



# Learning Disability Day Services Review

Output from  
NDTi Consultation  
events  
Spring 2021

TWEEDDALE

Having

A

Good

Day

No reason to get up

Making homebrew

Calls from people who didn't know us

Felt like the forgotten ones

So bored

sad

Our YEAR OF COVID

missing friends



Centre is his work been going there for years.

Didn't know what was happening

Everything just stopped

Baking making bread

Tired no respite

Lots of walking

WHAT we heard in Our listening events

13th March 2021

Chance to hear from families - other people with similar support needs about what they are doing and how it happened

Go out and look at new things

Meet needs as People change

Look into the youth guarantee scheme

Go with a friend

How to change the day centre staff to a support service?

THINKING ALOUD

Try new things as they open

Think about who is friends with who

Start with Strengths

Show people what is possible

A safe place to be

EVERYONE INCLUDED

3 YEARS FROM NOW

EVERYONE CAN CONTRIBUTE

EVERYONE WELCOME

WHAT NEEDS TO HAPPEN?

- SEND FAMILIES INFO ABOUT EVERYTHING
- NEWSLETTER TO FAMILIES ABOUT WHAT IS GOING ON WHO'S SUPPORTING WHAT/WHAT IS GOING ON ONE POINT OF CONTACT WHO YOU CAN PHONE
- MAKE USE OF CITIZENS PANELS
- MORE CENTRE STAFF WORKING TO LINK WITH VOLUNTEERING OR MAINSTREAM OPPORTUNITIES
- LINK AND CONNECT WITH LOCAL AREA COORDINATOR CONTINUITY - OFFER CONCRETE TIMETABLES
- GET THINGS RIGHT FOR THE FAMILY AS WELL AS THE INDIVIDUAL
- HEAR FROM OTHER FAMILIES HOW CHANGE HAS WORKED FOR THEM
- AN EVENT IN THE SUMMER - THEME IS RELATIONSHIP



# Having A Good Day



## THINKING ALOUD

Haven't seen anyone  
Numbers have halved  
People are more able to be themselves

Sitting in his room  
Walking the dogs



Donkey sanctuary  
Missing having our own lives apart from each other

Carers come but just sit inside together  
Dreaming of a good nights sleep

Missing friends

**BERWICK SHIRE**  
WHAT WE HEARD  
in  
*Our listening events*  
23rd March 2021



Could the space be used for a changing space?

Rent out the building for revenue.

A wee hub to go to would be good

Invite others in.  
Make a community facility.

What about a drop in cafe? We have a lot to offer that others would love to use.

Red tape around who can come into the building gets in the way

What about people getting to retirement.

Could Lanark Lodge open at weekends?

Could Lanark Lodge go to bubbles?

A community space

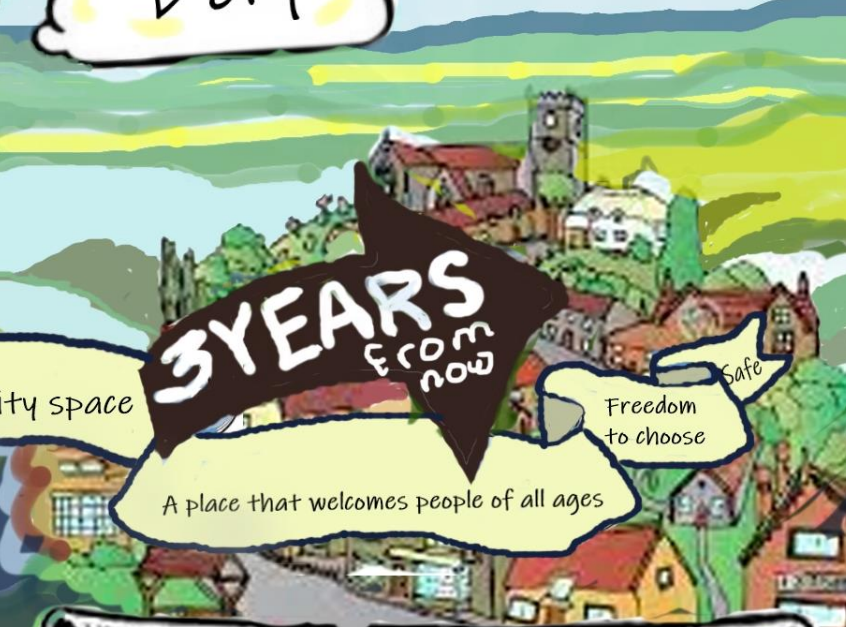


A place that welcomes people of all ages

Freedom to choose

Safe

**WHAT NEEDS TO HAPPEN?**  
Create a space where people can socialise safely  
Be more visible in the community  
Chance to see what is possible - see what others have done  
Open Lanark Lodge up, invite the community in  
Reeducate the community - get involved in local meetings  
Support people who use the service to be represented in community groups  
Explore being a facility like a cafe  
Explore what everyone -staff and people needing support bring to the services - their gifts and abilities  
Recognise people's anxieties about coming back  
Make sure family get a proper break too



3 years from now

who really want to do the job  
Flexible services  
No more block purchasing  
Space for us all to learn and grow

Having a good day

# THINKING ALOUD

Putting on shows and music  
BORDERS got TALENT

BEACH  
Go back to PORTUGAL

Dream holiday  
Seeing the rugby

Ready to have own life  
Out of the farm

Family could support with some stuff  
eg swimming

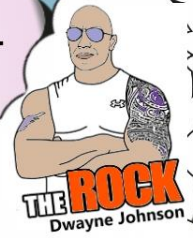
Mix of social, learning skills and learning independence

Support people in groups around interests eg library and computers

## What needs to happen now

- We need to get back out there again
- We need the services to reopen
- We need you to understand carers coming to the house is not the same
- People to start joining in things with friends when allowed to be in groups again
- Individualised planning for return
- A phased return with smaller groups
- Clear communication to families
- Get staff returning, available as soon as possible
- Take small steps with people
- Recruit more people
- Form small bubbles with friends
- Open very small services -even partially
- Some people have found and preferred other things
- Need to understand the needs and wishes of young people coming through - need to hear from families

## DREAMING ABOUT THE FUTURE



Moving house

To be happy and fulfilled

Movies, theatre, live shows  
WWW WRESTLING  
Dwayne the rock

Having routine and clear plan for the week.

Having a building helps us support people in groups

Support around doing community things for part of the day

Being useful having sense of purpose

Freedom and balance

The beach  
Horsingriding  
Have my happy boy back

Music and swimming and dancing

Longer support time

Some people go from home themselves. Support to get to and from places

In the area there's not much going on.

Not so many clubs for people to join. Don't want people sat in cafe's all day with supporters on their mobiles

Staff who want to do the job and love it. It's not just about qualifications and experience

Teviot & Cheviot  
WHAT WE HEARD  
in  
OUR LISTENING EVENTS  
18th March 2021

## HEARING ABOUT THE NIGHTMARE

Shielding for over a year  
Can count how many times I left the house  
Services just stopped  
No support during first lockdown  
Big effect on mental wellbeing

Life threatening illness didn't stop  
Everything has been taken away  
Left with fear of going out

All she wants is to be somewhere  
Just wants to be with familiar people  
Can't do the things she used to  
Capabilities are deteriorating

Match support workers better. People do get on with supporters. Allow for more consistent support.

Skills development supported to happen organically

Have people involved in recruiting and choosing their own staff

Being able to contribute to others

# A hub at the heart of the community

**DREAMING**  
about  
the future

Part of society  
and community

Everyone  
has a good  
life

Respect

someone  
who will sit, listen  
and chat back about dinosaurs,  
animals or whatever....

Rights

Work with  
local area coordinators  
to link people into things,  
expanding the aspiration of  
community group

Could the building  
be used by the  
wider community?

Ask the local  
community  
what do you need

Don't forget  
some people have physical  
support needs. Need a place  
for personal care.

## THINKING ALoud

Come to the centre  
then branch off  
into other hubs or buildings.  
Or people could go somewhere  
straight from home. Working  
on a sessional basis.

Can we apply  
for a post  
Covid grant?  
Look into community  
transport funding?

Do a history  
session?

Some people want  
a quiet space with  
not too many people

Not everyone needs  
a building but still  
might want help  
to get somewhere

Social enterprises -  
a cafe? a library?  
upcycling stuff and selling  
at car boots? cleaning cars?  
gardening services? allotment?  
Cooking -baguette supply  
for workers?

We're a small rural  
community. Probably  
places that would help people  
can be found but make sure  
activities at the base are  
good too. A happy combination  
of both. Be flexible at the centre  
when things are available.

What about  
timebanking of  
transport? So not so  
dependent on  
family members

We could  
have a two  
in one system  
with building  
as hub

## What need to happen

- Cornerstones get out there and make sure they are known
- Look at location and buildings
- orraine (LAC) work with Cornerstones
- look at what people might want to join
- help people connect
- Look into Changing Places
- Detailed individual planning with each person and their family
- Move away from 1-4 Ratio
- Find out who people really want to see
- Look at cohorting -friendship groups
- Look into properties or spacing for testing
- To make it happen - look at individuals and arrange around that
- Lots of planning! Work closely with families and social work
- Take into account the respite needs of family

**EILDON**  
WHAT WE HEARD  
in  
Our listening events

**NOW**  
Open for critical  
support -  
1 person at a time  
Communication has  
been good