



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.

Your Voice Update



We have a new member of the team. Her name is Debbie Worrall.

She will be our project coordinator while Lucy Hill is on Maternity Leave.

Network Meetings



In April's Network Meeting, we talked about Annual Health Checks.

Zoe from Dorset People First spoke about a project they have been doing. Robert from Devon County Council showed us a presentation about what a good annual health check is.

citizen checkers ✓



In May, Citizen Checkers from Cornwall told us about the work they were doing with people who are in hospital a long way away from their home.

They also told us about some peer advocate training they are doing for people who used to be in hospital.

We also talked about social prescribers.





In June, we had Judy from DOSH talk to us and answer questions about benefits

She gave us lots of tips and advice about Universal Credit and PIP.

Citizens Advice can help you fill in the forms.

Recommendations

Top recommendations for NHS England and NHS Improvement:

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

- When GPs have a patient who has a Learning Disability or is Autistic, they should avoid last minute changes to appointments.
- Provide people with information about their right to reasonable adjustments.
- Promote social prescribing. Inform the neurodiverse community of how they can access social prescribing
- Provide training for healthcare staff about neurodiversity and how people's reasonable adjustments can be very different and how not all autistic people will have a carer.
- Provide GPs with training regarding the different mental health support.



Spotlight on Citizen Checkers

Citizen Checkers are a small organization that is run by, and is for people with learning disabilities and or autism. They work to improve the lives of people who receive services and their families

They have been working to support people who are in secure hospitals, assessment and treatment units and mental health hospitals. They are checking that people are safe and well and offering support.

They have been offering peer advocacy. The advocates have experience of being in hospital ourselves so they know what it is like.

citizen checkers ✓





Citizen Checkers aim to:

- * bring together people with shared experiences to support each other
- provide a space where people feel accepted and understood
- treat everyone’s experiences as being equally important
- involve both giving and receiving support.

They also have been asked by NHS England to deliver some training for other people who would like to be peer advocates.

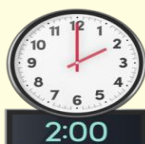
The training is open to anyone who has been in hospital and lives in the South West.

The training is going to be over 5 weeks online. This will be one hour of zoom a week followed by peer mentoring for people who want it.

Save the Date

July

13



Your Voice Network Meeting –
Wednesday 13th July, 12.30pm – 2pm

<https://us02web.zoom.us/j/81674802458?pwd=eHFWaVZDTCthc09vRHFNaJArbjRuUT09>

July

28



Coffee and Catch-up morning –
Thursday 28th July 11am - 12pm

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

September

13



Co-Production Celebration Conference

September 13th 10-1 on Zoom

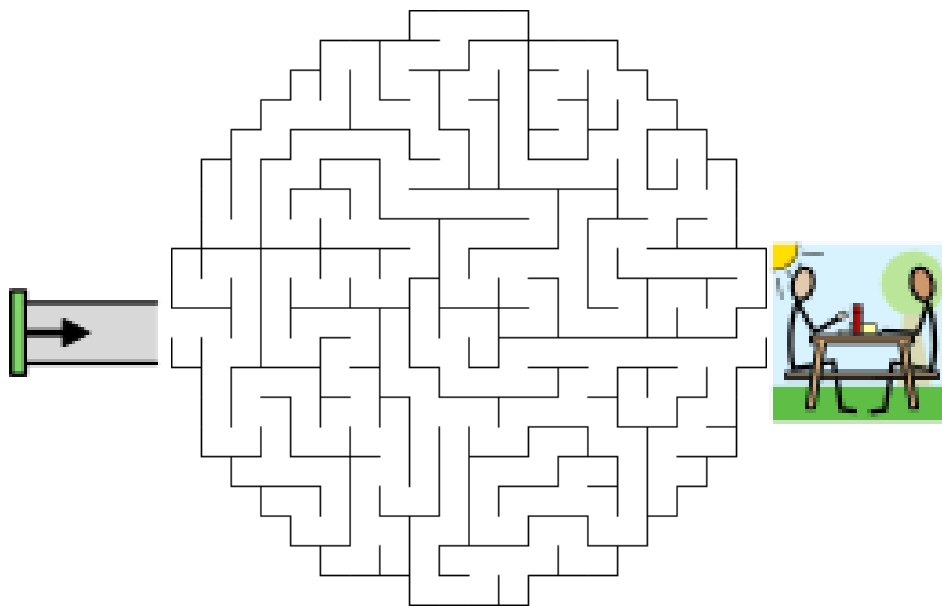
Fun Page

Creamy Frozen Fruit Pops



- 1 ¼ cups frozen raspberries
- 1 ¼ cups sliced fresh strawberries
- ¼ cup honey
- 1 tablespoon fresh lemon juice
- ⅛ teaspoon table salt
- 1 (7-oz.) container low-fat plain Greek yogurt
- 2 tablespoons buttermilk

1. Blend raspberries, strawberries, honey, lemon juice, and salt in a food processor until smooth.
2. Stir together yogurt and buttermilk. Fold yogurt mixture into berry mixture. Pour into 10 (2-oz.) pop molds.
3. Top with lids; insert craft sticks, leaving 1 1/2 to 2 inches sticking out of pop. Freeze 4 hours or until pops are completely frozen.



Song of the month – Sammy is listening to Summer in Dublin – Bagatelle/Ronan Keating



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