



## Minutes Leeds Learning Disability Peoples Parliament

Tuesday 16<sup>th</sup> June 2020



**We welcomed everyone to the first Leeds Learning Disability Peoples Parliament on zoom.**



**Councillor Khan said hello and thanked everyone for coming to the meeting, he also thanked everyone for following the rules and helping keep Leeds safe.**

**He said how this was difficult it was to be stopped from doing the things we want to do. Many people with learning disabilities have things they are told they can't do and hopefully everyone now understands what that feels like.**

**Councillor Khan said it was good that people were keeping in contact and keeping active and busy, it is important for our health and well-being.**

If you would like to join the next meeting but are not sure how, please call  
Claire or Caroline on 0113 2440606

We had 50 people at the meeting, some people did not have their cameras on.



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**We then all sang together, All you need is love**



**We enjoyed singing but we did not know all the words!**



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being safe



## Being Safe

Susan Hanley told everyone about her work at Leep1 and her role as a Safeguarding Ambassador. Susan helps deliver training to lots of people, like social workers. It is important to listen to people with a learning disability and to keep people safe from neglect.

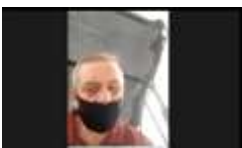
TALK  
TO ME,  
HEAR  
MY VOICE



We watched a brilliant film about the work Leep1 have done in schools to change how people think and reduce Hate crime

<https://leep1.co.uk/what-we-do/hate-and-mate-crime/>

People had some good advice to share.



Chris said “Be careful to be safe” “Report it straight away if something happens”



Janet said “if there is a bully in town go to the bus station, you are safe there. There’s a safe place in the bus station. It’s easy to find”.



Sean said “Be careful online, people can pretend to be your friend. When you are lonely people can take advantage of you”.

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## **Being Connected      Employment**



**Jez gave an update from the employment task group. The March meeting had to be out on hold due to COVID 19 but there is still work being done.**



**The council are working hard to make sure more people with a learning disability can work for them. Leep1 café trainees will be starting to work in school kitchens.**



**We heard about other success stories of people that had been trainees at Leep1 café and had passed their NVQs and gone on to work. Michael has worked at Manjits in the market for over 2 years and is one of the team, “he’s one of our own” says Manjit. The Leep1 café is “excited and proud to get people into paid employment”.**



**Councillor Ritchie said the council have a guaranteed interview policy for people with a disability. So if you see a job with the council that you have the skills to do they will guarantee you an appropriate interview. It should not be filling in the form or having a suit that stops you getting a job.**



**Em talked about her work, “it’s the first paid job I’ve had and I’m very proud.” And although the work is on hold due to the virus she said, “It’s given me a platform to find other work”.**

**Voluntary work is also very important to people, Phil talked about working with adult social care on the Being Me project, he felt included and involved. The rest of the project team said having people with lived experience involved made the project better.**

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### **Being Connected      Travel**

**Erica gave an update about public transport.**

**There is less space on buses to keep a safe distance between people. Please leave more times for your travelling as there are less places available.**

**Please wear a face covering. If you cannot wear a face covering you can get a card to show the driver, or have a picture of it on your phone.**

**There are still wheelchair spaces on buses.**

**Some people said how they were walking more and enjoyed the exercise. Jamie said "I don't use the bus now, I just walk".**

**Mandy asked about reporting a hate crime that had happened on the bus. Erica said it was important to report things as quickly as possible so they would still have the CCTV film.**

**Bernie talked about her work; "I'm Bernie, I'm a travel ambassador. I help people with disabilities become more independent in travel. So people can see their friends." Bernie has passed her level 2 exam in travel training and given workshops on travel training.**

**David works with Bernie and the other 6 travel ambassadors and told us about some of the work they had done including writing a friendly guide for bus and taxi drivers. The police have used a lot of the work in their safemark scheme. David said working with the travel ambassadors "made what I do significantly better".**

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### Being Connected      Social



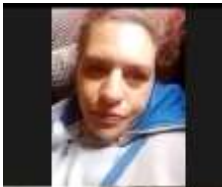
People told us about what they had been doing in lockdown. Maisie has been joining in with different online groups and also help run some of the online activities. Becky from Leep1 said thank you for all the help. Maisie has also been practising her drumming and walking her puppy.



Andrew enjoys the groups and enjoys singing, he uses Skype as well as joining in on Facebook and zoom. He wants to carry on singing.



Janet talked about going shopping and walking her dog. She also enjoyed playing Bingo, doing quizzes and seeing her friends on zoom.



Sapphire has been very busy and everyone loves her DJ slots. She also had the idea of having the talent show on line and now it's a big event with People in Action and Leep1 working together. Sapphire has been having auditions every week and helping people to get involved, It's "absolutely" helped her mental health.



Mark had not enjoyed lockdown but it was nice to still see people and he enjoyed the music.



Sally said lockdown upset her but it had made her appreciate nature & being outdoors and walking. "Going to the park, it's made me appreciate that".

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After lockdown people wanted the groups to continue online, it's a good way to stay in touch. They want to keep the activities like Bingo and the Leep1 facebook page.

People really enjoy the DJs and being connected through music.



Councillor Khan said it was all great work and they were pleased to have been able to donate some money for the prizes for the talent show.

Julie told everyone about the Aspire friendship group. It's not only for people that use Aspire services. They have singing sessions and chat rooms and there is a number to call.



<https://www.facebook.com/AspireCBS/>



### Being Well

It is important to contact your doctor if you are not well.

Julie talked about the way doctors are doing annual health checks. Your doctor will send you a letter or call you and they will send out a booklet.

The booklet is quite long and has lots of questions, these are all the questions your doctor would ask at your annual health check. The doctor or nurse should call you to go through your answers.



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**If you are unwell ring your doctor.**

**If you have symptoms of coronavirus ring 111**

**If it is a health emergency call 999**



**Alison talked about the hospital.**

**If you are coming into hospital, ring them and they will be able to arrange any reasonable adjustments you need.**

**The hospital is open but they are having to work in a different way to keep everyone safe. If you send Alison your hospital passport they can put it on the computer system so all the information is there is it is needed.**

**They have done a lot of work making lots of easy read information.**

<https://www.leedsth.nhs.uk/patients-visitors/patient-and-visitor-information/patient-information-leaflets/easy-read>



**We all really enjoyed see faces we hadn't seen for a while.**

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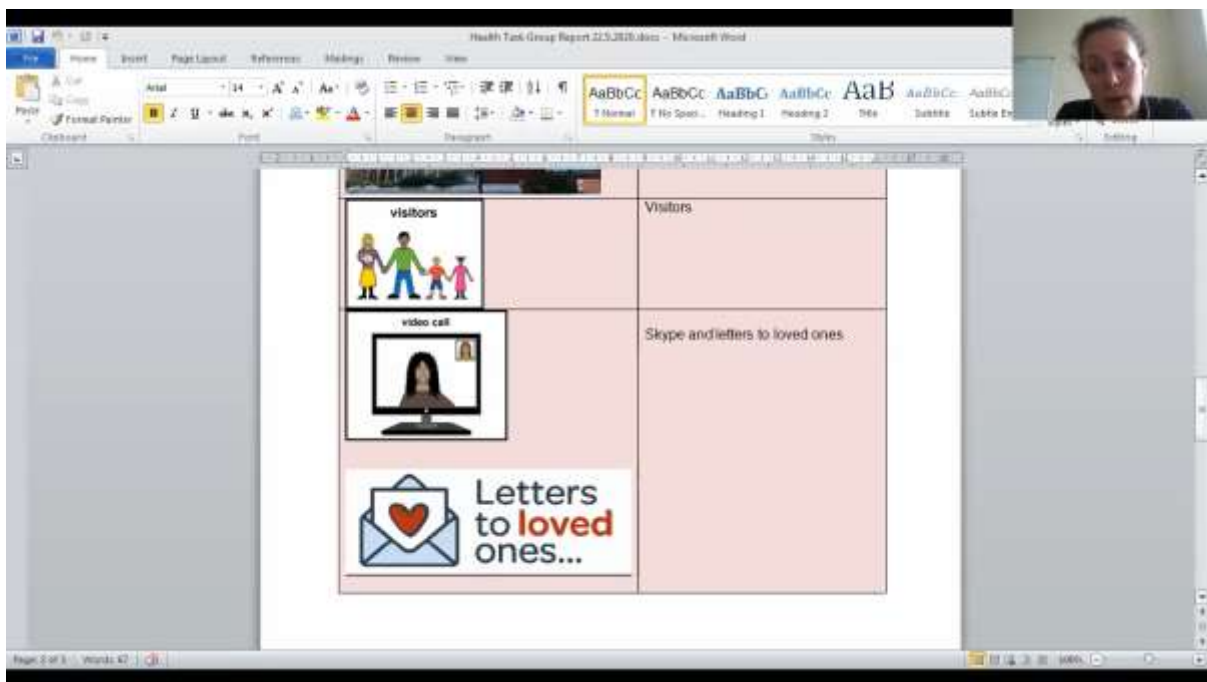
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**Alison talked about the ways to stay in contact with people who are in hospital if you can't visit them.**



**People have had skype calls from family to cheer them on when they are doing their physiotherapy. Lots of people have sent in letters and photos that they can print out in the hospital and show to people.**



**Alison also asked for people to say what they would like the new hospital in Leeds to be like.**



**Ann Louise told us about her work at the hospital, "I've been working at the hospital and I am really happy to see people and help them".**

**Alison said the work the volunteers did was really important and it would be good when they were able to come back into the hospital.**

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**The meeting was very busy and we enjoyed seeing each other.**



**We all sang together Lean on Me and then we sang Happy Birthday to Beckie as it was her birthday that day.**

**Now we have sung happy birthday in the council chambers, at St Matthias and on zoom, where next?**



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