After lunch I get my work uniform and trolley and me and my support workers start to deliver. I love it and I'm good at it! I meet lots of people and we always say hello.

Then on a Tuesday morning I get my payslip sent to me! It's great to have a job!



Tim who is Roger's support worker says 'Roger does not lose any of his benefits as long as he does not earn more than £20 per week. I would like to say that the team are extremely proud of Roger in the way he had taken on his responsibility of having a paid job. Well done Roger!'



A big thank you to staff for supporting me in my new job.

# Information on Getting out and About



**Share** is a magazine for people with learning disabilities. It tells you what's going on and how to meet and make new friends.

It is edited by people with learning disabilities.

In the magazine you can read about good places to go and activities to try.



In the next Magazine for October/November you can read about going to the gym, the new stadium and Come dine with me project!!

You can send in reviews for the magazine and if they are used you will get paid for it.

## What's to Do?

On Speak Out's website you can find reviews of lots of places in Brighton and Hove.

If you would like to tell other people about the places you have been or the activities you have tried contact us at Speak Out.



You can fill in a review form, send us photos and we will put it on our website. Contact Speak Out on 421921 for details.



# HARVEST

## BRIGHTON & HOVE

Would you like to grow your own fruit and vegetables at home?

Harvest Brighton and Hove helps people grow their own food.



Would you like to grow food at home?



If you would ring Harvest for help on 431700.



If you live in a residential home or supported living tell your carer, home manager or support worker and they can help you contact Harvest.

If you would like to visit an allotment Harvest can help too.

Harvest website tells you about the courses and events they organise in Brighton and Hove.

[www.harvestbh.org.uk](http://www.harvestbh.org.uk)





## Partnership Board News



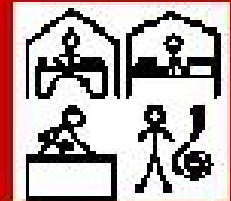
I help the Partnership Board do its work. Here is my article about the Partnership Board.

I am Karen Kingsland, the Partnership Board's development worker. I work for the City Council.

The Partnership Board is a champion for people with learning disabilities. Half the members of the Partnership Board are people with learning disabilities or family carers.



The Partnership Board talks about Big Questions. The Big Questions are problems that affect people with learning disabilities. These are the big problems that need us to all work together to find answers.



**Work & Skills**

One Big Question we talked about this year is how more people with learning disabilities could be helped to do paid or unpaid work if they want to. The Partnership Board's Work & Skills group is writing a plan from the ideas the Partnership Board came up with about people with learning disabilities needing help to find work.

To contact the Partnership Board:



[karen.kingsland@brighton-hove.gov.uk](mailto:karen.kingsland@brighton-hove.gov.uk)



01273 – 292115



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## Partnership Board News



Hello, I am one of the new Co-chairs of the Partnership Board

My name is Steve Harmer-Strange. I am a City Councillor.

On the council I am one of two councillors who represent the South Portslade part of our city - that is called my 'Ward'. Councillors usually have other jobs as well as representing their ward. One of my other jobs is co-chairing the Learning Disability Partnership Board. Another role I have is being a governor at Hillside School, which is a school for children with special needs.

On the Partnership Board I work with my co-chair, Betty Vincent. You can read about Betty on another page of this Network News. Betty and I make sure the Partnership Board meetings go well and that everyone gets a chance to have their say.

I started co-chairing the Partnership Board in June and I like being able to help people with learning disabilities have their say about things that are important to them.

Come along and see the Partnership Board in action. The meetings are in Hove Town Hall from 10:00 to 1:00 and are open to the public.

Partnership Board Meeting Dates:

- **Monday 15th November 2010**
- **Monday 17th January 2011**
- **Monday 21st March 2011**



## Partnership Board News



The Partnership Board's Healthy Lives Group did a Big Health Services Check in October.

We want to know if health services do a good job of helping people with learning disabilities. We asked what people think of the doctors' surgeries, dentists, opticians and hospitals in Brighton & Hove.

We came along to some of the self-advocacy groups and day services to ask what people think.

We had an event on 6th October. We asked people to come to our event and tell us what they think about health services. We made sure people could also learn more about health services when they came to the Big Health Services Check event.

More than 100 people told us what they think. We will do a big report about what people have said about health services. The report will also say what we are going to do to help the health services make things better.

Everybody deserves good health services.



Betty at the eventCheck event

## Quick News



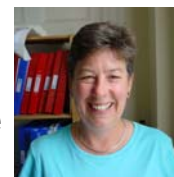
### Mathew stops Co-Chairing the Partnership Board

We want to say a Big Thank you to Mathew for all his hard work as Co-Chair of the Partnership Board. Luckily for Speak Out, he is still an active member of the Link Group!!



### Goodbye to Speak Out staff

Liz Yeats left Speak Out this summer after 7 years with us. We wish her all the best in her new job!



Paul Connor Kearns has emigrated to Australia after being with us as a 1:1 Advocate since January. Sarah Coombes has now taken over his job.



# Thank you...

Thank you to all the people who helped write this Network News.



Wednesday  
Speaking Up  
Group



D.J Jay Jay



Sarah Watson



Susan Street



Betty Vincent



Maria Borer

If you want to write an article for Network News please phone or email Sarah or Ingrid at Speak Out on:



01273 421921



sarahpickard@bhspeakout.org.uk  
ingridshberry@bhspeakout.org.uk



Roger Williams

Brighton and Hove

SPEAK OUT



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This newsletter is produced and edited by  
**Brighton and Hove Speak Out**  
with support from the Brighton and Hove Learning Disability  
Partnership Board.



**Network News is funded by the  
Brighton and Hove Learning Disability Development Fund.**

**Network News** is a place for groups and individuals to share their experience of living with a learning disability. Also for the Learning Disability Partnership Board to let people know about the work it's doing.

**This newsletter is also available on CD.  
Please ask the Speak Out office if you would like a copy.**

