

**The Learning Disability Partnership Board has funded short-term projects with the Learning Disability Development Fund 2012-13.**

**The projects aimed to support the 6 priority areas in the Learning Disability Partnership Work Plan for 2012-13:**

- Getting people ready for the next step and getting older – projects to support people developing life skills, supporting people to move, increasing awareness of housing options
- Information – providing accessible information or working with others to make information more accessible
- Making sure we include everyone – projects that support hard to reach groups to be represented
- Being healthy and getting Health Checks – projects that improve health or increase take up of health checks
- People being safe in services and the community – helping people be safe in the community, involving people with learning disabilities in checking the quality of services
- Making sure rights of people with learning disabilities are protected – increase understanding of people’s rights as citizens including the Mental Capacity Act

**Please use this document to record your project’s progress and project evaluation to date and return by **Thursday 28<sup>th</sup> March 2013** to [mark.hendriks@brighton-hove.gov.uk](mailto:mark.hendriks@brighton-hove.gov.uk)**

**Project name: Life Skills for Wellbeing**

**Name of the organisation: Norwood**

**LDDF monies awarded: £7,420**

**Is your project complete?: No**

**Expected project completion date\*: 01/07/13**

**Contact details for the project:**

**Name:** Alex Finch

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\*NB: If your project (as funded through LDDF monies) will not be complete by 31<sup>st</sup> March 2013, we will ask for a final evaluation according to the completion dates supplied.

**Please provide a short (no longer than one page) description of project progress to date:**

The project is progressing well, please see the below bullet points:

- Promotion material has been devised, including posters.
- Paperwork has been devised, including application forms, assessment forms and course content
- Research has been carried out, looking at relevant people to contact in the Brighton and Hove area
- Emails have been sent out to promote the course to various venues, including day services, organisations and homes explaining the courses with the poster and application form attached
- A reminder email went to all contacts 08/03/13
- The venue has been booked and paid for
- 15 people have signed up to 'Growing Older, Keeping Well' and 18 people for 'Keep Safe - Keep Well'
- Correspondence has been carried out by telephone to applicants
- 'Keep Safe' is oversubscribed; applicants who are not attending 'Growing Older, Keeping Well' have been prioritised. If demand continues Norwood will try to find additional funding to meet this need.
- Two applicants for 'Keep Safe' have been interviewed so far to assess suitability. Further interviews are booked
- Arrangements have been made with 'Growing Older' applicants and we are at week three of delivery
- A professional has been arranged to do a talk in week one at 'Keep Well Keep Safe'

**With reference to one or more of the 6 priority areas in the Learning Disability Partnership Work Plan for 2012-13, please comment briefly on:**

**1. How has the project benefited people with learning disabilities?**

The courses have supported people with learning disabilities to develop life skills to keep safe, in terms of safeguarding, growing older and how to keep healthy as they age.

Completion of *'Keep Well Keep Safe'* course will allow participants to understand what abuse is, and how to get help in uncomfortable situations.

Completion of *'Growing older and Keeping well'* will prepare vulnerable adults aged 50 plus to understand how the aging process may affect them and those around them. The course covers topics about the personal choices available as they grow older. It aims to increase awareness to support people to make important choices so they can maintain control over how they live their lives.

**2. What difference did the project make?**

(Something extra that was not happening already)

The people using the service will have increased confidence and knowledge, learning new skills and gaining new information. Similar courses were not available in the area prior to delivery. The project has also allowed us to up skill staff local to Brighton and Hove, who will continue to support people with disabilities in a more effective manner in the future.

**3. How will this project benefit people with learning disabilities in the long term?**

The people attending the course will have increased confidence and knowledge of how to prepare for growing older and keep safe. They will:

- Develop an understanding of the different forms of abuse
- Recognise signs of abuse and how to get help and who to ask for help
- Be taught practical ways to help them keep safe and healthy as they age
- Practise skills outside of the group sessions with key workers and circles of support
- Be supported to access services available to them in the local community
- Show increased independence, self-esteem and involvement in the community
- Be supported to live the lives they wish to lead and remain as independent as possible
- Be given the opportunity to access new social experiences where they can form friendships and share their thoughts with their peers
- Be supported to develop information suitable for inclusion in their Health Action Plans

**4. Will the project continue –  
& please explain why.**

We have funding to complete the two courses, however if there is continued demand we will try to secure additional funding to continue the courses. As the project has allowed us to train staff members to deliver the course and develop the content, we anticipate delivery costs can be reduced in the future.

**Is there anything else you want us to know?**

Thank you very much for providing us with the funding to deliver the courses. Feedback has been continually positive.

**Many Thanks for your project and for making a difference to people with  
learning disabilities.**

**The Learning Disability Partnership may invite some projects to present  
at a future board meeting.**