

## Em.bold.en Newsletter – December 2016

Welcome to the first Embolden newsletter.

The Embolden project was started to give a strong voice for older families who have relatives with learning disabilities to influence decision makers, hold them to account and improve services.

### What has happened so far...

The first six months of the project have been very busy. We started the project with a series of '**Coffee Conversations**' around the county. Thank you to those of you who attended.

We gathered some really useful information from the feedback you gave us which has enabled us to think more about what needs to change.

### Some of the themes we've heard already:

- Concerns about Day Centres.  
"Day Services for the Learning Disabled are essential." If day services close there will be no day respite for carers
- Not being listened to by the powers that be!
- More information needed about Mental Capacity Act and Human Rights Act
- Lack of availability of Advocates –better advocacy
- Information needed about who's who and who to contact in the Council
- Social care & rights under the Care Act.
- Housing and supported living.

"Planning long term is not happening – very worrying!"

"Can't break through the eligibility to access any support services yet as getting older, less energy to go and grab those available (but unknown to me) services"

In October, we held a **Care Act workshop** which was run by HFT's Family Carers Support Service. It was a really informative workshop that has already empowered one family who attended to successfully challenge a decision about their relatives support. We will be planning further days like this one too.

In November, we invited you to "**Meet the Decision Makers**". 32 people attended this event, including 7 commissioners and other professionals from OCC, Oxford Health Foundation Trust (OHFT) and Oxford Clinical Commissioning Group (OCCG).



As a result of this day we gathered a number of pledges from people who attended.

Liz Williams, Programme Director, Learning Disability Transition from Oxford Health is setting up a **Learning Disability Steering group** and would like older family carer representatives to be part of this.

Please get in touch with Liz's PA Hannah by email [Hannah.Osman@oxfordhealth.nhs.uk](mailto:Hannah.Osman@oxfordhealth.nhs.uk) or phone 01865 902878 if you are interested.

Steph Ross, LD Liaison nurse from OUH is looking into the parking issues that were raised about the JR.



## What's next?

We are planning a **'You said, We Did' event** in January so you can hear more about the actions being taken as a result of your input.



**Date:** January 31<sup>st</sup>

**Location:** West Oxford Community Centre, Botley Road, Botley, OX2 0BT

**Time:** 11:30 – 2:00

Please let us know you will be coming along by telephoning **Kathy** on **07786 731634** or [kathy.liddell@oxfsn.org.uk](mailto:kathy.liddell@oxfsn.org.uk). To keep costs down we are sadly unable to provide lunch so please bring your own or you can buy something from the café.

**Did you know?** The number to contact **Adult Social Care** is **0845 050 7666** if you need to contact the department please make it clear that your relative has a learning disability. This is a generic number and you will then be signposted to one of the teams in the South, North or City

That's it for this edition.

Please let us know what you think about this newsletter.

We also want to take this opportunity to send you and your family season's greetings and best wishes for a very Happy New Year from all of us. We look forward to seeing you in 2017

**Gail, Jan, Kathy, Angeli and Alex**



**P.S.** If you haven't already, please tell other families you are in touch with about this project. We are planning more coffee conversations and events next year and the more of us there are the louder our voice!