

*Welcome to Lynn James-Jenkinson our new team Director. Lynn took up her post in April so to start off this issue we asked Lynn what has been going on over the last few months...*



“Well in short a lot!

I have taken over as Director from Valerie Bracken who I would like to thank for being a source of inspiration and motivation to many others beside myself.

Julie Stansfield has taken on a much bigger role as part of the National In Control project and will continue to work with the team and support us in the north west through In Control.

## In this issue

- In Control
- Independence, Well Being & Choice
- Network Meetings & Events Calendar
- Regional Updates
- The 60 Second Challenge
- The Back Page

The next year or so as we move towards what is being referred to as the ‘end of the first phase of Valuing People’ is going to be potentially a very difficult and exciting time. Things will have to change and together we will have to ensure that our mission statement remains at the forefront of our thoughts.

### Working towards a better future for people with learning disabilities

The team continue to work closely with Martin Routledge and the National Valuing People Support Team and indeed have been commissioned by Martin to do some additional work in the north west this year whilst Martin does more national work.

Thank you for your valuable feedback in response to the letter from Anne Williams, Director of Social Services in Salford and chair of the NWTDT Commissioning Group. Your feedback has been analysed and reflected in the business plan submitted to the Commissioning Group in March and the subsequent action plan that I will present to the group in June.

As a result of this feedback we have adapted our calendar of networks and events for the forthcoming year – a copy of the current calendar is in the centre of this newsletter. We are also busy doing some more individual work commissioned by districts too and looking at the reporting structures and accountability of the team.

I am confident that the team will be able to adapt in order to meet the new challenges that face us all and will be in a better position to respond to your needs more flexibly and more quickly. The North West Training and Development Team is **your** team, funded and supported by all local authorities and PCT's across the north west, it is the envy of many other regions across the country. As we have always done in the north west we need to work together to ensure that the work we do continues to reflect what is important to local people with a learning disability and their families and supports local authorities, health authorities and providers across the region to meet those challenges together.

We face many challenges over the coming months, I have no doubt that, as always, we in the North West will face those challenges and ensure the voice of people with a learning disability and their families continues to guide us in searching for answers to our ‘How do we do that?’ questions.



I look forward to working with you.”

Lynn James-Jenkinson

Before Julie Stansfield had her baby, she was the Director of the NWTDT. As well as continuing her involvement with the team Julie has been working as part of the 'In Control' national programme. To give us an update Julie talks about her dreams for In Control, how it is going and what it's all about...

Basically it's all about giving individuals, who need support, control of their finances and their life so that they can make their own choices rather than be controlled by someone else.

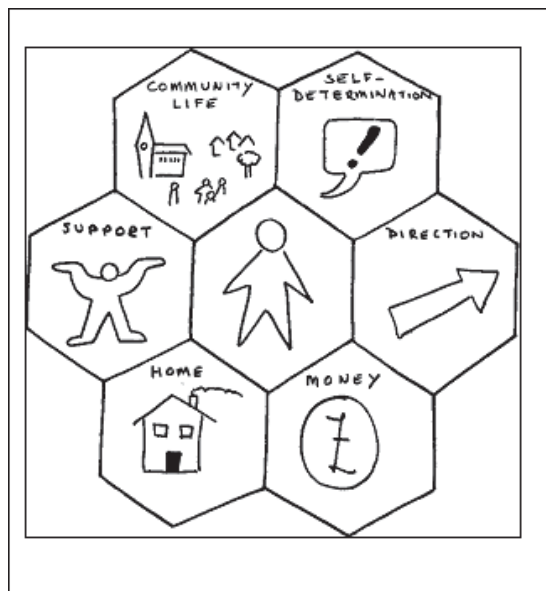
The aim of 'In Control' is to change the way people get support for their needs so they are able to get control over their lives and live as equal citizens. The initial ideas for this programme started in Steve Jones' (retired Chief Executive, Wigan) office in Wigan. Martin Routledge (Valuing People Support Team) and I were talking to him about the difficulties people and



organisations face when trying to get plans into action in order get a real change. This small spark soon turned into a fireball, then we gained partners and it started to develop into something real. John O'Brien was our guide (our Gandalf, in Lord of the Rings!) and Simon Duffy was our key (Frodo!!). Simon had done a great deal of thinking and doing around individualised funding and self directed support thus is nationally leading the programme. Partners in the programme also include – The Valuing People Support Team, Mencap, Paradigm, North West Training and Development Team, Helen Sanderson Associates, First Steps and Know What I Mean.



'In Control' is based on Simon Duffy's *Keys to Citizenship* – see diagram below.



**Self Determination - deciding things for myself**

We believe everybody can have self-determination, if offered the right kind of help and representation.

**Direction - having a life that is right for me**

We believe that everybody can find their own unique way of life, one that is worthy of respect.

**Money - having the money to live my life**

We believe everybody is entitled to enough to live on and to control how they meet their needs.

**Home - having a home of my own**

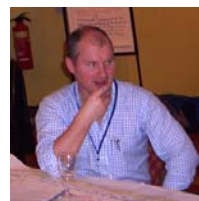
We believe everybody can have a real home, somewhere they belong and can control.

**Support - getting help that suits me**

We believe everybody is entitled to get the help they need to try and achieve their goals.

**Community Life - being part of my community**

We believe everybody can and should make their unique contribution to the community.



For me, 'In Control' is really about getting people a fair entitlement of money, which is available on a national basis and is open and public, easy to understand and aims to avoid a variety of issues which people and organisations face in the current way we do things. Its not just about people with learning disabilities, its about all people who need support being included and in control.

I would like to see individuals and their family, friends and loved ones being able to see and know how much they are entitled to for their support in the same way as people know how much they are entitled to for income support, DLA or ILF. Once they know this, they can plan themselves on how best to use it for their support and then access it without having to wait for numerous assessments that people hate 'doing to people' and people hate 'having it done to them'. It helps the authority as this way it doesn't rely upon which manager or family can shout loudly enough or be charismatic enough for gaining the most resource/money, it aims to be an equitable fair system.

It also acknowledges those authorities and services are not and should not be 'the be all and end all' of someones' life! It's just a part of life in the same way people access resources like dentists, finance advisors, solicitors etc. Can you imagine the outcry if your dentist told you where you should live and made comments on your sex life!

At the moment we are road testing ideas, systems and ways of doing this. Sometimes, in the past it felt like we were walking through treacle with wellies on, sometimes as Caroline Tomlinson (Parent, In Control) would say, it's

like the “bush tuckers trials” I’m a service user get me outta here!

People’s main initial issues seem to be about being able and brave enough to give control rather than getting the concept of people being ‘In Control’. Ken, a Manchester City supporter in Oldham, reminds us of how many financial audits and risk assessments are completed on individuals on general benefits, such as income support? NONE! They work on the basis of following up, where they have allegations of the misuse of money, or fraud cases. They do not start with the assumption that all people on benefits will be abused, abuse or fraud the system! The reality is some do...but MOST do not, and need the benefits they receive for the right reasons. Shouldn’t we as a human service be assuming more capacity and trust?

‘In Control’ aims to do just this and we are learning and moving forward towards what we believe will be a better way for people to get better lives. Most people taking part who work within current systems are feeling liberated, there is a light at the end of the tunnel and they feel like they are going to start working with people in the way they aspired to do when they first got into human services. The pilot projects are also having many spin-off effects such as removing the many conflicts of interests which land upon people currently providing and commissioning services.

To look at whether this is getting real outcomes *is it changing in Caroline’s front room?* This was a measure we set right at the beginning and yes, it’s beginning to. This makes it worthwhile to continue and strive for.



For more Information about ‘In Control’  
[www.selfdirectedsupports.org](http://www.selfdirectedsupports.org)  
[julie@inclusivechange.com](mailto:julie@inclusivechange.com)

## Independence, Well-being and Choice

Independence, Well-being and Choice is a Consultation Green Paper setting out proposals for the future direction of social care for all adults of all age groups in England.

This Green Paper sets out a vision for adult social care over the next 10 to 15 years and how this might be realised. It invites everyone to give their views on the vision and the ideas set out in the document, as well as to contribute new ideas to the debate. The Green Paper is intended to provoke discussion on:

- how we can offer more control, more choice and high quality support for those who use care services
- how we can harness the capacity of the whole community, so that everyone has access to the full range of universal services and an opportunity to play a full part in society
- how we can improve the skills and status of the workforce to deliver the vision.

The key proposals to deliver this vision include:

- wider use of direct payments and the piloting of individual budgets to stimulate the development of modern services delivered in the way people want
- greater focus on preventative services to allow for early targeted interventions, and the use of the local authority well-being agenda to ensure greater social inclusion and improved quality of life
- a strong strategic and leadership role for local government, working in partnership with other agencies, particularly the NHS, to ensure a wide range of effective and well-targeted provision, which meets the needs of our diverse communities
- encouraging the development of new and exciting models of service delivery and harnessing technology to deliver the right outcomes for adult social care.

The closing date for the consultation is 28/07/2005, for full details look under live consultations on [www.dh.gov.uk](http://www.dh.gov.uk) , the direct link for the Easy Read version is [www.dh.gov.uk/assetRoot/04/10/64/74/04106474.pdf](http://www.dh.gov.uk/assetRoot/04/10/64/74/04106474.pdf) and the Executive Summary found at [www.dh.gov.uk/assetRoot/04/10/66/80/04106680.pdf](http://www.dh.gov.uk/assetRoot/04/10/66/80/04106680.pdf)



Following enquiries from different parts of the region, NWTDT is in the process of developing a number of new programmes and workshops. All of these are aimed creating even better supports and outcome for people and can be run both regionally and locally. So, if you are interested in developing work around:

- Effective Communication Skills
- Mental Health Issues
- Personal Relationships and Sexuality
- Protection of Vulnerable Adults

- ➔ look for the fliers
- ➔ visit [www.nwttdt.com](http://www.nwttdt.com)
- ➔ contact NWTDT on 01254 306850



**Dates for 2005 / 2006 Network Meetings**

Network Meetings	Dates	Arranged By	Contact
Health & Social Care Leads Meeting	12 <sup>th</sup> Oct, Harris Park, Preston 1 <sup>st</sup> Mar 2006, Harris Park	Joint VPST/NWTD	LJJ
NW Regional Taskforce / NW Learning Disability Advisory Group	13 <sup>th</sup> Apr, Wigan Town Hall 11 <sup>th</sup> Nov, Harris Hall, Preston	NWTD Commissioned by VPST	LJJ
NW Self-Advocacy Steering Group	19 <sup>th</sup> Apr, NWTD Office 7 <sup>th</sup> June, NWTD Office 12 <sup>th</sup> July, NWTD Office Further dates to be arranged	NWTD	JR
NW Acute Hospital & Learning Disability Network	20 <sup>th</sup> Apr, NWTD Office 20 <sup>th</sup> July, NWTD Office 26 <sup>th</sup> Oct, NWTD Office	NWTD	JC
NW Primary Healthcare Network	13 <sup>th</sup> Apr, NWTD Office 17 <sup>th</sup> Aug, NWTD Office 9 <sup>th</sup> Nov, NWTD Office 14 <sup>th</sup> Dec, NWTD Office	NWTD	JC
Day Service Modernisation Leads Network	10 <sup>th</sup> Jun, 8 <sup>th</sup> Sept 8 <sup>th</sup> Nov, 16 <sup>th</sup> Jan 2006 7 <sup>th</sup> Mar 2006	NWTD	PC
Day Service – Alternative to Special Care Units (Network)	8 <sup>th</sup> July, NWTD Office 6 <sup>th</sup> Sept, 5 <sup>th</sup> Dec 2 <sup>nd</sup> Mar 2005	NWTD	PC
Regional Trainers Network	23 <sup>rd</sup> May, Globe, Acc Sept Jan 2006 (exact dates to be arranged)	NWTD	LJJ
PCP Network	18 <sup>th</sup> May, The Globe, Acc. 14 <sup>th</sup> Sept 22 <sup>nd</sup> Nov 1 <sup>st</sup> Feb 2006 (venues to be arranged)	VPST	SS
Ethnicity & Cultural Diversity Regional Network	1 <sup>st</sup> July, Clayton Park, Acc 22 <sup>nd</sup> Sept, The Globe, Acc.	NWTD Commissioned by VPST	NR
Transitions Network	14 <sup>th</sup> Oct, Globe, Acc 7 <sup>th</sup> Feb 2006, Glaxo, Lpool	NWTD Commissioned by VPST	PD
NW Family Forum	9 <sup>th</sup> June, Quality Hotel, Wigan 4 <sup>th</sup> Oct, 15 <sup>th</sup> Feb 2006 (venues to be arranged)	NWTD Commissioned by VPST	CT
Effective Participation Network	13 <sup>th</sup> June, NWTD Office 21 <sup>st</sup> Sept, 1 <sup>st</sup> Dec, 10 <sup>th</sup> Mar 2006	NWTD	PC

**Dates for 2005 / 2006 Events & Training**

Events / Training	Dates	Places Available	Chargeable	Contact
Train the Trainers	Starting 26 <sup>th</sup> Sept	20	Yes	PC
Effective Participation Conference	6 <sup>th</sup> Oct 7 <sup>th</sup> Feb 2006	To be agreed	Yes	PC
Graphics Facilitation	14 <sup>th</sup> Oct, NWTDT Office	15	Yes	NR
Managing Change Through Innovation	Starting 20 <sup>th</sup> Oct	30	Yes	PC
Skills for Best Practice (Lancs, Cumbria)	Starting 25 <sup>th</sup> Oct	30	Yes	PC
Skills for Best Practice (Gtr Manchester)	Starting 27 <sup>th</sup> Oct	30	Yes	PC
Inclusive positive action for all communities	17 <sup>th</sup> & 18 <sup>th</sup> Nov, Globe Centre Accrington	20	Yes	NR
Breakthrough Employment Event	18 <sup>th</sup> Nov Harris Park, Preston	70	No	LJJ
Skills for Best Practice (Merseyside, Cheshire)	Starting 25 <sup>th</sup> Nov	30	Yes	PC
NW Self-Advocates Forum	October, Oldham (Arrangements to be confirmed))	100	No	JR

For details about the above events / training either contact the relevant consultant, listed below, or phone the NWTDT office on 01254 306850.

PC, Paul Clarke, [paul.clarke@nwttdt.com](mailto:paul.clarke@nwttdt.com)  
 JC, Janet Cobb, [janet.cobb@nwttdt.com](mailto:janet.cobb@nwttdt.com)  
 PD, Pauline Doyle, [pauline.doyle@nwttdt.com](mailto:pauline.doyle@nwttdt.com)  
 JE, Julia Erskine, [merseysidepartners@policymaking.fsnet.co.uk](mailto:merseysidepartners@policymaking.fsnet.co.uk)  
 LJJ, Lynn James-Jenkinson, [lynn.james-jenkinson@nwttdt.com](mailto:lynn.james-jenkinson@nwttdt.com)  
 NR, Nabela Rahim, [nabela.rahim@nwttdt.com](mailto:nabela.rahim@nwttdt.com)  
 JR, Jason Rhodes, [jason.rhodes@nwttdt.com](mailto:jason.rhodes@nwttdt.com)  
 SS, Sheila Stirling, [sheila.stirling@nwttdt.com](mailto:sheila.stirling@nwttdt.com)  
 CT, Caroline Tomlinson, [caroline\\_tomlinson@hotmail.com](mailto:caroline_tomlinson@hotmail.com)

The NWTDT also works with organisations and local authorities on either a consultancy basis or to produce bespoke training packages tailored to your organisation's needs.

Recent initiatives include –

- A national programme for the National Self Advocates Forum
- A three authority joint Kindred Spirits course.
- Individually tailored Kindred Spirits courses in Sefton and Cheshire
- Action Learning sets are being facilitated in a number of authorities
- Extensive PCP / ethnicity work is going on in Liverpool
- A large programme of family members leading planning is in progress in Lancashire

For further information about bespoke work and consultancy please contact Lynn James-Jenkinson

## Self Advocacy Update

This year there is more funding than ever available for the supported development of self advocacy in the NW region.

A successful conference was held in Blackpool in February. It was organised by the region's Self Advocacy Steering Group and the conference organiser Jason Rhodes who is a member of the NWTDT.

At the conference, the 80 people attending voted for their three issues that would be taken to the National Self Advocacy Forum.

The issues are

- Doctors and nurses should be trained in disability awareness.
- Buildings should be made accessible for all people with disabilities, including high street shops.
- People with disabilities should not have to put up with being bullied just because they are different.



The conference elected two new representatives to take the issues of the north west to the National Self Advocacy Forum. The new reps are Ibrar Riaz from Blackburn and Lee McDermott from Liverpool. The conference also elected 8 new representatives to sit on the NW Regional Task Force.

A meeting was arranged for the NW Forum's Steering Group members to meet with the Task Force reps so that they could all find out 'How things work' and how they could work together and let the representatives know what was happening at different meetings. This meeting took place in May 2005 and has led to some plans to improve communication.

One of the things the self advocates aim to do this year is to improve communication across the region. Jason Rhodes and his personal assistant Gary Barnes have already improved the database of contacts. It is also important that information that goes out to self advocates is accessible to all. The newsletter of the conference aims to do this and a DVD has been made of the conference to back this up.

Oldham members of the steering group have offered to host a one day conference probably in October. It will address two of the main issues:

- Training for doctors and nurses - the Disability Rights Commission have said they will come and talk to the conference about this issue and
- We are hoping to look for ways of dealing with bullies and to stage a play written by Jason to help us think about it.

I know that all the members of the Steering Group are looking forward to a busy and exciting year.

Valerie Bracken



## Family Forum Update

This year, the Regional Family Forum is being led by Caroline Tomlinson, a family member from Wigan. Caroline has been seconded to the Valuing People Support Team to promote, develop and widen the opportunities for families across the region.

The Family Forum is the opportunity for family members of people with learning disabilities to share information, learn from each other and to influence policy on regional and national levels.

"We welcome all family members, not just those involved in local Learning Disability Partnership Boards or family members of adults with learning disabilities. We want everyone to have the opportunity to develop the future and have their say in what they believe should be happening."



There will be three meetings this year starting with the event that happened on 9<sup>th</sup> June in Wigan which focussed on having your say on the Green Paper. This event was well attended with over 50 participants from across the region. There were presentations by two family members about their experiences in getting appropriate services for their families, we also looked at presentation materials and a video issued by the Department of Health around the Green Paper and then broke into groups to look at the key points of the consultation.

Caroline will be distilling the information gathered from the workgroups and will be submitting it as part of the consultation.

The next Family Forum meeting will be held on 4<sup>th</sup> October 2005 at Clayton Park, Accrington. For further information contact Caroline on [caroline\\_tomlinson@hotmail.com](mailto:caroline_tomlinson@hotmail.com).

## Regional Task Force

This year Martin Routledge has asked the NWTDT to facilitate the Regional Task Force on behalf of the Regional Valuing People Support Team.

The Regional Task Force has representation at present from Regional Self Advocates Forum, the Family Forum, Health and Social Care Leads, National Self Advocate Forum representatives from the Association of Directors of Social Services and a number of other nominated groups.

Steve Jones, Chief Executive from Wigan, has just stood down as Chair of the Task Force and the ADSS have nominated Charlie Barker, Director of Social Services for Sefton to co-chair along with someone nominated by the Task Force.

The Regional Self Advocates Forum elected 8 representatives to attend the Regional Task Force at their recent conference in Blackpool, these were Margaret McNiece, Alan Hirst, Paddy Burke, Christopher Payne, Elaine Entwistle, Gary Hargreaves, Andrew Barber and Suzanne Marshall.



The Family Forum will soon re-elect their 8 representatives to the Task Force and the Health and Social Care Leads will elect their 6 representatives (2 each for Greater Manchester, Cheshire/Merseyside and Lancashire/Cumbria).

The Task Force will be looking to develop new Terms of Reference and a Constitution for itself over the next year, this will also include reviewing membership, the role of chair and reporting systems etc. The Task Force will also need to consider how it will link with the Care Services Improvement Partnership in the north west to ensure the voices of people with a learning disability and their families in the north west remain at the centre of the work of all stakeholders across the Region to ensure we are all working towards a better future for people with learning disabilities.

For further information about the Regional Task Force contact Lynn at [lynn.james-jenkinson@nwttdt.com](mailto:lynn.james-jenkinson@nwttdt.com) .

## Health Update

A number of health networks continue to be facilitated by Janet Cobb including the NW Primary Health Care Network & NW Acute Hospital Network. District based work is primarily around action planning in relation to Health Action Planning work and ongoing support to health practitioners.

The UK Health Network, which boasts a national membership of well over 900 members for its email based information exchange network continues to go from strength to strength. The funding for this network is chiefly through the Valuing People Support Team but it is envisaged that the activities for this network will be transferred to the *Foundation for people with Learning Disabilities* during the last quarter of 2005.

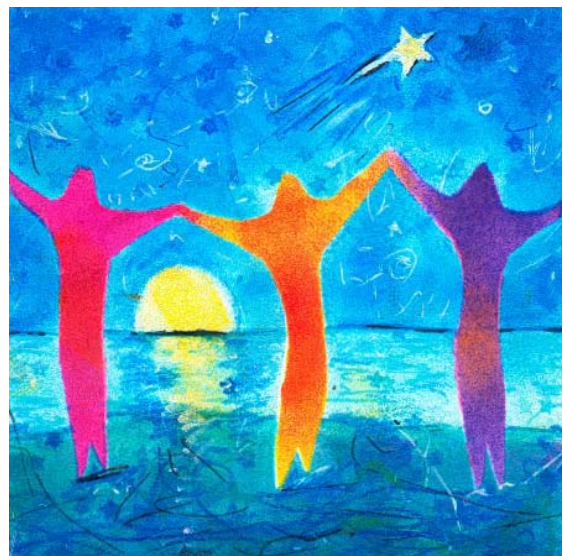
For further information about health work or networks please contact Janet at [janet.cobb@nwttdt.com](mailto:janet.cobb@nwttdt.com) .

## Ethnicity and Cultural Diversity Update

During 2004/05 a number of team members were involved with a national programme *Learning Difficulties And Ethnicity-Making Valuing People Work For All Communities*.

The programme offered four, two day residential development sessions to help local teams develop and start to deliver a local plan to improve service and support for people with learning disabilities from minority ethnic communities.

Networking with other local authorities, hearing good practice examples and sharing ideas had been the key for them to implement change. Overall the programme has been very good and stimulating and it had allowed teams to focus locally.



## Getting To Know You. The 60 Second Challenge – Jason Rhodes, North West Self Advocates Conference Co-ordinator

Jason is the organiser for the NW Self Advocacy conferences. The last conference in Blackpool was a great success (see page 6) and he is now in the process of planning a one day conference to run in October 2005.



**Who has been the biggest influence on your work life?**

My Dad

**What do you most value in your friends?**

A good sense of humour

**What is your most treasured possession?**

My Blackburn Rovers season ticket

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

No Guts, No Glory

**What is your favourite film?**

Lord of the Rings

**What is your greatest extravagance?**

My holidays

**What is your favourite cheese?**

Cheddar

**What book are you reading at the moment?**

The Oxford Book of Nasty Endings

**Which words or phrases do you most over use?**

Don't Panic

**What is your favourite piece of music?**

Stereophonics – I wouldn't believe your radio

**Do you have a surprising or unusual hobby or skill?**

I collect American quarters from the different states

### Barbecue Sauce

Pour some oil into a large frying pan



Peel and chop four onions and add to the pan

Then add -

- Four tablespoons of clear honey
- Two peeled and crushed cloves of garlic
- Four tablespoons of vinegar
- A tin of chopped tomatoes
- Two tablespoons of tomato paste
- One tablespoon of fresh or dried Parsley
- One teaspoon of dried Basil

Cook on a low light for ten fifteen minutes.

Delicious with bacon ribs, chicken, or pork on your summer barbecues

If you have any comments or suggestion 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

### 'Myth-busting' from the DRC

**Myth: Disabled people can't work and don't want to work**

**Fact:** There are 3.4 million disabled people, including those with long term health conditions, already working in this country. Another one million are currently out of work but want a job.

**Myth: Most disabled people are in wheelchairs and we can't cope with them in our workplace or fit them into the sort of work we do**

**Fact:** Wheelchair users are only about 5% of disabled people. Many people face barriers at work that can be overcome by an enlightened attitude, equipment or flexible working - the Disability Discrimination Act covers people with a wide range of conditions including arthritis, depression, diabetes, dyslexia and chronic heart disease.

**Myth: Disabled employees cost more money**

**Fact:** Two thirds of companies employing disabled people say they incurred no extra costs and of the third that do, the average cost for a small employer is £76.

**Myth: Big companies can afford to take on disabled staff, but I run a small business and I can't afford the time or effort it will take**

**Fact:** There are some 600,000 disabled workers, including people with long-term health conditions, currently working for successful, solvent small businesses. By avoiding disabled staff, you miss out on talent, skills, experience and commitment.

**Myth: Disabled people take more sick-leave than non-disabled employees and are less productive**

**Fact:** There is no evidence to suggest that all disabled people are less productive than non-disabled people and plenty of disabled people have excellent attendance records.

