



# Newsletter

**Welcome to our October 2022 newsletter. Find out the latest updates from the Your Voice team.**

# Your Voice

In this issue

Team updates

Network meeting updates

Recommendations we have made



Also in this issue

Spotlight on the Listening Partnership

Our Coproduction Conference

Some Halloween fun



## Team Update

Helen Ginman has taken over from Emily Luckham as the manager of Your Voice. Emily still works for Inclusion Gloucestershire but in another job.

## July network meeting

We talked about keeping our bowels healthy and how to notice any problems with them.

We talked about LEDER (learning from lives and deaths of people with learning disabilities and autistic people) and how upsetting it is. Everyone agreed that talking about death is difficult but it would be a good topic for the next meeting.



## August network meeting

We talked about dying and losing someone important to you. Making plans for what you want to happen if you are dying and after your death help to make it easier for you and your loved ones.

Citizen Checkers were getting ready for a meeting to plan their future. Swan were delivering training. WECIL made a video.





## September network meeting

We talked about the rising cost of living. Everyone shared tips for saving money.

Devon People First started a health and social care sub group.

Devon County Council were making sure people don't use jargon at partnership board meetings.

Swan were setting up workshops for autistic people.

People First Forum won some funding for 'Advocacy on the Move'.

## Recommendations

These are some of the changes we have asked the NHS to make in the last 3 months.

- GPs should tell people with learning disabilities about different health advocacy like chaperones.
- GPs should talk to people with learning disabilities about their bowel health.
- Hospital staff should communicate in an easy to understand way
- There should be a way for all health staff to know if someone is autistic so they don't have to keep reminding them.
- Provide Easy Read information about the energy price cap.





## Spotlight on the Listening Partnership

The Listening Partnership is a forum group (or speak up group) in Bristol for young disabled people aged 13 to 25. They are part of WECIL.

They meet every week to talk about things that affect disabled young people and to give them a voice.

They support each other when things have happened to them and work out how to speak up about things.

They wrote a letter to complain to a cafe who wouldn't let one of their members use the toilet and asked them to prove they were disabled.

They do campaigns to speak up about things that affect people. For example:

- not being able to use the disabled person's bus pass before 9:00am
- being able to use public toilets
- being challenged when wearing the sunflower lanyard
- bullying
- mental health.

They have done a campaign about the bullying that disabled young people face every day. They say that they are mostly bullied in school and college.

They want to change society and the way it views disabled young people.

# HALLOWEEN FUN PAGE



## Best Ever Brownies by Kayleigh

### What you need:

100 g /4oz of butter  
 2 eggs beaten  
 200g/8oz soft light brown sugar  
 50g/2oz good quality dark chocolate  
 1 teaspoon of baking powder  
 75g/3oz plain flour, sifted  
 100g/4oz chopped almonds

### How to make:

Step 1 preheat oven place grease proof paper in a shallow cake tin about 25 by 15cm use butter to make it stick.  
 Step 2 break chocolate into heat proof bowl and melt with butter over simmering pan of water.  
 Step 3 take bowl off the heat and add all ingredients beat well with wooden spoon.  
 Step 4 pour mixture into the lined cake tin bake for 30 minutes or until firm to touch.  
 Step 5 let brownies cool in tin before cutting into squares then move to wire rack until cold.



## Halloween

A	O	I	M	U	I	P	A	H	M	U	M	M	Y
G	H	O	S	T	S	G	R	M	E	R	T	D	C
S	B	I	N	R	E	V	I	H	S	N	B	M	N
R	V	M	O	R	S	C	A	R	Y	T	A	A	O
O	O	F	W	D	C	G	S	S	M	Y	W	E	B
R	O	I	A	I	A	W	M	O	L	E	A	V	S
R	S	O	A	N	O	R	N	S	L	I	A	N	S
R	E	V	A	R	G	E	K	M	R	M	M	F	P
E	G	E	R	R	I	S	I	N	P	S	T	E	E
T	R	C	O	F	F	I	N	I	E	E	I	B	I
S	Z	S	G	U	B	A	R	O	E	S	S	O	B
B	H	H	O	V	I	E	D	A	G	K	S	R	M
R	E	S	E	N	S	B	L	O	O	D	F	I	O
L	H	M	O	N	S	T	E	R	S	R	R	A	Z

FANGS  
 DARKNESS  
 MUMMY  
 SCARY  
 TERROR  
 BLOOD  
 GHOSTS  
 BUGS  
 MONSTERS  
 GRAVE  
 SLIME  
 SHIVER  
 COFFIN  
 ZOMBIE  
 WEB  
 VAMPIRE

Play this puzzle online at : <https://thewordsearch.com/puzzle/4187661/>





## Co-production Conference

The new date for our online self advocacy and co-production conference is:



It is for NHS, local authority staff and others who support advocacy and co-production. Groups from the Your Voice network will present their work.

To find out more click here: <https://bit.ly/3Sm0P5j>

## Next network meeting dates



## Next coffee morning dates



Keep in touch and follow us on social media:



@sw\_selfadvocacy



@yourvoiceselfadvocacynetwork



Your Voice

[yourvoice@inclusion-glos.org](mailto:yourvoice@inclusion-glos.org)