

# Planning Together Meeting

Wednesday 1 May 2024

## 1. Review and update on actions

Please see slides on the [Planning together website](#)

If you are interested in the Emotional Regulation group please email assistant psychologist Isobel via [LD.psychology@camden.gov.uk](mailto:LD.psychology@camden.gov.uk) - someone from the psychology team will then make contact and check it is the right group for you.

## 2. CLDS Updates

### Health Update

Eilis updated that **Jasmin Oven** had started. Jasmin is a Health Facilitator with a focus on **cancer screening**. She will be working with all services to try and support checks to prevent cancer – these are called smear, mammogram or bowel cancer screening checks and happen at different times in adulthood. Jasmin will work with people with LD, and think about the clinics, to make things easier and more understandable. It is hoped Jasmin will come to the next meeting.

**Healthfest** will be on Friday 14<sup>th</sup> June, please put in your diary. There will be a couple of big meetings to plan it, and we want to continue to improve including more residents and support workers attending.

The next **Covid vaccine** is now available. This is for anyone considered clinically vulnerable - this means people more at risk of getting quite ill if they get covid. People will get a text or letter, if not you can check in with your GP.

100% of people in Supported Living have a **hospital passport**. There has been a lot of work with CLDS and providers. They will look at Floating Support now as they have had some time to get to know the new people they are working with after The Camden Society closed.

Courtney from UCLH said there was a really big improvement in the information in passports and that is helping all the nurses and doctors to understand peoples needs. Anyone who wants support with a hospital passport can get in touch with the First Contact team on 020 7974 3737

Eilis and Katy will be doing a drop in for carers, please see flyer on the last page.

### Social Care Update

Social Worker Genevieve has gone to a different role for 12 months. Genevieve will work across CLDS to take a lead thinking about what we can do differently to offer better support to carers. CLDS have been given extra money for that. The council worked out there are 1100 carers and just over 500 are known to CLDS

Illette the Lead Practitioner will be leaving in the next few weeks and we wish her well.

### 3. Services when people with LD reach age 25

Please see presentations slides from Synergy on the [Planning together website](#)

Clare said for people under 25 or just turning 25 there does not seem to be a plan. There is some confusion about what happens with college and only getting funding until a certain age. When they ask what else people could do and chat with family members there is not good information. LDN are supporting more people at this age.

Vicki said when college stops people lose their network, they don't maintain contact by phone, or know how to link into things. The presentation said people would like a guide but activities are not there. They are not able to get into another form of further education and they know people with LD have a low rate of employment. Vicki thinks there should be someone dedicated to work on this and develop services. It needs input and finance.

Crina, Head of CYPDS works with young people under 25 and it is helpful to hear the feedback. The suggestion of a guide is excellent. Parents and carers said they need something in writing. There is also a local offer market place for under 18s, maybe there could be something similar for over 25s

Sarah thanked Synergy for finding this information. It is so helpful to hear from the people they spoke to.

**ACTION: Feedback to be shared with the day opportunities review happening in the council.**

**Q:** Anjalene asked how do people want a guide e.g. a book? People to talk to people 121 or in a group? On a website or app?

**A:** Sandy said all of that. In their head people are not 25 but younger and they don't know what happens.

Synergy performed a role play of the experiences of someone turning 25

### 4. Adult Community Learning

Mark Isherwood spoke about what Adult Community Learning can offer:

- This is a service in the council that teaches skills and knowledge to people who are 19 plus
- They help people gain employment, work with families and children, and to keep people healthy in their mind and body.
- They bring people together and it is a chance to understand what is in Camden. There is a wide range of different opportunities

- There is an advice service. If Adult Community Learning don't have something for you they can put you in contact with another organisation, college or charity who have options for you.
- Adult Community Learning is in different parts of Camden - Kentish Town, Swiss Cottage, Gospel Oak, Somerstown. There is usually a class or two in a building. There is something in most peoples neighbourhoods.
- If there are enough people interested they can put something special on
- Health and wellbeing classes have the most interest. This is things like yoga or art. There are students up to the age of 100.
- Creative writing is popular you can learn to write your life story.
- English for speakers of other languages tends to be for people just starting to learn English.
- Digital inclusion is about how to learn to use computers
- Family learning is for people with children who want to help children with homework. There are also some classes about employment.
- There are also local colleges worth looking at - Working Men's College, City Lit, Westminster Kingsway.

The contact details of the team can be found on the [Planning together website](#) if you would like further information .

**Q:** Simon asked if anything stops at age 25?

**A:** Mark said no, courses are for people 19 or over and don't cost anything.

**Q:** Vicki asked if there is anything to make it easier for people with LD to join, and any courses designed for people with LD?

**A:** Mark said depending on where you do the course there is more or less help. Dragon Hall which is more in central London helps with enrolment, at Greenwood there is someone to help. Usually the teacher is the person to help.

They had a yoga class for people with LD at Greenwood. It depends if there is interest. If there is a large enough group they can do something targeted. People come from all over the community – people walk in off the street, there are all ages, abilities, backgrounds, and they are used to catering for a broad range of interests.

**Q:** Sandy asked if there is a singing course?

**A:** Mark said no but they are open to this. If there is enough interest they can request it, they did this recently with a dance class. The Mary Ward centre had a choir.

If people have Aphasia – this is what some people get after a stroke or heart attack and they can't speak as well - singing is known to be really good to get back speaking again. Janice Etheridge is the right person to get in contact with.

**Q:** Sarah asked how many people do they need to have to request a class?

**A:** Mark said it depends, if learners really need support from learning – like with aphasia – it could be 6, normally it would be over 10 though.

Suzanne is from Unity Works and they have done Adult Community Learning before in Camden. They have paused this to find out what people want. Mark gives money to providers so they will be asking if they can be a Adult Community Learning provider. All of their courses are easy read, in small groups and in person and the tutor helps with forms.

## 5. Living a Good Life

Please see presentations slides on the [Planning together website](#)

Andrew explained as part of Living a Good Life they set up the **Opportunities Planning Group**, this is a meeting for people to think about what is important to them, what activities they want to get involved in, and speak to providers about the best way to do this.

Laurie is Head of in-house Provider services, this includes Greenwood and Kingsgate. There is an ongoing review of day services and they will look at how they can deliver in a different way including services for people with LD. They will look at different models that are not traditional e.g. not getting a bus in and out each day. They want to find activities people really want to do and enjoy.

Following the closure of The Camden Society they set up a group at Kingsgate day centre for people who used to attend Choices. Feedback from staff at Kingsgate is that the way people get on together seems really positive.

**Q:** Simon asked can they tie up Living a Good Life and what Mark was saying about the Adult Community Learning

**A:** All of the offers from Adult Community Learning should be in the directory. The main issue is making sure it is kept up to date, as new courses become available they should make sure they are on the directory with contact details.

**Q:** Chris from Islington said he was interested in the Living a Good Life wiki and what that looks like. Could they share the link? Maybe there could be a shared wiki with Islington.

**A:** The **Things to do wiki** can be found [here](#)

**Q:** From the numbers of activities in the Wiki it looks like masses of stuff is happening, but from peoples experience there is not masses of stuff. When they looked into it there was not much for people over 25 with a LD.

**A:** Andrew suggested people can get an appointment booked with the Opportunities Planning Group and try and work through what they are looking for, sometimes things are out there but it is hard to find the right way in.

**Q:** Jon asked how does it all come together? Is there one way for people to feed in what they want e.g. courses, activities, friendship groups, Adult Community Learning?

**A:** Andrew said that is the Opportunities Planning Group. That is where they keep the directory updated and links to opportunities. There are lots of people in the room to help to connect with activities.

**Q:** Eilis said sometimes it is hard to know what is going on. They also need to think about people that don't have services. It is about us promoting this and improving the online library. They also need to think of people with no computer and laptop.

**A:** Andrew explained if demand for the opportunities planning group goes up they can put more resources towards it.

**Q:** Suzanne explained she had been very involved in the group and had feedback about how it could maybe improve. Unity Works attend them all and talk about what is on offer, but they rarely get referrals from Social Workers. Sometimes it feels the Social Worker does not know the person well, or they may just have been allocated. Suzanne would love to talk directly to the individual and their families.

**A:** Meeting members agreed it would be good for people to go to their own opportunities planning groups.

**Q:** Sarah asked if there could be a special opportunities planning group for people turning 25, like they do groups for college leavers? They can look at the plan for each individual person. They could also bring information together.

**A:** Andrew said it makes sense to have a group for all college leavers at the same time, for other people it is when they make a request rather than age, but they can think about that. There is a role of the group bringing together information & what people are asking for.

**ACTION: Opportunities Planning Group to think about how they can feedback what people are asking for to the Adult Community Learning service.**

**Q:** Anjalene asked what people would want to see on the wiki? They know some people want to go to mainstream, and other people would like things that are only for people with LD. There are lots of things happening in different parts of London. They don't always talk to other boroughs too - Sometimes one street could cover several different boroughs.

Anjalene mentioned that Heart and Souls Beautiful Octopus club is coming to Camden in July. More information is here: [The Beautiful Octopus Club — Heart n Soul](#)

**A:** Sandy said that it would be nice to find out what is happening in neighbouring boroughs, talk to them and do joint things.

**Q:** Vicki asked how much does the social worker learn about the individual and communicate back? They lose everything in the process, it bothers Vicki that this is happening this way, people need to talk themselves about what they need and what is possible.

Previously Westminster Kingsway put on a range of courses for when people left college at the same time e.g. sports, drama, cooking, art – people networked and developed friendships, they had active social lives, but then there were cut backs and funding changed.

**ACTION: Andrew to speak to Catherine to think about how more people with LD can attend the opportunities planning group.**

Louise supports the opportunities planning group and explained that the person with LD is always invited to attend but sometimes they say no, they can think about how to improve this.

## 6. Unity Works

Suzanne explained that Unity Works were a charity that used to be part of The Camden Society. Suzanne spoke about opportunities on offer, please see presentations slides on the [Planning together website](#).

A trainee from Greenwood café spoke about their experience.

**Q:** Jide asked if there was something that you don't enjoy that you think could be better?

**A:** No

**Q:** Colin asked how long do placements usually last?

**A:** Suzanne said they are not time limited. They are for anyone 18 plus, with an LD. They do not need a formal diagnosis. They do an Individual Learning Plan review at least every year and put goals in that. There is an end of year review and they can make changes e.g. the days they attend. Each referral is case by case.

**Q:** Mary asked if people can get jobs in catering in 3/4/5 star hotels?

**A:** Terry said that a previous apprentice they worked with is now employed with a 5 star deluxe employer. They worked with the employer to support the apprentice into this job, and this person has kept their job at the hotel for over 5 years.

Where possible they make the journey meaningful, productive and rewarding.

## 7. Carers Action Plan

Jessica and Shanta gave a presentation on the Carers Action Plan - please see slides on the [Planning together website](#).

**Q:** Sandy asked if they were talking about parent carers?

**A:** Jessica explained it could be parents, friends, family members, neighbours - but it is carers that are not paid, people who are giving time for free.

**Q:** Jide said when a parent has an emergency e.g. go to hospital the person they care for might need some help and might not be able to ask for help themselves.

**A:** Jessica explained that if a carer is caring for someone they should be able to write and talk to people like the Social Worker about what would happen in an emergency, and who would help the people they are caring for if they go into hospital. They need to make sure those plans are in place if there is an emergency.

**Q:** Suzanne said that their Adult Community Learning would offer courses for carers as well. Does the action plan make sure carers are aware? and when they need funding do carers know how to speak to Social Workers to get funding approved?

**A:** Jessica stated that the plan talks about how carers can find out about information that will support them, and their legal rights. They know lots of carers in Camden but don't know as many as they should. The plan includes going out and talking to more people, sharing information, reaching out to community centres and places people go to speak and make sure they know what support is there.

**Q:** Sandy suggested inviting all carers to a big meeting like Planning Together and have what is being offered in the room, and have a register.

**A:** Jessica said they are trying to have more meetings for carers. There will be the Carers Partnership Board and they will go to more places like community centres and libraries to find more carers. Shanta said that one thing carers said was that they want more information all in one place so they know where to go. This is in the action plan for the partnership board to work out how to do that

**Q:** Vicki said that a lot of carers are getting a lot older and that is a big issue. There is no plan if they get ill or die. A lot is dealt with through the duty system.

**A:** Andrew explained that any family carer that wants an emergency plan can get in touch with CLDS. There are tools they can share. A charity called Together Matter which has created tools called Thinking Ahead.

<https://www.togethertomorrow.org.uk/>

They look at difficult issues such as dying, housing, where the person lives, who will look after them, and also more straightforward issues such as who has got a key / knows what is going on.

**Q:** Simon noted that there has been horrible stories in the news about Carers Allowance where people earned a pound more than allowed and had to repay, and carers not building up a state pension. Can this be looked at?

**A:** Jessica said that when they talk about managing money this includes benefits, carers allowance. They are aware people have been in the news recently having to pay back a lot of money. They are working with Camden Carers and Mobilise, on

how to share that message so people are aware how much Carers Allowance is, what the maximum is when you are working and claiming.

If you would like to give any feedback about the Carers Action Plan please contact [jessica.lawson@camden.gov.uk](mailto:jessica.lawson@camden.gov.uk) or [shanta.joseph@camden.gov.uk](mailto:shanta.joseph@camden.gov.uk). You can also speak to [katy@camdencarers.org.uk](mailto:katy@camdencarers.org.uk) at Camden Carers to feedback views.

## 8. Topic for the next meeting

The following ideas were shared and agenda planning group will discuss:

- Georgia Gould, the Leader of the Council wants to hear from Synergy, Carers and Providers. Chris Lehmann – Deputy director of Adult Social Care will also attend. There are three basic questions:
  - What is working well in Camden?
  - What is your main challenge?
  - What one change would you make in Camden if you had a magic wand?

They will ask Synergy to think for next time and also take to the Provider Forum. They will need someone to volunteer to speak on behalf of providers.

- Mental Health services – what are the reasonable adjustments for PWLD? They could maybe start a sub group before
- LD cancer screening team - meeting members would like to hear about this.
- What are the options for people when they are ready to move home
- Talk about the changes to PIP (Please see below)

## 9. Any Other Business

### PIP consultation

Simon explained that there was going to be a consultation about what the government says about PIP and possible changes. This only came out Tuesday evening <https://www.gov.uk/health-and-social-care/disabilities-benefits>

### Universal Credit Changes

Andrew explained that another issue was that the Department of Work and Pensions recently informed Camden that they would roll out Universal Credit for all people in Camden and it would be happening much quicker than they said.

The council are worried there is a risk of people losing benefits. It will effect everyone on current benefits including Income Support, Employment Support Allowance. People will receive a letter and have 3 months plus one day to reply, if they don't reply benefits will stop.

They are worried about people living on their own as they may not fully understand. They want providers, carers groups and people to know about the letter and make sure the application for the new benefit is made, and put in place systems to support applications.



It will effect 6000 people so they are keen people know about this and will be sharing information and ways to get support to complete the form and keep track of it. It works best if you can access it online.

### **Hospital Discharge Team**

There is a new hospital discharge team working with colleagues at Camden Carers, they are happy to come and talk at Planning Together if that's what people want to hear about

### **Hospital Passport Sessions for Carers**

Katy explained that there were flyers for the hospital passport session. Please see a copy below or contact Katy if you would like more information - [katy@camdencarers.org.uk](mailto:katy@camdencarers.org.uk)



## Hospital Passport session

Date: 24th May 24

Time: 11am-1pm

Location: St Pancras Square  
Room 2.1

**Learning Disability & Autistic  
Carers Only**

This session will be led by CLDS and Camden Carers:

- A hospital passport can help Doctors and Nurses understand the needs of the person you care for.
- We will talk through the Hospital Passport document;
- Bring your laptop, if you have one
- Save The Hospital Passport on your laptop to update it when / if any changes
- We can share a copy of the Hospital Passport with the hospital so they have it in an emergency
- A Hospital Passport can improve peoples experience at the hospital and better health outcomes
- Tea & coffee provided

For more information please call **0207 428 8950**

or email us at [info@camdencarers.org.uk](mailto:info@camdencarers.org.uk)



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