

Editor's Musings

Welcome to the first edition of the North West Training & Development Team's quarterly magazine. We are hoping that the magazine will be a mix of topical subjects and regular features and we want it to reflect the good work going on for people with learning disabilities in the North West.

As we begin the new financial year we have published a calendar of this year's training events and network meetings. A summary of this can be found in the centre pages of the magazine. If you need more detailed information then have a look on our website at www.nwtdt.com or ring the office on 01254 306850.

If you have any comments on the first issue or suggestions for future contributions then I'd like to hear from you.

Thanks for reading and Happy Easter

Phil



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Spreading the word

In February 2004 a small group of family members travelled to London to meet with Stephen Ladyman MP, Parliamentary Under Secretary of State for Community. The meeting was set-up to highlight the inclusive work going on in the North West.

The group started by painting a picture of their families experiences and what they want for their sons and daughters - to be part of mainstream society with appropriate support.

They talked about some of the good practice going on in the region, such as Kindred Spirits and the In Control project and the close working relationships between local authorities and the NWTDT and the difference these are making to families.

The minister was keen to hear the families' views and following on from this meeting he has kept up his

interest in the work going on in the North West. When he recently visited Wigan he met up with families involved with the In Control project.



What people think of the NWTDT

"The team's investment in developing leadership among families, self-advocates, and service workers committed to imagining and creating better supports lies at the foundation of its effectiveness. It's membership makes it a living expression of the benefits of bringing together diverse people with distinctive competencies and allows the team to bridge gaps that can divide people who need to work together for change."

John O'Brien

"It is difficult not to draw a link between the good progress on Valuing People being made in many parts of the North West and the work over a number of years of the NWTDT."

Rob Greig, National Director, Valuing People

Being In Control

Wigan Council have embarked on a very innovative and potentially service-changing pilot project which is one of only six in the country. The IN CONTROL project within Wigan



has identified and recruited 15 families who are willing to pioneer this very new way of working. The families consist of young people about to make the transition into adult life and adults who would like to see changes in their own life.

The families are in the early stages of the project and are starting to develop their own, or their son's or daughter's, person centred plan which is being mentored and supported by the NWTDT. The idea is that alongside the families planning, the services are radically looking at influencing

changes in the way individuals are currently assessed so that the funding allocation can be shared with families and as part of their plan they identify the best way this funding could support their son or daughter through a support plan. The support plan can use a 'pick and mix' of services including direct payments - the only criteria is that they should spend the funding locally.

One of the mothers involved with the project said 'This is a very radical and exciting opportunity for our son, we have waited so long for this to happen. We have been planning for



years but what Joseph wants and needs is not provided in traditional ways. This, therefore, will be a wonderful opportunity to design the support he needs knowing that he can continue to stay within his own community amongst the people he

knows. We are confident that traditional boundaries will be crossed and there really will be a service which supports Joseph in the way in which he needs, which enables him to be included in ordinary places like the local college, in the community, socially and longer term perhaps even getting a job. We will be in control which means any issues will be sorted as they arise and we know that the funding will be best spent to meet his needs in a way which is suitable for him.

The project is still in its early days and has already got people sat round a table making plans who traditionally may have never even come together. Together they are working out new solutions and are really challenging traditional practice. We all know this process will feel at times like walking through treacle but we do know the treacle is turning runnier by the day as long as we all walk holding hands together!

Watch this space!

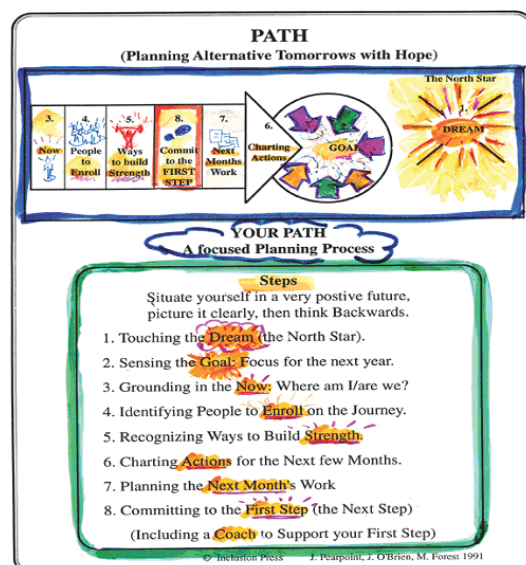
For further information about the 'In Control' project in Wigan please contact Julie Stansfield - Julie.stansfield@nwttdt.com or via the NWTDT office on 01254 306850.

Partnership Board PATHS

PATH is a creative, dynamic tool for helping individuals, groups and organisations think about and move into more positive and possible futures.

This person centred planning tool is a powerful way to bring people together to clarify a hopeful vision, then plan positive and possible steps towards that future.

"This tool has worked particularly well with Partnership Boards with the value of 'together we are better' and knowing the varied disciplines and diverse members of Partnership Boards. The tool sets a joint team vision for **all** members to relate to and action and focus on their own role and place to work towards the vision. From the vast confusion of a bucket load of agenda's comes a wide view and vision enabling all people to see the wider picture and recognise their own role within the board." Julie Stansfield, NWTDT.



Many North West Partnership Boards have used NWTDT to facilitate a PATH.

About the North West Training & Development Team

The North West Training and Development Team is a small not for profit training and development team jointly funded by local authorities, health commissioning agencies in the North West and national grants.

Our Mission Statement

The NWTDT exists to facilitate the full inclusion of people with learning disabilities in community life, through partnerships with people with disabilities, families and organisations.

We do this through:

- Developing local capacity for change through courses, mentoring, support and development projects
- Linking people together (parents, self-advocates, commissioners and providers) and developing partnerships through interest networks
- Providing leadership, developing groundbreaking projects, training, contributing to research and translating policy and research into local action
- Sharing what is being learned through conferences and publications



NWTDT Commissioning Group

A Commissioning Group oversees the direction of the North West Training & Development team. This board is made up of representatives of subscriber organisations, family member & self advocates and meets quarterly.

The commissioning group discusses key issues and offer practical guidance and accountability in support of the team and it's stakeholders.

Key topics may include:

- Support advocacy development activity
- Consultation with regional bodies relating to the team
- Support for families and self advocate leadership
- Publicity and maintaining financing of the team
- Engaging with subscribers of the team

Membership of the Group

Anne Williams	Chair of the Group
Nick Morey	Greater Manchester Rep & Commissioner
Caroline Tomlinson	Greater Manchester Rep & Family Member
Sandy Bering	Merseyside and Cheshire Rep & Commissioner
Jane Colville	Merseyside and Cheshire Rep & Commissioner
Gavin Cross	Merseyside and Cheshire Rep & Family member
Denise Allen	Merseyside and Cheshire Rep & Family member
Johnathon & Frank Hurley	Merseyside and Cheshire Rep & Family and self advocate members
Karen Flood	Merseyside and Cheshire Rep & self advocate members
Dave Spencer	Lancashire and Cumbria Rep & Commissioner
Robbie Shannahan	Lancashire and Cumbria Rep & Commissioner
Anne-Marie Whiteside	Lancashire and Cumbria Rep & Family member
Julie Stansfield	NWTDT representative
Martin Routledge	Valuing People Regional Advisor

Learning Disability & Ethnicity

In March 2001, at the same time that the government launched the 'Valuing People' White Paper, they also published a report called 'Learning Difficulties and Ethnicity'. This report highlighted that people with learning disabilities from minority ethnic communities and their families, are amongst the most disadvantaged groups in our society. Following on from this report the Department of Health and the Valuing People Support Team have recently launched 'Learning Difficulties and Ethnicity – A Framework for Action'.



The Framework sets out to help people look at what is going on locally and give information and support to improve things. The framework consists of a number of discrete documents including the main report, an audit tool, further 'reading, resources and examples' and an easy read summary.

During February and March, a number of launch events were held across the country with the first one being held in Preston. Nabela Rahim the NWTDT's lead on ethnicity issues and one of the people involved with the steering group that contributed to the framework attended the first event.

"People are starting to acknowledge that they don't really know the issues for the minority ethnic communities that they serve. There was a real buzz at the event and a lot of people are very positive about the Framework and see it as a way of giving some direction to move things forward."

The event started with a presentation about the national picture followed by smaller group working and workshops. "The group-working raised a lot of fundamental issues and showed that although people want to improve services they have had difficulties knowing where to start and there is a real need for basic awareness training and information around cultural and religious difference within local services." Nabela has for some time been working with a number of districts on ethnicity issues and is

currently developing a 2 day programme called 'Inclusive Positive Action – for all communities' that will run several times during 2004 / 05 and will address some of these basic issues.

Following on from the national launches, the focus will move to a local level with participants at the events being asked to go back to their local Partnership Boards and use the audit tool to look at what work is going on in their area.

A copy of the 'Learning Difficulties and Ethnicity – A framework for Action' can be downloaded from <http://www.valuingpeople.gov.uk/latestnews.htm>. For further information about 'Inclusive Positive Action – for all communities' or how the NWTDT can assist with Learning Disability and Ethnicity issue please contact Nabela on nabela.rahim@nwttdt.com or via our office on 01254 306850.

The 'Fairly' New Office



In June 2003 the North West Training & Development Team and the North West Regional Valuing People Support Team moved to a new office in Accrington. Prior to this the team had operated from two bases in Salford and Calderstones hospital in Whalley.

The office is situated near the Globe Conference Centre in Accrington and although we share the premise with a fitness centre, pumping iron is not obligatory!

If you are visiting, you can find us at the corner of Scaitcliffe St and Richmond St. Our entrance is below the SportLife sign on Richmond St. If you need detailed directions on how to find the office these can be found on the NWTDT website at www.nwttdt.com/contacts.htm, or if you ring the office on 01254 306850 we can post, fax or email a map and directions to you.



2004–2005 Meetings, Events & Training

On the following pages is a summary of Meetings / Events and Training that are being jointly funded and arranged or supported by the *North West Training & Development Team* and the *Valuing People Support Team* for 2004 – 05.

These dates are correct at time of publishing and detailed flyers including venues and costs will be sent out prior to the event.

Listed below is a brief description of some of the training courses, over the next few weeks the NWTDT will be issuing a detailed brochure of training and services. For further details please check the website www.nwtdt.com, email info@nwtdt.com or phone the office on 01254 306850.

Planning with People

This seven day course will introduce a number of different planning tools to participants which share common values and principals of focusing on what is important to people we plan with and how we can continue to act on what we learn in true commitment and partnership.

Day Service Modernisation in Practice

This programme is designed for anyone who has an interest in working towards better futures and ideally small teams made up of self-advocates, front-line staff, family members and day service managers will come forward to work together. This new programme is designed to help those at the front-line of day service modernisation to make it a reality and will be run over four, one-day sessions.

Managing Change through Innovation

This is a five month long programme which will be made available to six teams at a time. Teams will be made up of up to six people and can include self-advocates and family members as well as strategic and operational managers and frontline staff. The programme consists of eight days of group sessions and one and a half days of district based support for each team.



Delivering the Vision

This is a five day programme run over three months for small groups of self-advocates and family members who wish to become involved in staff training.

It will equip people with a range of exercises, tools and techniques, which can be used to help develop more awareness and get people on board.

Inclusive Positive Action: for all communities

The course aims to provide guidance and practical information, on developing quality services to meet the needs of minority groups. It highlights relevant issues and suggests ways of ensuring good practice. The two days will cover ways of improving practices and responses to diverse needs on an individual basis.

Partners in Policymaking

Partners in Policymaking is a leadership training programme for disabled adults and parents of disabled children up to school leaving age. The course takes two days a month over eight months. It describes state of the art practice. Assignments between sessions give participants opportunities to practice skills of finding information, making contact with policymakers and people who work in services, presenting their views, learning how decisions get made and how to influence them.

Kindred Spirits

A course for people who are working towards desirable futures for disabled children. The course consists of five sessions which will run over ten days. There will be approximately 35 participants, these will be people who work in education, health and social services, and parents of disabled children.

To Boldly Go...

We are pleased to announce that Lynne Seagle, Executive Director of Hope House Foundation in Virginia, USA has agreed to work with us again. Lynne will be leading these inspirational and practical one-day workshops which will focus on Leadership Development.

Not Consulting..

Crucial to the work of Partnership Boards is the work that needs to go on in terms of consulting with self-advocates and family members. Because of demand, we are setting up a new quarterly network to help those people who are involved in this type of work.

This group is open to anyone who has an interest in making sure that people play a central part in decision making processes, be they Partnership Board members, members of self-advocacy and family members' groups, or those working in strategy or planning positions.

John O'Brien Days

John O'Brien has been in the forefront of thinking and creating precedent-setting innovations that helped to create full lives for people with disability labels the world over. In addition to developing many of the planning systems used internationally, including person centred planning, training thousands of facilitators and human service workers, he has also written with enormous insight and sensitivity. John will be continuing to do various days in the North West as an associate member of the NWTDT.

Network Meetings	Dates	Audience	Chargeable?
NW Primary Care & Learning Disability Network	9 th Jun, 11 th Aug, 19 th Oct, 8 th Dec	People with an interest in Primary Care issues.	No
NW Acute Hospital & Learning Disability Network	21 st Apr, 14 th July, 13 th Oct,	People with an interest in Acute Hospital issues.	No
UK Primary Healthcare Network	11 th May, 11 th Aug, 10 th Nov,	People with an interest in Primary Care issues.	No
Short Term Support Network	5 th Apr, 6 th July, 6 th Oct,	People who lead on Short Term Support issues	No
NW Children's Network	20 th May, 25 th Aug, 24 th Nov,	People who lead on Childrens issues	No
Day Service Modernisation Network	20 th May, 14 th July, 6 th Dec,	People who lead Day Service Modernisation.	No
Regional Trainers Network	24 th May, 10 th Sept, 24 th Nov, 10 th Feb	Anyone interested in workforce development & training	No
PCP Network	17 th May, 20 th Sept, 16 th Nov, 12 th Jan	Those from Partnership Boards leading on PCP, Families and Self Advocates leading PCP	No
Ethnicity & Cultural Diversity Regional Network	15 th June, 5 th Oct, 8 th Feb	People from local areas leading on improving supports for people from minority ethnic communities	No
Transitions Network	5 th July, 11 th Nov, 14 th March	People from PBs leading on Transitions, including families and self advocates	No
Employment Network	TBC	People with an interest in Employment issues	No
NW Learning Disability Taskforce	26 th April, 26 th July, 25 th Oct	Task Force members	No
Health & Social Care leads meeting	11 th June, 23 rd /24 th Sept, 3 rd Dec, 3 rd /4 th Mar	Health & Social Care lead officers	No
NW Family Forum	22 nd April, 29 th June, 21 st Oct,	Family Members influencing Partnership Boards	No
NW Self-Advocates Forum	TBC	Representatives from local advocacy groups	No
Direct Payments Network	Oct 2004, Feb 2005 TBC	People with an interest in Direct Payments	No
Housing Network	Oct 2004, Feb 2005 TBC	People with an interest in Housing	No

Events	Dates	Audience	Chargeable?
John O'Brien Direct Payments Event	28 th Apr,	People with an interest in Direct Payments	Yes
Inclusion Conference (4 day conference)	3 rd Jun – 6 th Jun	Open	Yes
Housing Strategy Events (3 sessions)	20 th May, 16 th Jun, 24 th Jun	People with an interest in Housing	Yes
Not Consulting... (1 day events)	10 th June, 16 th Sept, 23 rd Nov, 15 th Mar	People interested in improving consultation processes	TBC
Direct Payments Events	21 st June, 9 th Sept, 9 th Dec	People with an interest in Direct Payments. Audience will vary dependant exact event.	Yes
To Boldly Go... (1 day events)	17 th Jan, 20 th Jan	Open	Yes

Training	Dates	Audience	Chargeable?
Planning with People (All forms of PCP approaches) (7 day course)	First session 4 th May	Open	Yes
Planning with People (All forms of PCP approaches) (7 day course)	First session 27 th Sept	Open	Yes
Day Service Modernisation in Practice (GM & Cheshire) (4 sessions)	First session 9 th September	Day Service Modernisation Leads	Yes
Day Service Modernisation in Practice (Merseyside) (4 day course)	First session 13 th September	Day Service Modernisation Leads	Yes
Day Service Modernisation in Practice (Lancs & Cumbria) (4 day course)	First session 14 th September	Day Service Modernisation Leads	Yes
Managing Change (NW Course) (8 day course)	First session 8 th Sept	Local Teams	Yes
Managing Change (NW Course) (8 day course)	First session 18 th Nov	Local Teams	Yes
Managing Change (North Course) (8 day course)	First session 3 rd Nov	Local Teams	Yes
Delivering the Vision (5 day course)	First session 4 th Nov	Self Advocates & Family Members	Yes
Inclusive positive action for all communities (2 day event)	11 th &12 th Oct, 13 th &14 th Dec, 10 th &11 th Jan, 21 st &22 nd Mar	People with an interest in Ethnicity issues	Yes
Partners in Policymaking (8 sessions)	Jan 2005 (To be confirmed)	Family members & Self Advocates	Yes
Kindred Spirits (5 sessions)	To be confirmed	Family members & Relevant Professionals	Yes

Kindred Spirits Breaking the Mould



In 2002 managers involved with services for children with disabilities in Sefton commissioned a disability equality course with a difference, it was called 'Kindred Spirits'. Prior to this time regular 'disability awareness' training sessions had been run but although these had been multi-agency sessions, it was felt that they were not driving multi-agency working as well as they might so it was decided that a different approach needed to be found.



Alan Rutherford, a service manager in the Childrens, Schools & Families Service said "What brought home some of the issues faced by families to me was a discussion with a mother about inclusion in mainstream schools – *'it was good that mainstreams schools were being made accessible but there was still a reluctance on the part of some staff to accept disabled children had a place in a mainstream setting'*. We then got into discussions about a different type of disability equality programme that was not just about policy and procedures but was about 'hearts and minds' and about the realities for children and their families who use services in Sefton. Within a short space of time funding came together from Social Services,

Education and Health, and Kindred Spirits was launched."

The first course, in 2002, was held over 5 two-day sessions and brought together parents of disabled children and people who worked in Health, Education and Social Services. The course used local, national and international speakers and covered a wide range of topics such as:

- Understanding why things are the way they are now
- Mapping service – what works and what doesn't
- Making change happen
- Inclusive learning
- Communication and technology
- Health issues
- Person Centred Planning



Alan described the courses as a "roller coaster ride" and a "shared journey that challenged everyone involved", "It brought staff together who would not normally discuss these issues".

Anne Youell, a parent who attended the course, really enjoyed the course and thought the personal stories from families were very powerful and allowed for honest discussion and

mutual respect to grow between participants.

"One of the radical things this course did was to involve children themselves, allowing them to present and discussing their life stories and their dreams, this really brought home the reality of everyday issues and was a real eye-opener for some of the participants."

Following on from the courses real benefits have come about:

- There is now more joint working and understanding between different agencies
- Parents and families are seen as being involved with the development of services
- Individual pieces of work such as the introduction of person-centred plans for children moving from special schools to mainstream have led to smoother transitions – "this has led to mainstream schools having a clear picture of who the person is who will be joining their school, and not just a list of 'issues' and 'behaviours' as could be the case in the past."

The second Kindred Spirits in Sefton finished in late 2003 and it is hoped to run a third session in Sefton soon.

If you would like more information about Kindred Spirits please contact Lynne Elwell at lynne.elwell@nwtdt.com or via the NWTDT office on 01254 306850.



Who's Who in the North West Training and Development Team



Val Bracken is an associate consultant and will be Acting Director during Julie's maternity leave.



Sue Canavan is the team's Admin Manager.



Paul Clarke is a consultant and leads on self-advocates issues and organisational development.



Janet Cobb is a consultant and leads on Health issues for the team.



Pauline Doyle is an associate consultant and leads on Person Centred Planning.



Lynne Elwell is a consultant and leads on family and self-advocate leadership.



Julia Erskine is an associate consultant who specialises on family support & families leading planning.



Gary Neild is an associate consultant who leads on Direct Payments for the team.



Phil Palmer is an associate consultant and leads on business management and is the editor of 'North West Together'



Julie Stansfield is the Director and leads on leadership & management of change'.



Nabela Rahim is a consultant who leads on ethnicity issues and delivers Person Centred Planning training.

On the World Wide Web



North West Training & Development Team

www.nwtdt.com

Valuing People Support Team

www.valuingpeople.gov.uk

Valuing People North West

www.vpnw.org.uk

Food for Thought

A bargain is something you can't use at a price you can't resist!

Anyone who lives within their means suffers from a lack of imagination.

You're here for a good time not a long time.

If you want to appreciate what an enormous job it is to clean up the environment, start by cleaning out your garage.

Make sure you have finished speaking before your audience has finished listening.

A compromise is a deal in which two sides get what neither of them wanted.

Digging for facts is better mental exercise than jumping to conclusions.



Getting to know you, *The 60 seconds challenge* - Sue Canavan, NWTDT Admin Manager



Sue is the teams longest serving member and has worked for the NWTDT for over 15 years, firstly at the Calderstones office and more recently at our current Accrington base.

Who has been the biggest influence on your work life?

Chris Gathercole and Tom McLean. They are both people who have stood up for the rights of people with learning disabilities when it was not high on other people's agenda.

What are your most treasured possession?

My gorgeous, sexy cat: Precious! and my Nan's gold locket, which I inherited when she died, when I was 21.

What is greatest extravagance?

Red wine.

Which words or phrases do you most over-use?

All things I like are 'Sexy' and 'I love it when a plan comes together'.

What do you most value in your friends

Trust and always being with me through good and bad times.

What is your motto or word that mean a lot to you?

'Always love you, never leave you, night, night pom pom' (for her two daughters).

'Live for today, you don't know what is round the corner tomoz'.

What is your favourite cheese?

Any except for blue cheeses – I especially like an old fashioned mature English cheddar.

What is your favourite piece of music?

Evergreen by Barbara Streisand.

What is your favourite film?

'The Railway Children' and the 'Full Monty'.

What book are you reading at the moment?

Deadly Innocence – Robert Perske.

Do you have a surprising or unusual hobby or skill?

Furniture restoration, wine making and running.

NW Health Matters



The North West Training & Development Team have been involved with Regional and National health initiatives for several years. Janet Cobb, the team member who leads on health gives us a brief run-down on some of the health regional work.

The current focus of work is to assist districts and health practitioners with better access to mainstream NHS services. In order to do this a number of networks have been established:

1. The UK primary health care & learning disability network

This is an email network and now has 500+ members across England, Scotland, Ireland and Wales. The network is free and open to anyone with an interest in people with a learning disability and health care issues. Members meet four times a year.

2. North West primary health care & learning disability network

This network has contact people in community learning disability teams in all districts across the North West who have a responsibility for leading on the implementation

of Valuing People objectives on health. The network meetings are bi-monthly.

3. North West acute hospital and learning disability network

This network has contacts in all districts across the North West and currently there are six learning disability nurses working in a liaison capacity in acute hospitals in the North West. Members of this network meet four times a year.

Ongoing Health Items of interest:

Current reports and consultation that may be of interest include:

- **NEW PATIENT SAFETY REPORT: Understanding the patient safety issues for people with learning disability**

The above report is now available to download from the NPSA website at www.npsa.nhs.uk (under latest news). If you want a paper copy of the report you can contact Lori Turner, Communications Officer at the NPSA on lori.turner@npsa.nhs.uk.

- **DH Consultation: Standards for better health**

For further information on this or other Department of Health consultations then goto www.dh.gov.uk/Consultations/LiveConsultations/fs/en

Partners in Policymaking Graduation

Congratulation to the all involved with the recent Partners in Policymaking course.
Two North West course have recently graduated.

North West Session March 2004



Merseyside Partners February 2004



Partners in Policymaking and my son

My name is Denise Allen. In 1999 I had the opportunity to participate on the Partners in Policymaking course and even though I had been told what the course does to you nothing could have prepared me for the changes it made within my family. Not only did I become empowered and learnt about lots of things I never knew existed, it also changed the way that I treated my son, Matthew. I started to focus on what he could do rather than what he couldn't which naturally had a big impact on him also. I introduce him as Matthew and not follow it up with the labels he has.



Before the course I always thought that Matthew would live with us and then would go into a home. Now I know that he can have as good a life as any other person having choices and control over his own life and doing exactly what he wants not what others think he should do.

Not everything is right for Matthew and we are still working with issues however I now have the confidence

and the network of support behind me that I feel reassured that he will get the life he wants and get his hopes and aspirations fulfilled.

Matthew, who is 15, now has a PATH (Planning Alternate Tomorrows with Hope) and an ELP (Essential Lifestyle Plan): both tools of person centred planning. Since doing this he has been fishing, golfing, selling



plants, got a roving security camera and a greenhouse for his birthday – all things he wished for on his PATH. Next we will be getting direct payments for him to enable him to further develop his opportunities.



Congratulations to Dorothy & Peter

Dorothy Prince announced her engagement to her long-term boyfriend, Peter, during a recent Partners in Policymaking session on Valentines Day.



Bugs in a Bowl

Han Shan that great and crazy, wonder filled
Chinese poet of a thousand years ago, said

We're just like bugs in a bowl.
All day going around
never leaving their bowl



I say:
That's right! Every day
Climbing up the steep sides
Sliding back. Over and over again
Around and around
Up and back down

Sit in the bottom of the bowl
Head in your hands, cry moan
Feel sorry for yourself
Or.

Look around
See your fellow bugs
Walk around
Say, hey how you doing?
Say Nice Bowl

David Budbill

If you have any comments or suggestions for
future issues then please let me know.

Phil Palmer
NWTDT
Phase 3
The Globe Centre
St James Square
Accrington
BB5 0RE

01254 306850

phil.palmer@nwttdt.com

Lynne's Recipe Corner - Gin and Tonic Jelly

*Fab on a warm summer
evening, and it looks so
innocent.*



Ingredients

300mls plus 50ml water
300g caster sugar
zest and juice of 2 lemons
400ml tonic water (not
slimline)
250 ml Gin
8 sheets of leaf gelatine (much easier than the
powder)

Instructions

1. Put the water and sugar into a wide, thick bottomed saucepan and bring to the boil. Let it boil for 5 minutes, take off the heat, add the lemon zest and leave to steep for 15 minutes.
2. Strain into a measuring jug, then add the lemon juice, the tonic water and the gin: you should have reached the 1.200ml mark, if not add more gin or tonic.
3. Soak the gelatine leaves in a dish of cold water for 5 mins, to soften.
4. Meanwhile put 50ml of water into a small saucepan and bring to the boil. Remove from the heat, squeeze out the gelatine leaves and whisk them in.
5. Pour some of the gin and lemon syrup mixture into the saucepan and then pour everything back into the jug.
6. Pour into a mould or dish and when cold put into the fridge to set.

It can be served with raspberries or white currants. Dust the raspberries with a little icing sugar. You can make vodka and lime or bacardi and coke jelly as well or instead.

Enjoy!!

