

# Commissioners' Good News

December 2014



Inspired by many of our providers, the **Learning Disabilities and Autism Commissioners** are producing a quarterly newsletter to share positive news and information about what is happening in Bath and North East Somerset.

It's for anyone who provides a service and anyone who uses a service.

We would like to hear about what you have been up to, positive experiences you have had and forthcoming events and dates for the diary

Photos very welcome.

## **WHAT'S IN THIS EDITION**

- **Introducing...**
- **Did you know???**
- **Good News stories**
- **Dates for your diary**

- To share information



- To share positive stories



- To share dates for the diaries



THE COMMISSIONING TEAM  
WISH YOU ALL  
A MERRY CHRISTMAS  
AND  
A VERY HAPPY NEW  
YEAR!



# SWALLOW FC



Swallow FC have recently joined the Somerset Football Association Ability Counts Football League, where they play once a month from October to April. They will play six games in total and are improving each month and proudly wear their new SWALLOW FC strip.



## The One Stop Shop

By Stella Rogers  
Hillsborough House

Every second Thursday, once a month I go to the One Stop Shop in Keynsham, which is part of the new shopping centre. There are lots of shops, cafes and restaurants. Some of the shops have moved from another town centre as the rent is lower in Keynsham.



To accommodate everyone's needs, Keynsham has created a One Stop Shop similar to the ones in Bristol and Bath. It is run by voluntarily by people with Learning Difficulties. Although I get paid.



When I first went there it was not very busy, but it has become busy. When I arrive I have to help log on the computers and at the end of the day I have to help log them off.

People come in for advice about what services are available. I have to speak clearly. Customers are very pleased with me because I give them the right information and they say "Can you help me please, which way is it to Costa Coffee shop"?

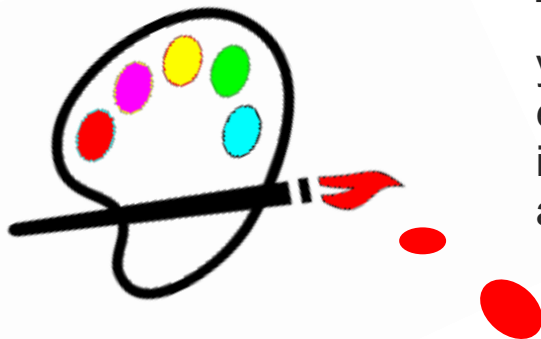


**I enjoy working at the One Stop Shop and meeting lots of people.**

# SWALLOW Tales



SWALLOW have been given some funding from the B&NES art pot towards a SWALLOW Tales art project. SWALLOW members are being encouraged to get involved creatively and tell their story in whatever way they want.



The project is running until April next year and will culminate in an exhibition and performance and will include animation, drumming, fine art and mosaic on the 18th April 2015.

If anyone with a learning disability would like to get involved please contact

**Bev**

**01761 414034**

**or**

**[bevc@swallowcharity.org](mailto:bevc@swallowcharity.org)**



# Gardening Award



Gardening Award - The Redfield Road Supported Housing, garden club achieved a Level 5 (for Outstanding) in the Neighbourhood South West in Bloom Scheme. Helen and Sarah attended the Awards Ceremony at the Town Hall to pick up their certificate back in September



# Puzzle time...

## Word search

c	r	a	c	k	e	r	s	a	y	s	a
l	o	m	w	x	v	y	n	z	b	f	j
k	b	i	a	u	a	h	o	l	l	y	i
w	i	n	t	e	r	b	w	z	a	k	n
g	n	s	h	t	c	w	m	v	x	p	g
f	c	t	a	s	d	s	a	n	t	a	l
e	d	a	q	r	r	p	n	u	q	r	e
c	a	r	o	l	s	o	t	k	s	t	b
b	s	t	o	c	k	i	n	g	m	y	e
g	i	f	t	p	e	j	l	n	i	f	l
o	b	n	a	p	u	d	d	i	n	g	l
c	h	r	i	s	t	m	a	s	h	g	s

carols

pudding

Christmas

robin

crackers

Santa

gift

snowman

holly

star

jingle bells

stocking

party

winter

Introducing.....



**Andrew Jubb**

**Housing advisor**

### **What is your job role within the council?**

I am a housing advisor for B&NES Council; my role is to prevent homelessness.

I am the lead officer providing housing advice to those with learning difficulties and autistic spectrum conditions. I also work closely with the professionals who support them and their family members.

### **What is a Housing Advisor?**

We provide support, information and advocacy to help solve accommodation problems. This could be people trying to find housing in the local area as a result of moving to Bath or needing to move house because of a relationship breakdown or other reasons. We can support people who are being evicted, or who have rent arrears. We also give advice on housing rights. People can come to us with any type of housing related question. A part of our role is to ensure that the customer has access to all the professional agencies that they may be eligible for.



## **What information can housing advisors provide that people can't get for themselves?**



As housing advisors we have access to many tools that the general public would not such as access to social housing schemes, links with private rented accommodation and supported accommodation. We can also assist with interest free loans if the person is eligible.

## **How can people access a housing advisor?**

We run drop in sessions across Bath and North East Somerset throughout the week.

Drop in sessions take place at –

- The One Stop Shop in Bath every day Monday – Friday 9am-12pm and 1.30pm-4pm
- The Hollies in Midsomer Norton every Tuesday 9.30am-12pm and 1.30pm-4pm
- The One Stop Shop in Keynsham every Thursday 9am-12pm and 1.30pm-4pm

Anyone can drop in during these times to see a housing advisor.

**Telephone 01225 396296**

## **You are also the link person providing housing advice to people with learning difficulties and autism spectrum conditions. Can you tell me more about this?**

I spend a lot of time working with professionals such as social workers who support someone with a learning disabilities or autism spectrum conditions to look at housing options and providing similar support to them as I do in my housing advisor role.



At the moment I'm working very closely with BASS in Bath who are group who provide support to adults with autism spectrum conditions. One of the areas that they sign post to is support with housing. I run a drop in session once a month through BASS to provide this information and advice.

I also work closely with families who may have an adult child with a learning difficulty or autism spectrum conditions who are looking to move out and live independently. I meet with the families, the individual and the social workers to look at their options and provide advice on what people need to work towards achieving their housing goals.

**Are there any specific drop in session for people with learning difficulty?**

Anyone can access advice via the drop in sessions throughout the week with the housing advisors however people can contact me directly on

**01225 396123**

**or email**

**[Andrew.jubb@bathnes.gov.uk](mailto:Andrew.jubb@bathnes.gov.uk)**



# New hobby!



Sayem has now taken up a new hobby;

## **Trampolining!**

I attend a 1:1 session every Wednesday and am enjoying trying different techniques.  
It's also a great form of exercise whilst having fun.

I have also been using props in my routines,  
as you can see with the pom poms.....



## Lead your Generation an Inclusive Future



20 people living at Greenhill House took part in a fantastic opportunity recently on 8th November 2014:  
The event was called **Lead your Generation an Inclusive Future**. Involving the Youth Sport Trust and Spirit of 2012 Trust, BISPAA and Bath and North East Somerset Council.

Each person chose sports to have a go at. The sports included wheelchair basketball, seated volleyball, goal ball, VI football, adaptive rowing/kayaking, team building, boccia and new age curling.

Becca Higgs of Bath University led on this project at the Sports Training Village on campus. It is a national event based within 8 host cities one of which is Bath. The primary aim is to use leadership and volunteering opportunities within sport to change the perceptions and attitudes towards young people with disabilities:



giving them the opportunities to volunteer within local schools and clubs as well as major sporting events being held at the university. The university is keen to enhance its inclusive practice at grass roots levels as well as make use of the elite athletes

The aim to create a team of volunteers (targeting both able bodied volunteers and volunteers with disabilities) that will not only gain work experience but be accompanied by a Paralympic athlete mentor throughout the project and have the opportunity to participate in regional and national camps.



**The Importance of  
Volunteers should  
never be  
underestimated”  
leonard cheshire**

Hopefully The Greenhill House Boccia team will directly benefit by having volunteers placed within our boccia club in the near future to deliver the sport supporting and working alongside our referee coaches and staff to support our plays to develop and access local competitions. The aim is to attract other disabled people living in the local community to join and participate in this Paralympic sport.



**For more information on this  
story contact  
Ann Birtwistle  
Volunteer Coordinator at  
Greenhill House, South Road  
Timsbury, Bath BA2 0ES**

**01761 479900/479902  
ann.birtwistle@leonardcheshire.org**

## Jane Harding's story

## Gone Fishing!

I went fishing before in 2008, the club has been running for 7 years - but I stopped going for a long time. I started again this year.



John Proctor helped me to catch a big perch and that's why I am interested again. I felt a knot in my chest a strong desire to catch fish.

I feel relaxed it helps you to fish everybody helps you to fish you are meeting different people from outside of Greenhill I get enjoyment and pleasure out of it.



**It helps get your frustrations out and unwind, its nice to see different residents go out.**

I made new friends Keith, Chris and John proctor he is the one who has given me the urge and encouragement to catch fish.

**I enjoy others getting pleasure out of it.**

I don't like birds or nature or wildlife I am just concentrating on fishing.

The fishing workshop; I remember bream, pike perch and carp. I've mixed up bait I don't mind it. It doesn't put me off cheese and corned beef, I like pineapple

I knew nothing when I first started, I have learnt you have a reel. You reel it in you catch fish in a net, this I know so if I was alone I would know that if I needed help I can ask.

I know I have caught a fish when the line orange float marker sinks

I worked with Chris Goodman he helps me if I need help he leaves me to fish and explains things to me.

**It's good to get out; not stuck in here all the time sat round the telly.**

The competition we do for an hour to see who catches the most fish.

I don't find it stressful. I have been to Tucking Mill but to fish there I really need my own equipment

I like to do sport and fishing is a sport I like being part of a group sharing the enjoyment with others in the group

You need transport to go out you have to take it in turns to do this, if I had the chance to do more I would, its good to go out and do more.

Volunteer support, Chris, John, Keith, Steve and Jay overseas volunteers all enjoy supporting us in what we enjoy.



**This activity has been going on since April 2008 when it started. Run by volunteers with staff supporting the activity, it would not be possible without the amazing dedication and commitment of our volunteers.**

## DID YOU KNOW?



### Keynsham Walking Football

Keynsham Town Football Club has recently setup some Walking Football sessions organised by local coach Nick Dewfall with a helping hand from young coach/referee Laura Hawkins.



The sessions are designed to give people chance to play football at their own pace whilst enjoying the healthy, social and fun benefits that football has to offer.

Walking Football made it's debut in Keynsham with ex-Oxford United all-time top goal scorer Graham Atkinson. The session has been met with a great amount of positivity from players and coaches.

Walking Football has grown in popularity recently with many football clubs across the country including Bristol City, Portsmouth, Manchester City, Stoke, Blackpool all setting up sessions in their local communities as well as being supported by the FA. It was also recently featured on BBC Breakfast which has prompted a increase in demand for these sessions up and down the countries.

The sessions take place on the courts in Keynsham Park on Friday mornings from 10-11 and Thursday evening 7-8  
Also Monday morning 10am session in Bath at the Percy Community centre, New King Street

Sessions are not age restricted so anyone can play, we have had people 18-78 play. Cost is £3 per session.

If you fancy getting involved in sessions then please contact

Nick Dewfall

0741 101 3516

[nickdewfall@aol.com](mailto:nickdewfall@aol.com)



Article Written  
by Chipp Goverd



# SWALLOW cafe now open on Thursdays



The SWALLOW cafe started opening on Thursdays from October so we are now open Wed – Fri 11- 3pm each day for hot and cold drinks and lunches and snacks at very reasonable prices and a very warm welcome!





### **DATES FOR THE DIARY**

**30<sup>th</sup> January 2015**

Learning Disability Partnership  
conference

(Contact Your Say on 01275  
374703 for more information)

**3<sup>rd</sup> March 2015 9.30-12.00**

Provider Forum



**The deadline for all submissions for the  
next newsletter is  
1st March 2015**

**We want to know what you think of this  
newsletter.**

**Is there anything you would like to see in it?**

**What jargons would you like busted?**

**Let us know by emailing us at**

**[Claire\\_andrews@bathnes.gov.uk](mailto:Claire_andrews@bathnes.gov.uk)**