

Learning Disability Partnership Board Knowledge Café



Issue 4
October 2020

Thank You!

A massive thank you to everyone who filled in July's newsletter and sent it back to us, we had some great responses and received a total of 12 newsletters back.



Inside this issue

- What have you missed?
- What was good and what was poor?
- What should we keep?
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Covid-19 Recovery Planning Responses

In this newsletter we will be talking about and sharing the answers that you gave to the questions in July's newsletter about Covid-19 Recovery planning.

This will include looking at what people have missed, people's experiences of how things have been done in the community. Ideas for things we should keep following the response to Covid-19 and your big dreams for the future.

What was good and what was poor?

Lots of new ways of doing things have been tried in the community over the past few months. You told us about some of the things that have been **GOOD** and **POOR**.

Lots of you told us that wearing **masks** was **good**. But there were also a few people who found wearing masks **poor** as they found it **hard to breath**. People's **attitudes to the rules** were also highlighted as **poor**, you felt that some people **do not care** and that people should have **started wearing masks sooner**.



Many examples of kind communities were highlighted as **good** such as **looking out for neighbours, keeping going and staying positive and safe**. You also noted that we **now appreciate each other more**.

You had very mixed views about the changes to how we shop. Some of you found the new shopping rules **good** and you liked **quieter shops, queueing** and the **one way systems**. Where as some of you felt this was **poor** and you did not like **waiting in queues, not being able to go shopping with friends , not being able to do your own shopping** or the **lack of products in shops**.



Some of you found spending **more time at home good**, you enjoyed being able to **watch performances on line** and **playing football** at home. Others found staying at home more difficult and felt this was **poor**. You didn't like **being in lockdown** or **spending more time at home** and not being **able to continue with projects**.

You highlighted disruptions to your care as **poor**, such as **having to move home from supported living** and **still having to pay for care when not getting any**. Changes to how your support was delivered was also highlighted, you also said that you **prefer support in person rather than on the phone**.



What should we keep?

After thinking about the good things that have been tried in the community, you came up with some suggestions of things that we should try and keep.

The thing that you felt that we should try and keep the most was **keeping fit**. You said that you are now **walking, cycling, playing football** and that you are spending more time **playing games**. One person told us how they had lost an amazing **16lbs in weight from walking**, well done!



Using hand gel and cleaning hands all of the time was also suggested as something we should keep. Along with **staff wearing 'work clothes'**.

You would also like to keep kind communities. You felt that we should keep supporting the **community and disabled people**. We should continue to be **more caring and loving**, we should keep **looking out for one another** and **supporting our neighbours**.



You want to be able to keep staying in touch with people. You want to **socialise**, spend **time with family and friends**, have **better family visits** and **video calls**. It is important that you can **keep going for days out** and that you can **invite other people to activities**.

Don't look back!

You told us about how some of the things that are now done differently since Covid-19 have made life easier and better for you.

Half of you told us that there have been improvements in hygiene, you said:

What is it?	How was it done?	How it's done now?	Why is it better?
Washing hands	People not washing their hands enough, not hygienic	People wash their hands and use hand sanitizer	Stops/lowers risk of infection

You told us about how you are now doing more activities at home:

What is it?	How was it done?	How it's done now?	Why is it better?
Doing activities	Not much time to do activities in the house	Much more time now, doing lots of home activities	Colouring, karaoke sing along. I do my hobbies

You told us about how you are getting more exercise:

What is it?	How was it done?	How it's done now?	Why is it better?
Getting more exercise	I had support to walk to my voluntary job but no support to get other exercise	With my mum. I would be happy to go with a support worker	I have lost weight

Dream BIG

We asked you think about the future and what would make your life great, this is what you told us:

Having a smart phone
To go to Blue Skys again - to see staff and friends
Getting to know people better
A holiday with my brother to America to see a friend in Arizona
To have our freedom back and to return to normal
For everything to go back to normal
To return to my supported living house with my friends
To return to my activities and voluntary jobs
To never see Covid-19 again - for it to go and not return
Go back to school
Travel
To keep visiting my family
I would like to take my husband out to the park
To have some cooking lessons
Having different neighbours
To be a confident cook

What now!

All of your thoughts, ideas and opinions contained within this newsletter can be used by Wiltshire Council to help them with their Recovery Planning.

Dan Wilkins, Head of Service (Community Team for People with Learning Disabilities) at Wiltshire Council:

“Thank you to everyone who completed the feedback, the information you have provided is fantastic. It’s wonderful to see that so many of you are doing more exercise and other activities to stay well. I look forward to meeting everyone at the next LD knowledge café very soon to discuss your ideas further.”

Produced by WCIL User Engagement Team

If you have any questions or would like to know more about the Wiltshire Learning Disabilities Partnership Board contact -
userengagement@wiltshirecil.org.uk or call 0300 1233 442

**Wiltshire Centre for Independent Living 11 Couch Lane Devizes Wiltshire SN10 1EB
Charity no. 1120611 Company no. 5480761**