

## Everything about us but not without us

### What I do during the day

#### Your comments and experience

The Learning Disability Partnership Board asked people meets four times a year. Each time they meet they focus on one important area of your experience.

Between June and September we asked people with a learning disability for feedback on 4 questions about what they do during the day. These were:

1. How do you choose what you do?
2. How do you change what you do?
3. How do you get to be heard?
4. What would you like to do in your day, but cannot?

At September's meeting we collated their feedback for each question which is shown below.

We wanted to know what is working well and what might be improved.

What they do during the day?



“Exercise, drama, singing, dancing, catering, woodwork, visiting family journalism”

“I do theatre, sports work in 2 jobs, play guitar. “I do theatre, have support with food and money. A family friend told me about the gym and now choose to join them on Fridays.

I do theatre, work in a café. The café I found out about from doing a cooking course. This was word of mouth. I do theatre 3 x week and found out from a course as well.

I do theatre 3 x week, music and choose these activities from being told at my course.

I do theatre, work, club night, see football and found out from a friend and thought it sounded fun.

I do theatre and found out from my course. I love theatre so decided to come 3 x week”



### **How do you choose what you do?**

“We know which activities we wanted to do and there were a combination of support from family + carers to find suitable outlets. Maggie Percy from echo played a major part in identifying suitable projects and explained how to access them.”

“Speak to my key worker.”

“I choose what I do with my key worker.”

“Talk to my carers.”

“My friends do things and I like to them too.”

“My cousin goes somewhere and she likes it so I wanted to go too.”

“I had a taste day to try something new.”

“I contacted a place directly,”

“I like to do lots of things and keep busy.”

“I get to say what I want to do.”

“It’s my life. I choose what to do.”

“My mum and my social worker made a list of things I might like and my mum took me to some of them so I could try them out.

My mum knows the kind of things I like, such as drama, dance and cooking. She did get me to try some other things but I didn't like them and don't want to do those things.

I chose the ones I liked and mum talked to the social worker about them. I get a Direct Payment so some of what I do during the day is paid for from this money.

I pay for the ones not covered by my Direct Payment. The social worker wrote all the ones my DP covers on my Strengths Based Assessment and Support Plan. These are the things I do each week. I like to know what I am doing each day.

I like the things I do. I see friends and have a nice time. I work hard at drama and at Willow café."

"I wanted to do woodwork, so joined Choices."

"I like to work alongside my friends."

"Finding something I like to do."

"Like to be with friends so we can have a chat."

"I like going to the same place every day."

"I like the happy days and delivering and mystery tours."

"I am given a timetable to choose options, usually once a year."

"I can talk to support staff and decide when, what and how to do somethings."

"I get information in the post."

"I can work my activities around when I have support."

"I have meetings with staff about specific projects, e.g. the café."

"I can attend a residential meeting."

"Staff share ideas that they have heard about."

"I pick up leaflets in the community and talk to my staff about them."

"We are able to use the skills of staff e.g. going surfing with one of the managers who is a surfing instructor."

"I live in a Shared Lives home. When I moved into the home most of my day choices had been made for me. I am happy with my activities."

"Try different Echo projects to see which I enjoyed. Choosing to continue favourite activities. It was my own informed choice."

"Having the funding to afford activities."

“Meeting with Maggie Percy-she explained the activities. I chose the activities I was interested in. “

Heard about the option while at college (Contact Course) and chose to do drama.”

“I chose for myself.”

“Social workers help.”

“Information evening at college.”

“Internet.”

“Information boards.”

“Facebook.”

“Echo supports life reviews for all participants who do not get one elsewhere. I change my life at my review.”

“I heard about Echo in my last year and the Contact Course. Someone from Echo came to see me and we made a plan.”

“My ECHO review meeting supports, me to make the changes I want in my life.”

“I found out about Echo from a leaflet picked up in the leisure centre.”

“I don’t know how to make things change in my life.”

“I decide what to do myself and I work with my care team and my advocate to find out about things and make things happen.”

“Through a social worker. I meet with a social worker and tell them what I want to do. I get to visit different places and have some taste days.”

“I talk with my key worker/ carer/ parents.”

“I get information at reviews, off the internet, from the HAT broacher, flyers and newsletters.”

“Ask what jobs need doing and how I can help.”

“I’ve trained to make cakes. I choose to help others.”

“I would like to talk to my support worker about what I would like to do each day I go out. “

“I have limited communication. My support staff know me very well and know what I like to do. I have picture card to choose what meal I can have.”

“Go into town and general site seeing. Visits to the train and fire station. Visits on the train. Help out where I can. Play Pool. “

“I choose with mum the night before usually. I sometimes choose on the day.”

“I set my own business up selling birdseed, packaging it myself at home and selling it to Fownhope Shop and local markets. I wanted to get other shops and more people with disabilities involved and wanted to get out and about more.. I looked on the internet to see who I could find and I found EnviroAbility. I then made an appointment to meet with them and talk about them helping me grow my business. They showed me the cabin at Model Farm and said we could use it to pack our birdseed and help me turn my business into a community project. We agreed to do one morning a week after changing our source of seed as we found out it wasn't ethically sourced. Another service user chose to help me bag up and seal the bird seed. I also chose to come and help out at the shop for 2 days a week. Now 3 years on the business has turned into the Spread Our Wings project and we are up at the cabin 2 days a week. We have 7 service users helping bag, seal, label and deliver the bird seed.. I chose to bag the seed and help with labelling. I also help with deliveries which are now being delivered to 5 local shops. I also still work 2 days at the shop which I really love doing.”

“Depends on what opportunities are made available to me.”

“I started coming to EnviroAbility with Barrs Court and because i liked it i decided to help out here when i left school. I Started by doing shop work and crafts. i then decided i would like to attend an extra 2 days a week so they then asked me to help with the bird seed project. I chose the job of sealing the bags of birdseed and i go with the team to deliver the seed to shops we stock.”

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## How do you change what you do?

“Staff at Echo are always happy to listen if we want to change activities and encourage new experiences. Other people who offer help to make changes were, carers, parents and other service providers.”

“Speak to my social worker.”

“Speak with my key worker”.

“I don’t know.”

“I don’t change things”

“I let staff know.”

“I talk with people myself.”

“I talk to my friends.”

“I ask my key worker to change my activities.”

“I change it and I tell them”

“I just do it.”

“Work with mum at the moment but working on changing that.”

“Sometimes my mum or staff at my house find out about other things they think I might like. We work out how I can go along to try them and, if I like them, then I go each week.

My mum and my social worker work out if anything on my Support Plan needs to be changed or I pay for the new thing myself, like I do with yoga.

Staff at my house, Aspire and ECHO sometimes organise days out and I go to some of these instead of what I usually do. Staff at my house are taking me and the two girls I live with on holiday in September. We talked about this together.

Mum asks me from time to time if I am happy doing the things I do, so she knows I am happy with what I do.”

“I can talk to the manager or my support worker.”

“I talk to my Mum and Dad and arrange a meeting.”

“Talk to my carer and manager.”

“Talk to my support worker and ask questions.”

“I talk to my carer and adult team.”

“I like to talk to my Mum and Dad and then my carer.”

“To change activities it would need to go through a social worker. After living in my SL home for a short while my carer made me aware of another activity that I may enjoy. My carer arranged with day care staff for trial days. I really enjoyed & wanted a permanent move. The sw said no because I had enough change. As it was same overall organisation providing day opportunities it was arranged for me to swop as no difference in cost. Another example SL carer had was person living in home who through infirmity could no longer access the previous activities. The SL carer found other activities & then applied to SW to get funding changed.”

“I decide if I have the time and then look at what might have to give.”

“I discuss options with support staff.”

“I can try a taster session.”

“I can find out what is needed in advance. e.g. training.”

“I can talk to staff if I’m not happy.”

“I can change the time of my support if I need to e.g. to go to the gym.”

“I can go for a visit or look around before I decide to change what I do.”

“Spoke to Mum. She helped to give notice on current project and arrange a new activity. She said it was my choice.”

“I was bored of my project so asked to do more drama. I joined the main company at About Face.”

“I arranged a trial day at About Face and really enjoyed it and re-arranged my activities so I could do all three during the week.”

“My parents and the Moving Home Team helped me move into my own flat when I asked for my own independence.”

“Social Worker.”

“Parents/ Carers.”

“Key Workers.”

“Doctors.”

“Library.”

“Look around.”

“I decide myself / I may speak to ECHO, Aspire my dad or my carers or my sister.”

“Speak to carers and family.”

“Speak to Mum and Echo.”

“Speak to Echo.”

“Speak to Echo.”

“I do it myself with my care team.”

“I talk with my support worker / carer/family.”

“I discuss it at my reviews.”

“I go and meet the people who run the activity I hope to go to.”

“I talk with my support worker / carers / family.”

“I discuss it at my review.”

“I go and meet the people who run the activity I hope to go to.”

“I talk with my social worker.”

“We have targets, every six months and change what we do when we’ve achieved them.”

“I would speak to my support worker and ask to do something different. “

“I would have a review with family and support staff to see if anything was different I could do which would suit my needs”

“I or my mum would ask.”

“I would talk to a member of staff.”

“We have to get a social worker to review our care plans, which takes a very long time, waited a year for one to assess my needs.”



“Speak to my support worker.”



### **How do you get to be heard?**

“Tell Mum, End of day reports, talking to member of staff, Our New Our Views”

“Talk with my parents and family.”

“I talk to staff at my own.”

“I talk with my key worker.”

“I talk to the staff at the centre.”

“Tell people what is happening in my life.”

“I talk with staff about my problems.”

“I shout at people.”

“Arrange a meeting with staff.”

“By speaking up.”

“Speak with Mencap and I’m an Echo Trustee.”

“By talking to my carer & day opportunity staff.”

“Tell my PA, trying to be more independent, tell my social worker. I’m having an advocate.”

“My mum and my social worker talk to me about what I like and don’t like and what I want to do. We have meetings to do this, called reviews. Staff at my house and at places I go, like ECHO, talk to me too and ask me what I think.

My mum often has to talk for me because I don’t speak clearly and I find it hard to answer questions. I talk a lot about a friend at college and TV shows I like, and I think about these when people are talking to me. Sometimes people don’t pay attention to me because I am talking to myself. Mum makes sure that people think about me and she sorts out any problems for me.”

“I go to staff and workers meetings.”

“I talk and agree what to ask?”

“Sometimes I need advice.”

“I talk to my carer and my parents about problem.”

“I have regular meetings with my parents.”

“I Try to do it myself.”

“By talking to my carer & day opportunity staff.”

“1-1 support staff.”

“Residents meetings.”

“Ongoing reviews and conversations.”

“Formal reviews with social worker.”

“Speak out and voice your feelings.”

“Speak to staff I trusted, they helped to find accommodation where I felt safe.”  
I did respite and then moved in when I felt happy.”

“My family always listen and help sort out any problems/issues.”

“I feel listened to at home and in my activities.”

“I sometimes don't listen to other people.”

“I try to tell people I feel angry and frustrated instead of getting angry.”

“I am heard at Rep Group at home.”

“Filling in this form.”

“Talking to my Dad.”

“Sometimes we don't always feel they get heard.”

“Let us speak up for ourselves more.”

“Sometimes funding is an issue limiting opportunities.”

“If I want to change something I would ask my deputy manager at ECHO.”

“I would talk to people myself.”

“I would talk to my team at Abelia Care and my mum.”

“I would speak to my carers and my dad.”

“I can speak up for myself with help and support.”

“I don’t know how to make things change in my life. I don’t know how to speak up or how to talk to people or who to talk to.”

“I speak up to myself.”

“Talk to people.”

“Morning meetings. We discuss ideas.”

“We can talk to staff.”

“I would speak to my support worker.”

“I would make it clear if I wanted to be heard. My facial expression would express how I feel. I would also communicate with my mum and support worker.”

“I am able to tell people what I want.”

“I would talk to a member of staff about any problems.”

“When the social worker comes to reassess my needs.”

“I speak to my Mum or my support worker.”



**What would you like to do in your day, but cannot?**

“The main consensus was that participants involved in this form completion are content and enjoy a good life with all they need at the moment catered for. They did however state that they wish the premises were bigger so more activities and participants actors and performers could take place. Dance is an activity which some would like more of. “

“Go bowling.”

“I want to do things but there is no staff to take me.”

“I am happy with the things I do.”

“I would like to get a job.”

“I would have a job on a market stall.”

“Take holiday when I want.”

“I can’t think of anything.”

“I like to go out to the pub.”

“I would like to win the Lottery and buy a house by the sea.”

“I would like to get my driving licence back.”

“I’d like a job (1 or2).”

“I would like to see my friend from Derwen College. I try to send her texts but she does not text back because I don’t have her mobile number.”

“I am reasonably happy with my days and how it is.”

“I would like to use some of the machines, but I have to be trained.”

“I would like to work in a scrap yard taking things apart but it may be dangerous.”

“To have very long holidays on my own.”

“Have days doing nothing, be by myself.”

“Whole days at the cinema watching lots of films.”

“I like what I do in my days. As well as the usual activities. The organisation who runs the activities I attend organise a programme of events monthly & I can choose what I want to do from several options I also do lots of varied things that SL car.”

“I am going to do swimming lessons in the future. I am going to arrange it.”

“Nothing! I’m happy as I am.”

“RDA-if it was available.”

“I would like to learn how to juggle.”

“To join another About Face Group on Fridays.”

“To learn to hula-hoop.”

“I’d like to read poetry.”

“A circus skill today.”

“Play football.”

“Yam Jams Hereford/ Leominster.”

“Living in a shared house.”

“No I am not very happy.”

“Horse Riding.”

“Dancing.”

“Motor cycling.”

“More drama.”

“More holidays.”

“I would like to go Friday Life links.”

“I would like to be able to go and see my sister in Scotland by myself and not always go with my Mum. “

“I would like to go to Trustee Support.”

“I would like to go to Studio Mirai at Echo.”

“I like to explore anything new and try them out to see if I want to do them.”

“Swimming.”

“Bowling.”

“Horse Riding.”

“Trampolining.”

“Cycling.”

“Camping.”

“Produce more cakes and main courses. (But only here one day. This may be more achievable when this café is open another day in September.”

“Jump out of a plane.”

“I like routine so I would not like to much change in my day life. All the things I do at the hub I am happy with. I like to colour and cut paper up. I do jigsaw and also have a hand and foot massage. I enjoy the social interactions with the others that come to the hub. I also like to play bowls at the hub and Monday Club. “

“Nothing really.”

“I'm happy with my day and wouldn't change anything.”

“I have been able to do the things I like.”

“Working with horses. “

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Thank you for telling us what you think.

You can find out more about the Learning Disability Partnership Board on the website.

<https://www.herefordshire.gov.uk/LDPB>

The form can be found using the link below:

<https://www.herefordshire.gov.uk/xfp/form/184>

Please come back in October and let us know your views on the next topic which will be:



Where I live