

Learning Disability Focus Group News

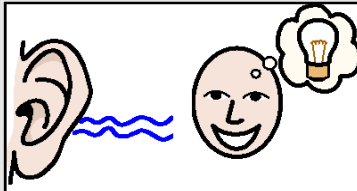
It's your Health, have your say!



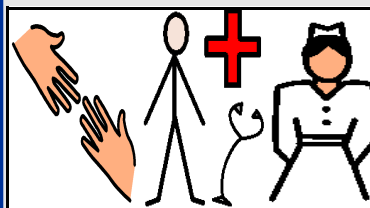
What is the Learning Disability Focus Group?



The group will be trying to improve local health services for people with learning disabilities living in the Scarborough, Whitby and Ryedale areas.



The group will listen to other people's opinions and experiences.



Help health service staff understand the needs of people with learning disabilities.



Have your say about Local Health Services.

We want to hear from you! Our address is on Page 4.



North Yorkshire and York
Community and Mental Health Services

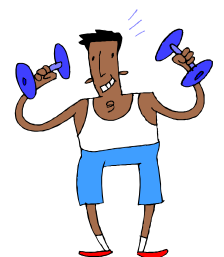
F o c u s o n H e a l t h E v e n t



Tuesday 8th February 2011 in the Scarborough Spa Ocean Room.

10am – 4pm includes lunch.

More details on page 2 ! →



Learning Disability Focus Group News



Focus on Health Event - 8th February 2011 The Scarborough Spa Ocean Room

If you want to know more about :-

- The New Learning Disability Champions at Scarborough Hospital
- The Getting It Right charter
- Leo McGrory and North Yorkshire LINK
- Dr Bennett and Mental Health and Learning Disabilities

Not forgetting... **Cooking demonstrations**, **Food tasting**, **Curling**, **Exercises**, **Eurythmy**, and lots more! Come along to this **free** event.

For more information contact Lynne Taylor (Health Facilitator) **01723 581344**



Changing Places In our Area

What are **Changing Places** Toilets?

Standard disabled toilets do not meet the needs of all people with a disability.

People with profound and multiple learning disabilities, as well as other serious impairments need extra facilities to be able to use the toilets comfortably.

Changing Places toilets are different, with extra features and more space.

North Yorkshire County Council would like more **Changing Places** in the Scarborough, Whitby and Ryedale area.

It is difficult to find sites for **Changing Places** because they need to be very big. Scarborough Hospital have said they are happy to have a **Changing Places** site at the hospital. They have

The **Changing Places** campaign aims to get fully accessible toilets into major public areas, including a hoist, changing bench and lots of space.

looked at where they could put it. North Yorkshire County Council and Scarborough Hospital NHS Trust are talking about how to pay for it.

The Learning Disability Focus Group will continue to campaign to have more **Changing Places** toilets made available in our area.

For more information contact

Ruth Collin or John Lawson
Tel: **0845 0349481**



For more general information
Tel: **020 7696 6019**



Email: ChangingPlaces@mencap.org.uk
Web: www.changing-places.org

Learning Disability Focus Group News

Easy Read Signs at Scarborough Hospital



New signs with symbols on them have been put up at Scarborough Hospital.



We want your feedback please!

- Have you seen the signs?
- Are they accessible?



Let Us Know! You can find our address is on Page 4.



The Getting It Right charter says that a **Learning Disability Liaison Nurse** should be appointed in our hospitals.



Getting it right charter

See the person, not the disability

All people with a learning disability have an equal right to healthcare. All healthcare professionals have a duty to make reasonable adjustments to the treatment they provide to people with a learning disability. All healthcare professionals should provide a high standard of care and treatment and value the lives of people with a learning disability. By signing this charter, we pledge to:

- ✓ make sure that hospital passports are available and used
- ✓ make sure that all our staff understand and apply the principles of mental capacity laws
- ✓ appoint a learning disability liaison nurse in our hospital(s)
- ✓ make sure every eligible person with a learning disability can have an annual health check
- ✓ provide ongoing learning disability awareness training for all staff
- ✓ listen to, respect and involve families and carers
- ✓ provide practical support and information to families and carers
- ✓ provide information that is accessible for people with a learning disability
- ✓ display the Getting it right principles for everyone to see.

For guidance on implementing this pledge, please visit www.mencap.org.uk/gettingitright



The Learning Disability Focus Group have been campaigning for this at Scarborough Hospital. A **Learning Disability Liaison Nurse** would be able to help people with a Learning Disability when they need to use the hospitals in our area.

The Group understands that an advert will go out in the near future for this new job to be based at Scarborough Hospital. It will be for 2 days a week.

Please see our next edition for a full update on this story.

A Healthy Recipe for you to try!

Spaghetti Bolognese



1 onion



1-2 cloves garlic



500g lean mince beef



2 tins tomatoes



4 carrots



250g mushrooms
+ Spaghetti!

Simple

Easy

Nutritious!

Chop one onion and cook over a low heat for about 5 mins until softened.

Add garlic to taste if you want.

Add 500g lean minced beef, and cook until there is no pink meat left, then



add the tomatoes.

Peel and grate 4 carrots and add to sauce. Then add 250g mushrooms and bring to the boil.

Simmer for about 40 mins. Meanwhile cook spaghetti to packet instructions.

When sauce is ready the sauce and pasta can be plated up!

The **Learning Disability Focus Group** meets once a month.

The next meeting will be held at Eastfield Clinic on **2nd March 2011 at 10.30am**.

If you would like to come to our next meeting please contact Lynne Taylor on **01723 581344**

Castle Health Centre



Heard about the new walk-in health centre in Scarborough?



Castle Health Centre

3-4 York Place, Scarborough, YO11 2NP

Castle Health Centre is open from 8am to 8pm, every day of the year.

For more information Tel: 0330 1239278

Web: <http://www.castlehealthcentre.co.uk>



Fun and Games



Y	K	C	D	O	C	T	O	R	S	X	S	N	M
X	J	U	C	N	T	C	O	Q	S	J	G	D	F
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L	E	A	R	N	I	N	G	K	F	O	C	U	S

Learning Disability Focus Group

Eastfield Clinic

Westway, Scarborough

YO11 3EG

Tel. 01723 581344

Fax: 01723 585017

Email: Reception.lids@acute.sney.nhs.uk

Newsletter Editor - Ben Hardiment

Clinic Opening Times:

Mon - Thu: 8.30 - 5pm

Fri: 8.30 - 4.30pm

Sat, Sun, Bank Holidays Closed

Other useful information

How to contact
PALS and the
Complaints
Team:

Scarborough Hospital:
Tel. **01723 368111**

PALS: **01723 342434**

Visit PALS office at Main Reception in Bridlington and Scarborough hospitals.

Email: PALS@acute.sney.nhs.uk.

Write to PALS at : Scarborough Hospital, Woodlands Drive, Scarborough, YO12 6QL.

In Scarborough Hospital you can phone PALS using one of the PALS phones that are located on each floor.

SCARBOROUGH	CHARTER
HOSPITAL	FOCUS
EASTFIELD	GROUP
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LEARNING	DAY
DISABILITY	RECIPES
SERVICE	CHANGING
GETTING	PLACE
IT	DOCTORS
RIGHT	NHS



This Newsletter is very kindly being sponsored by Milewood Healthcare Ltd for 2011.

Milewood Healthcare offers a professional, forward-thinking care service for learning disabled adults.

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