

# Learning Disability Partnership Board Knowledge Café



Issue 1  
November 2019

Feedback from October 8th 2019 Knowledge Café

## Thankyou!

A massive thankyou to everyone who attended the 1st Wiltshire Learning Disability Partnership Board Knowledge Café on 8th October. It was a fantastic day with a real buzz and energy with some great ideas generated by everyone!

Thankyou also to Sam Church for his incredible art work and capturing all of the thoughts and ideas throughout the morning.

You will find all of the information from the Knowledge Café pulled together here and also the date for the next one.

### Inside this issue

- **Getting the 'Good Life' - Community, Relationships and My Resources**
- **How to make things happen**
- **What Next — there is lots to do!**
- **I will ....**
- **The next Knowledge Café**



## Getting the 'Good Life'

Each table looked at a scenario about a person who wants to be part of their local community and what or who in

- A. The Community
- B. Their Relationships
- C. Their own Resources

Can support them to achieve this !

# KAREN



- \* A lady in her 30s who enjoys GOING OUT!
- \* Lives in supported living with 3 older people...who don't want to do much
- \* Karen is BORED spending so much time at home
- \* She would like to go out & be part of her local community

**How could this become a reality for Karen?**



Loads of ideas were generated about places, people and organisation's in the local community that make life good.

Local amenities such as the cinema, shops, cafés and in particular the pub were all places that were highlighted.

Social clubs and groups such as community groups, dance clubs, craft clubs were suggested as useful places to meet new people and a reason to get out and about in your community.

The community also had loads of places that provided people with information about what is going on locally, such as the library, churches, local paper.

A valuable local service for many people was transport especially buses.

Using the local community as a base from which to keep fit was highlighted with ideas such as spending time in the park , the leisure centre, walking the dog and cycling suggested.

The local community is viewed a base from which to work, volunteer or learn new things in schools and colleges.

Organisations in the community such as the Council, Job Centres and Voluntary Agencies are important.

There were also suggestions to make the community better by making it more accessible and having more information about what is going on.

### Community Headlines

The local pub was the most named community resource for people.

The leisure centre is a valuable community resource for many people.

People use the library, churches, local newspaper and the tourist information office to find out what is going on locally.



## Relationships Headlines

53 examples of relationships were given.

When looking at relationships three main types emerged:

53% friends

17% family

30% professionals

Relationships are vitally important to people having a good life.

Particularly important are the relationships that people have with friends. Meeting up with friends in the community was the single most important relationship that arose at the Knowledge Café.

People suggested various ways of keeping in contact with friends, such as — meeting, calling, visiting or writing (pen pal).

Connecting to people with similar interests was important and thought of as a good way to make friends as was befriending.

Family played an important role, people wanted to visit family and to stay connected to their families.

There were lots of suggestions about professionals that people would find it beneficial to have a relationship / contact with in order to support having a good life in your local community.

The professionals suggested were wide ranging and included support workers, Personal Assistants and Social Workers who could provide support and advice on daily living tasks.

More specialist support from professionals particularly around work and housing such as Job Coaches and Housing Officers were also important relationships.

The suitability of who provides the support was also raised —

**JAMES**

- \* Lives on his own
- \* Has no family nearby
- \* Feels like he has no friends
- \* Doesn't do much... except watch T.V. & play computer games
- \* Would like to meet new people & do more in his local community...

How could James be supported to make this happen?

*“I want a younger carer—mines in her 60’s”*

*Quote from a young person with a Learning Disability at the Knowledge Café*



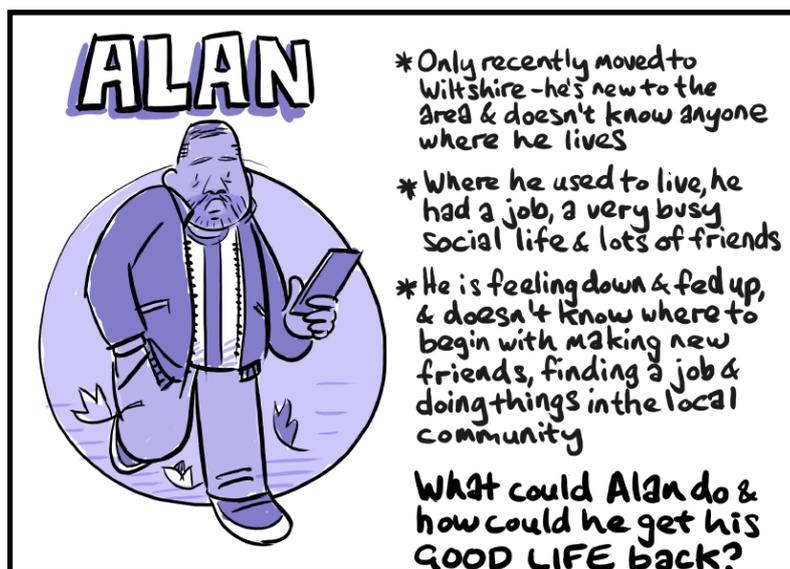
## My Resources Headlines

People know what they like and dislike.

You need to have motivation to change your circumstances.

Technology plays an important role in many peoples lives.

Working, volunteering and learning are important ways to develop new skills and adds to the resources people have.



Lots of suggestions were generated about the resources and skills that people have to assist themselves.

Attributes such as knowing what you like and dislike, having motivation to change your circumstances were thought of as important. As were having life skills, independence skills, communication skills, recognising strengths and having mechanisms to cope with anxiety.

Technology was highlight as a tool that many people have at their disposal and can use to keep in contact with people and to find out what is going on in their community. Using text, WhatsApp and various social

media platforms were all mentioned.

Working, volunteering or learning new skills were suggested as ways that you can add to your personal resources.

There were also some physical resources that people had available to them such as money, PIP and In Case of Emergency Cards.

The suggestions that people came up with demonstrated how many tools each of us have at our disposable to assist us to have a good life. Although these resources are not always used and people are not always given the opportunity to use them and have choice and control over what they do.

*“Doing one thing leads to another”*

*Quote from a participant at the Knowledge Café*

## How to Make Things Happen?

Next, we asked the groups to think about what needed to be done and who needed to be involved in order to start making the 'Good Life' happen. We wanted to know what could be done now, what would take a few months to achieve and what might take a year to achieve. Here are some examples:

A quick win that could be done now ... 

Share some contact info today with people we have met here

Who needs to be involved to make this happen?

1. Us in the room
- 2.

 This will take a few months to achieve ...

Month 6  
Month 5  
Month 4  
Month 3  
Month 2  
Month 1

Locate and join a local music group

Who needs to be involved to make this happen?

1. Myself and other musicians
2. support worker and facilitator for music

This one might take a year or more ... 

To have clubs and groups in different places

Who needs to be involved to make this happen?

1. Parents and Carers
2. Funding groups

## What Next — there is lots to do!

From looking at the aims that were created on the day we will be spending the next Knowledge Café looking in further detail at one of them, what it means, what it looks like and how we can set about starting to achieve it and make a real difference. That aim is—

Think **BIG**, start **small**

What do you want to achieve? 	What do you need to do this? 	How many? 	By When? 
Positive Inclusion in society	Training, Awareness, Marketing Campaigns, Positive Activism, Members of the Learning Disabilities Partnership Board being actively involved.	To be decided	During 2020

## I will...

At the end of the Knowledge Café we ask people what they would commit to doing to make a difference, they said ....

I will ...

**Visit the Café in  
Trowbridge**

I will ...

**Ensure all the learning  
from today informs  
future developments /  
service designs**

I will...

**Make new friends**



## The next Learning Disability Partnership Board Knowledge Café will be on -

**Monday 13th January 2020 10am - 12 noon**

**Paxcroft Mead Community Centre**

**17 Hackett Place, Hilperton, Trowbridge BA14 7GW**

We will be looking at Positive Inclusion within society—what this means, what this looks like to you and how do we achieve this?

**There are only 50 places available, to book a place email  
[kate@wiltshirecil.org.uk](mailto:kate@wiltshirecil.org.uk) or call 0300 1233 442**

**If you use services, we can help you to attend by providing transport and having someone there on the day to support you to take part**

If you have any questions or would like to know more about the Wiltshire Learning Disabilities Partnership Board contact -

Kate Tutssel: [kate@wiltshirecil.org.uk](mailto:kate@wiltshirecil.org.uk) or call 0300 1233 442

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