

APRIL 2022



# NEWSLETTER



Hello, this is our quarterly newsletter!

This newsletter is to stay connected, and for people to share what is going on in their areas.

We are a network for Self advocacy and Speak Up groups and people with Learning Disabilities and/or autistic people in the South-West.

## Network Meetings

In January, our main topic was **Scams**.

Devon County Council shared a presentation and video about the different kinds of scams and how to stay safe.

People told us about postal scams, that can look like letters from the NHS.



In February, our focus was on **Hate Crime**. We discussed what a Hate Crime is and what to do if we feel we or someone we know is a victim of Crime.

We talked about how and when to Report to the Police and talking with someone you trust.



In March, we talked about the importance of good **Mouth care** and getting regular appointments to the Dentist to make sure we keep our teeth healthy.

## Your Voice Update

We have met with some new organisations who would like to be part of the Network.

We have been talking to people about things that stop people getting good health and social care.

We've heard that people often don't get the right reasonable adjustments and appointments can be hard to get to, or information is not in Easy read.



## Recommendations

**Top recommendations for NHS England and NHS Improvement:**

**Over the last three months, we told the NHS that:**

Ensure that there is a clear complaints procedure for the autistic diagnostic services.

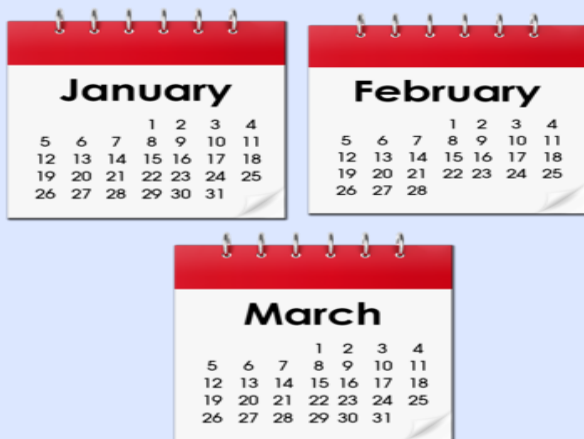
There needs to be more in-depth training around Autism for GPs and healthcare staff

A lot of people found it helpful to have the same GP or health care professional.

Social services need to make assessments for autistic people who don't have a learning disability, so they don't fall through the gaps in care.

Communicate with people around their change to social care support. Any reduction should only be due to a change in their needs.

Support should be provided for people in requesting needs assessments and completing





Reasonable adjustments should be made to support people to access dental services.

Develop more joined up services so that someone with a learning disability having a mental health crisis, gets the right level of support.

Employers need to be more aware about reasonable adjustments and to be more person-centred to each person's needs.

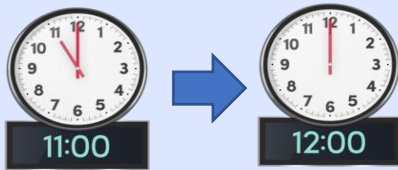
Job centre staff should communicate clearly about the type of benefits people are on and to support autistic clients in this.

### Save the Date



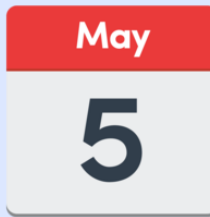
*Your Voice Network Meeting –*  
**Wednesday 11<sup>th</sup> May, 12.30pm – 2pm**

<https://us02web.zoom.us/j/81674802458?pwd=eHFWaVZDTCthc09vRHFNajArbjRuUT09>



*Coffee and Catch-up morning –*  
**Thursday 26<sup>th</sup> May 11am - 12pm**

<https://us02web.zoom.us/j/82430179401>



Learning Disability England have a great Webinar coming up on

*Funding the Gap : Helping Self-Advocacy grow –*  
**Thursday 5<sup>th</sup> May, 10.30am- 12pm**

Please see email attachment for more details.



*Co-Production Celebration Conference*

**September 13<sup>th</sup> 10.00am on Zoom**

**WECIL (The West of England Centre for Inclusive Living)** is a charity run by and for disabled people in Bristol and the surrounding areas.

We work with anyone who identifies as being a disabled person including people with physical impairments, learning disabilities and mental health conditions.

We offer a range of services which support over 4,000 disabled people every year – in all different areas of their lives. Together, these combine to provide a holistic package of support, working to enable disabled people to have more choice and control over their lives.

**LP – Listening Partnership** is a regular forum group for disabled young people age 13-19 (or 25 for those with a learning disability) from Bristol. Young people are encouraged to have their say and learn about their rights. We have guest speakers and workshops on a range of topics as well as developing our own campaigns on subjects that are close to our hearts and which affect disabled young people. The local council and other organisations often consult with us on a variety of different issues and we also have representation on the local Youth Council. You can find out more here;

<https://www.youtube.com/watch?v=LmQ8WYw1lk4&t=1s>

**For more information please contact Jo Phillip,** Children and Young People's Manager at WECIL.  
Email: [jo.phillip@wecil.co.uk](mailto:jo.phillip@wecil.co.uk)  
Telephone: 0117 9479911 Mobile: 07706 352970

**Know your Rights** - Know Your Rights is a Peer Advocacy/ Speak Up group for people with Learning Disabilities and/or Autism who are over the age of 17 and living in Bristol, South Gloucestershire, B&NES (Bath and North East Somerset) and North Somerset.

The Peer Advocates help people to have a voice





# Easter Egg Brownie Recipe



- 85 grams      Unsalted Butter (cut into small chunks, plus extra for greasing)
- 185 grams    Best Dark Chocolate (broken into pieces)
- 3                Large Eggs
- 275 grams    Golden Caster Sugar
- 85 grams      Plain Flour
- 40 grams     Cocoa Powder
- 5                Fondant Filled Eggs (we used Cadbury's creme eggs)
- 150 grams    Mini Eggs (we used a mixture of Cadbury's and Smarties mini eggs)
- add            Few Fluffy Chenille Easter Chick (you will also need, to decorate, optional)

## Spring Quiz



What is the name of this Spring flower?  
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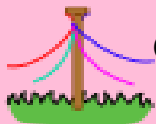
What do People eat on Shrove Tuesday?  
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What are these chocolate Treats?  
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Finish this saying April showers bring May.....?



On May Day People traditionally dance around what?



Song of the month – Emily is listening to “It’s not just me” by Ward Thomas



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