

SLOUGH BOROUGH COUNCIL

REPORT TO: Health Scrutiny Panel **DATE:** 26 March 2018
CONTACT OFFICER: Simon Broad, Service Lead, Adult Social Care Operations
(For all Enquiries) (01753) 875202
WARD(S): All

PART I **FOR COMMENT & CONSIDERATION**

UPDATE REPORT ON THE RECONFIGURATION OF THE BOROUGH'S ACTIVITIES FOR PEOPLE WITH LEARNING DISABILITIES

1. **Purpose of Report**

To provide an update on the progress made in enhancing the range of community based provision for people with a learning disability.

2. **Recommendation(s)/Proposed Action**

The Health Scrutiny Panel is requested to note the report and the progress made in enhancing the range of community based services for people with a learning disability.

3. **The Slough Joint Wellbeing Strategy, the JSNA and the Five Year Plan**

3a. **Slough Joint Wellbeing Strategy Priorities**

The reconfiguration of services for people with a learning disability will meet several of the current Slough Wellbeing Board strategy priorities including:

- Increasing life expectancy by focussing on inequalities
- Improving mental health and wellbeing

The JSNA

The number of adults with learning disabilities known to Slough's Adult Social Care Service is 400.

The numbers of people with learning disabilities is projected to increase. In Slough, there were 2,153 adults with learning disabilities in 2007. The Projecting Adults Needs and Service Information (PANSI) estimated that in 2017 there were 2575 people with a learning disability in Slough with 2276 of them being of working age.

The key areas of inequalities for people with learning disabilities are in housing, health and employment. We continue to work with people, Carers and partners in order to co-produce an activities offer:

- That reflects the activities that people would like to do

- That contributes to individual resilience, self reliance and independence
- Promotes social inclusion and improves access to universal services
- Develops independent living skills and job related skills creating locally based work experience and job opportunities
- Improves health and life expectancy and addresses health inequalities
- Maintains the health and wellbeing of people thereby preventing or delaying their need to access hospital or residential care
- Safeguards people-raising awareness about keeping safe whilst promoting positive risk taking and involvement in community activities

3b. **Five Year Plan Outcomes**

The activities offer will support the following outcomes in the Five Year Plan

- Slough Children will grow up to be happy, healthy and successful
- Our people will be healthier and manage their own care needs.

4. **Other Implications**

(a) Financial

The Capital Strategy Board granted £826,000 in September 2016 towards the refurbishment of the Phoenix and Priors Buildings. It is anticipated that the refurbishment works will be completed in 2018.

(b) Risk Management

None

(c) Human Rights Act and Other Legal Implications

No issues identified.

5. **Supporting Information**

To assess the impact of the changes made to the activities offer in January 2017 on service users and their Carers, a survey was carried out in October 2017. The participants of the survey included the people currently using the two building based day centres, Priors and Phoenix, and their Carers. It also included people who had previously attended a building based day centre but were now accessing community based activities. The survey asked people and Carers for feedback on the activities they were doing within the community and the day centres, what was going well and what could be improved. Responses to the survey were sought through focus groups, questionnaires and one to one interviews with people and their Carers.

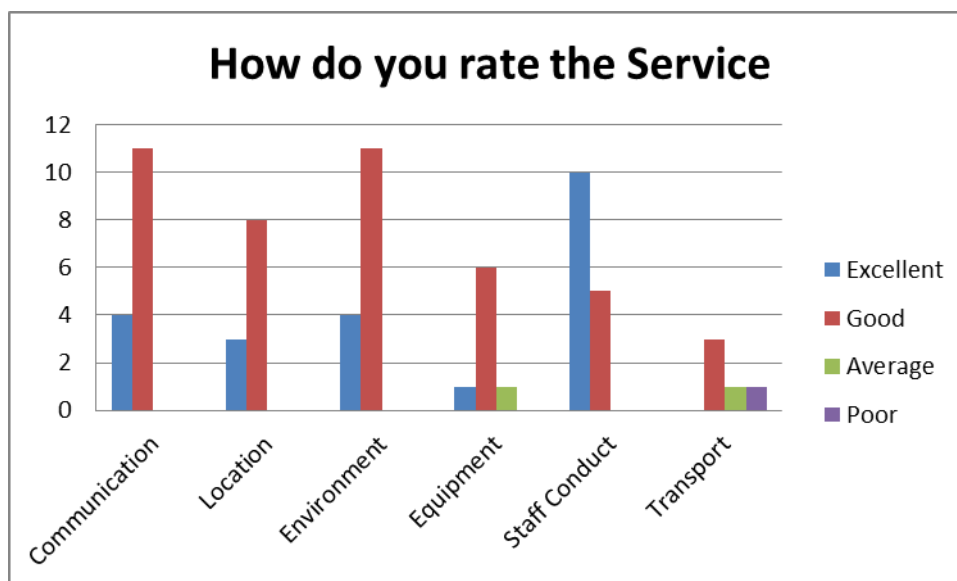
Of the thirty- three people now accessing community based activities, we received 18 responses which equated to a 54% response rate. Half the respondents felt that they were seeing more of their friends and learning new skills. We will continue to work with all service users to ensure that the majority of service users feel that their social networks have widened and that they are learning new skills. 55% felt that they were trying new activities. 22% had elected to access other day centres. Bowling and cooking proved to be very popular activities. When asked

what improvements could be made to people's activities offer, people requested different times for activities and for better transport arrangements. Adult Social Care are working with people, their Carers and support workers to ensure that people's needs are met through their activities offer.

There are currently seventy-eight people accessing either the Priors or Phoenix day centres and also a new service developed from the Britwell Community Centre called the Britwell Hub. We held focus groups with forty of the seventy-eight which equates to a 51% response rate. All users of the Day centres and the Hub were advised in advance of the dates of the focus groups in order to give them an opportunity to feedback about their experiences.

All attendees of the focus groups said they were happy with the activities they were doing at the day centres and the hub. Popular activities included cooking, music sessions, computers, Lego sessions and exercise classes. People missed their bowling sessions at the bowling alley (currently undergoing refurbishment). However, a bowling session is held at one of the day centres on a Friday which is an opportunity for current and former day centre attendees to meet and maintain friendship groups.

We had fifteen responses from Parent Carers from a combination of questionnaires and one focus group. Parent Carers were very happy with the quality of the service their family member received at the Day Centres. Transport though was one area in which parent carers expressed dis-satisfaction. One commonly cited concern was people missing some of their activities because of transport issues. We will continue to work with transport services to improve the quality of the service. We are also looking at other options people have to help them with their transport needs. The responses also showed that there is a need to remind parent carers that the mobility component their family members are receiving from the DWP (Department of Works and Pensions) is for their transport needs. Some parent carers appeared to feel that the Local Authority should continue to pay for transport despite the family having access to a car paid for by the DWP. We have summarised their responses below.



Some Parent Carers were unhappy about the amount their son/ daughter had to pay for some of their support. Adult Social Care will continue to engage with parent carers to explain how payments towards support are calculated. Four

Parent Carers felt that there had been a positive improvement in their family member since they had been attending the day centres. Better communication and stability were two of the improvements cited.

Our Activity Co-ordinators continue to work with people using the day centres, Carers and partners within and outside the Council to widen the range of activities on offer.

Some of the activities that have been offered through the day centres include:

Community based activities

The Britwell Hub

Based at the Britwell Community Centre, the hub is regularly used by ten to twelve people who previously attended the Elliman Day Centre. Some of the people also regularly attend other groups at the Centre for example, the Recycled teenagers. All of the service users regularly use the computers at the Hub and all have library cards that they use. Some of the service users are able to use the local shops with minimum support which is also an opportunity for them to integrate with the local community.

Allotment

The allotment behind the Britwell Centre has been managed for service users since January 2017. The service users enjoy taking home the produce they have grown and also cooking the produce in cookery sessions which they have then sold to raise funds to buy seeds for the coming year.

Healthy Walks

One Activity Co-ordinator has undertaken training to become a Walk leader. There are plans to take groups of service users walking round the borough's parks.

A group from the Britwell Hub, Priors and Phoenix day centres did a sponsored walk in aid of Shelter.

Clear Conscience

Clear conscience is a social enterprise providing a recycling service to London Hotels for their toiletries. A group of service users help Clear Conscience once a week to recover repurpose and redistribute the toiletries to those who would otherwise be unable to afford the toiletries. Service users are rewarded with some of the toiletries for their own use and the feeling of doing something of value to others.

Activities within the Priors and Phoenix day centres (the activities outlined below are open both to people accessing the Day centres and to those known to the Community team for people with Learning Disabilities)

We have introduced a Music therapy (music and movement) session called Kiddeydivey once a week.

To help people maintain healthy feet, a Chiropodist attends the day centres once every six weeks.

People attend an information session run by Destiny Support on a Thursday morning. A recent subject was about maintaining healthy teeth and gums. As a result of this, Slough Healthy Smile (a Community Dental service) will be visiting the Britwell Hub, Priors and Phoenix day centres to give practical lessons about teeth cleaning.

Through the Community Development team, we have held art classes for people in the day centres and are working on developing a Photography course with an external provider.

Keeping in touch sessions:

To maintain friendship groups amongst people who currently attend day centres with those who no longer do so, a regular bowling session is held on a Friday.

We hold regular events to celebrate the diverse faiths within Slough. We also held a 1960 day which included a theatre group performance. We are planning a 1920 day for April 2018.

A coffee morning was held which also raised money for Macmillan care.

Life-long learning

Following the success of our first sessions of cookery and information and communication and technology courses, we are about to start second sessions of these courses.

Independent Living skills

The borough successfully bid for a grant from the Department of Health to purchase smartphones on to which software applications to help people learn and develop independent living skills can be downloaded. Some of the outcomes that people have achieved have been an improvement in their fitness and computer skills.

6. Comments of Other Committees

None.

7. Conclusion

This report outlines the progress made in reconfiguring the borough's activities offer to one which provides opportunities for people with learning disabilities to learn new skills and integrate with the wider community. Family Carers receive valuable respite from the demands of their caring roles secure in the knowledge that the people they care for are accessing activities which bring them different and new experiences

8. Background Papers

None