

Health Stones 8

UK Health and Learning Disability Network

For information, queries and to contribute to FPLD Health Stones contact Janet Cobb jcobb@learningdisabilities.org.uk or janet@jan-net.co.uk

Please copy me into any replies.

Thanks

Janet

1. FPLD People with learning disabilities are under-supported to live mentally healthy lives

Feeling Down: Looking after my mental health to help people with learning disabilities look after their mental health.

www.fpld.org.uk/our-work/health-well-being/improving-access-mental-health

- *People with learning disabilities are 3 times more likely to develop poor mental health than the general population*
- *The Foundation for People with Learning Disabilities calls for equality in mental health services*

This week the Foundation for People with Learning Disabilities (part of the Mental Health Foundation) launched [*Feeling Down: Improving the mental health of people with learning disabilities*](#),

a report revealing that people with learning disabilities are continuing to struggle to access mental health support and services.

Despite various initiatives to reduce stigma in mental health, several barriers still stand in the way of people with a dual diagnosis being inclusively and appropriately supported.

The report aims to promote positive mental health by offering information, case studies and real life experiences of people with learning disabilities and their families, along with strategies and practical advice for enhancing their mental wellbeing. The launch was at the House of Lords and was hosted by Professor Sheila the Baroness Hollins. The event was a great success with key people from mental health services, organisations and commissioners attending.

Baroness Hollins said: *“We know that the majority of people who have mental health problems including anxiety and depression do not receive such prompt and comprehensive care as they do for physical health conditions, and timely access to mental health services is even worse for people with learning disabilities. This report and the accompanying resources provide a wake-up call to policy makers, commissioners, regulators, professional bodies and providers.”*

Jenny Edwards CBE, CEO of the Mental Health Foundation says: *“People with learning disabilities should have equality in the campaign for good mental health services for everybody. The most vulnerable people are being let down. The report highlights that despite the fact that 20-40% of people with learning disabilities experience a mental health problem¹, it appears that little is being done to promote mental health to their families and front line staff.*

The report draws attention to the fact that access to mental health service, assessment and treatment for this group of people needs to be improved.”

Christine Koulla Burke from the Foundation for People with Learning Disabilities and author of the report stresses that *“there is more to accessing mental health services when considering the needs of people with learning disabilities. The first being that their symptoms are recognised and they are believed.*

“It is time that commissioners, Health and Wellbeing Boards and CCGs took responsibility for equality in practice and delivery of services to ensure accessible, inclusive and valuable psychological support is available for all individuals with learning disabilities.”

As part of the campaign, the Foundation is also launching an easy read guide for people with learning disabilities to support them to look after their mental health. [Feeling Down; Looking after my mental health](#), was developed in partnership with people with learning disabilities who felt strongly that they wanted more control of their own mental health and wellbeing and something that they can use to help them explain their feelings to GP’s.

A parent involved in the project said: “This guide is easy to understand it is clear something like it should be made available to every person when they register at a GP practice and can be used to support health planning which rarely includes mental health”

[An easy read summary of the report is also available from the Foundation’s website](#)

For further information about the report and guide, please contact Christine Burke:
cburke@fpld.org.uk
<http://www.ldhealthnetwork.org.uk/docs/fd.doc>

2. Spot check form

Hi everyone. I work in a residential care home for people with learning disabilities. I am in the process of designing a spot check form which is attached and would appreciate any feedback or if anyone would like to share their own spot check forms with, it would be greatly appreciated.

<http://www.ldhealthnetwork.org.uk/docs/scf.docx>

Regards Margaret Mawundike

margaretmawundike@yahoo.co.uk

3. Urine Collection in Disabled Patients

We are currently conducting market research on behalf of TAE Innovation Ltd who have developed a wearable device to collect urine from patients which minimises the usual issues and risks to nurses and carers whilst ensuring that a clean, mid-stream sample is obtained for testing. The device is typically deployed in a wearable comfortable support which means that continuous monitoring of the patient is not required and the usual ‘urinate-on-demand’ problems are not encountered. It can also be used as a mid-stream sample capture device when placed in a toilet. We have a simple questionnaire that we would like relevant clinical personnel to complete which should take no more than 10 minutes. All respondents to complete the survey in full will receive a £10 Amazon voucher as a token of thanks. All responses will be reported anonymously in the survey report which is being prepared exclusively for TAE Innovation Ltd. There will be no public distribution of the report under any cover.

If you are happy to distribute this email to colleagues that may have relevant clinical experience, we can either conduct the interview over the telephone at a time convenient to them or alternatively we have an online version of the survey which can be completed at:

<https://www.surveymonkey.com/s/TAEDisability>

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4. **Postural Care information**

Please find attached some information that I hope will be useful following the FPLD seminars on children and young people with complex needs.

Lots of people asked for further information regarding the work that has been done in Wakefield to dramatically reduce the numbers of children and young people with hip dislocation.

I've attached the Wakefield summary, their business case and the qualification guides for the courses that they offer locally.

Booklet <http://www.ldhealthnetwork.org.uk/docs/pcbkc.pdf>

Guide <http://www.ldhealthnetwork.org.uk/docs/pgg.pdf>

Wakefield Business Case <http://www.ldhealthnetwork.org.uk/docs/wbc.pdf>

Wakefield summary <http://www.ldhealthnetwork.org.uk/docs/wake.pdf>

Night time positioning <http://www.ldhealthnetwork.org.uk/docs/ntp.pdf>

Don't hesitate to get back in touch for more information

Sarah Clayton

sarah@posturalcareskills.com

5. **A councillor's guide to the health system in England**

http://www.local.gov.uk/web/guest/publications/-/journal_content/56/10180/6185034/PUBLICATION

6. **Personal health budgets: Guide for GPs**

http://www.peoplehub.org.uk/?page_id=13

7. **Institutional Abuse Helpline & Services**

<http://www.respond.org.uk/what-we-do/helpline/>

8. **Network Autism Safeguarding Children with Autism**

If you work with children with autism, then join the Network Autism Safeguarding Children with Autism group at:

<http://network.autism.org.uk/group/safeguarding-children-autism-0>

Network autism is online community for professionals who work with people with autism to come together and share research and good practice. And it is quick, easy and **free to join!**#

9. **New Stop Hate UK sign language service**

Stop Hate UK has teamed up with InterpreterNow to provide a Video Remote Interpreting Service which offers online communication support for BSL users who are victims of Hate Crime.

Stop Hate UK strives to increase accessibility of its services to as many groups as possible so that barriers are removed in order that victims of Hate Crime feel equipped, empowered and comfortable to report. The launch of the BSL service is therefore an important development as it helps to widen Stop Hate UK's reach amongst the deaf community in our helpline areas.

For more information about this service please visit our website
<http://www.stophateuk.org/>

10. VACANCY LONDON Kisharon Day School

Are you Motivated? *Intuitive?* *Dynamic?* and looking for an amazing teaching opportunity?

Kisharon Day School is a Jewish Independent Special School with a broad range of students aged 4-19 years of age, based in Temple Fortune NW11.

We are growing in reputation and scale. Come and join our dedicated and passionate team on our journey to excellence.

Kisharon, Inspire and be inspired.

Contact Lee Zucker

lee.zucker@kisharon.org.uk

0203393 0151

11. CUMBRIA Band 7 Highly Specialist Physiotherapist

<http://www.ldhealthnetwork.org.uk/docs/cumb.pdf>

NHS Jobs Reference: 262-A-14-0738

www.jobs.nhs.uk

http://www.jobs.nhs.uk/xi/vacancy/5eb927f25a0535e635fb0dcd9173756b/?vac_ref=913388598

Located within close proximity of the Lake District

We require a highly motivated and enthusiastic Chartered Physiotherapist (Band 7) to work part-time (22.5 hours per week) within the Community Learning Disabilities Team in East Cumbria. The post involves working with adults who have learning disabilities within a multi-disciplinary team approach in the community.

As a Lead Specialist Physiotherapist, the successful applicant will work across our pathways, working alongside our Psychiatrist, Psychologist, Community Nurses and Speech and Language Therapist. The four pathways are Physical Health, Mental Health, Challenging Behaviour and Forensic. There will also be the opportunity to manage assistant practitioners within the team providing scope for a wide range of continuing professional development.

You will also have the opportunity to provide clinical support to the specialist band 6 Physiotherapist in the West Community Learning Disability Team.

The trust is committed to supporting CPD within mandatory training, clinical supervision, reflective practice and relevant external courses.

Whilst the post will be based in Carlisle, the Service provides a countywide service and has additional bases in the West and South of the county.

In addition to the community team, we also have an Assessment and Treatment Unit for adults with learning disabilities.

The Team enjoys close working relationships with Adult Social Care, provider organisations, the Police and Probation as well as primary and secondary healthcare services.

For the successful applicant this is an exciting opportunity to join our team and develop their clinical, interpersonal and communication skills. There will also be opportunity to enhance their specialist physiotherapy skills and knowledge particularly in the areas of Postural care, Hydrotherapy and Rebound Therapy.

Previous experience within Learning disabilities is not essential but would be desirable. Applicants do require experience of working at a senior level where some of their caseload has comprised of patients with long term conditions and complex needs e.g. Neurology, Paediatrics, Community.

12. FREE EVENT NEWCASTLE Staying Healthy – Some important messages from the Joint Self-Assessment Framework

This free event is designed to share some of the things that people with learning disabilities, family carers and others told us about being healthy and what is important for them. People are working together to make good things happen. We will be sharing some of these examples and thinking about what this means for us locally.

This event is aimed at people with learning disabilities, family carers, members of Partnership Boards and Health and Wellbeing Boards, members of Healthwatch, social and health care providers and commissioners who are interested in helping people with learning disabilities to stay healthy.

The event will be held on 16th July 2014 in Newcastle.

For further information and to register for a place please visit

<http://www.improvinghealthandlives.org.uk/events/>

13. EAST MIDLANDS LD NURSING NETWORK EVENT

Please find the attached flyer/ booking form/ map for the East Midlands LD Nursing network event on the 18th June @ Rampton.

The agenda is full and very interesting:

The role and function of an LD nurse as a Clinical Nurse Manager within Rampton:
Helen Watkinson

Recovery: Fiona Bone + Zoë Holland

A presentation about the Therapeutic Community within LD: Janice Christopher

Please ensure that if you are attending that the booking form is completed as this event is usually very well attended and we need to ensure that adequate arrangements are made for the numbers attending.

Booking form <http://www.ldhealthnetwork.org.uk/docs/bkf.doc>

Rampton Map <http://www.ldhealthnetwork.org.uk/docs/rm.pdf>

Flyer <http://www.ldhealthnetwork.org.uk/docs/nnl.ppt>

Please circulate widely.

Kind regards Russell Woolgar

EM LD Nursing network chair