

Manchester Learning Disability Partnership Board

together

Food Futures



**Minutes of the
November Meeting**



Manchester



Learning Disability Partnership Board Issue 34 • Free • Every two months
January and February 2010

www.partnershipboard.org

together



Meetings for 2010

Tuesday

12 January

16 March

18 May

13 July


14 September

16 November

All meetings start at 10:30am

We meet at Manchester People First's offices:

3 Broughton Street, Cheetham Hill, Manchester, M8 8RF

 Phone or Fax: (0161) 839-3700

 Email: mcrpeoplefirst@googlemail.com

 Web: www.manpf.org

The Partnership Board's web site is at: www.partnershipboard.org

Do you need a print copy of the newsletter?

Everyone wants to be greener. Instead of us posting you a copy of the newsletter, we can email it you as an Acrobat (pdf) file. Or you can download every issue from our web site as a pdf, a plain text file or an mp3 audio version and save paper.

November 2009 meeting

Ring and Ride

The Ring and Ride Steering Group met on 30 October. They have got someone to manage customer relations at their Manchester depot:

Jackie Beaumont
Ring and Ride
Kay Street
Manchester M11 2DX
Phone: 0845 688-4933
Email: Beaumntj@ringandride.info

Changing Places

A changing places accessible toilet is being planned for Manchester Arndale shopping centre.

It will open by March 2010.

RADAR keys let people use some disabled public toilets.

The keys are free to Manchester residents if they get a letter from their doctors to say they need one, or have a blue badge for disabled parking.

For more information ring Manchester City Council

Operational Services:

0161 957-8316

Plans for a Partnership Board Co-chair

Andrea Libman said she had met with people from Manchester People First, Manchester Mencap and Manchester Learning Disability Partnership.

They are looking at how learning disabled people can have a bigger part in what we do.

The group will meet again and report to our next meeting.



Food Futures

Christine Raiswell from Manchester City Council's Joint Health Unit told us about 'Food Futures'.

This is a partnership of the council, National Health Service, community and voluntary sector groups in Manchester.

It aims to give people more access to healthy food close to where they live.

Some of the things Food Futures have done are:

- Funded a vegetable plot at Northfield Day Centre.

The local tenants and residents association runs it and the food grown is used by a local lunch club.

Funded the 'Herbie' fruit and vegetable van. This delivers to 35 places in North and East Manchester.

More information from:

0161 273-1736

www.merci.org.uk/herbie

- Been to events to talk to people about what help they need to eat healthy food.
- Funded community cooking projects and been involved with the Manchester Food and Drink Festival.
- Awarded certificates to local cafes that serve healthy food.
- Done a guide to promote local shops.

Some of the things Food Futures plan to do:

- Work with the NHS to train workers and volunteers to give support to people with planning, cooking and healthy eating.
- Make it easier for people to get to community cafes and lunch clubs where people can buy good value healthy food.
- Work with Manchester Advice and the Community Nutrition Service to help people eat well on a budget.
- Give start-up grants to community cooking groups.

The Board talked about what we had been told.

- Stephen Kingsberry would like to be trained as a toastmaster. Councillor Evans will find out how this is done.

- Joseph Rooney and Ros Nesbit asked for more information about Food Futures. Christine will send out information.

- Councillor Evans asked how local shops can compete with supermarkets on price?

Christine said they are doing some work on this.

Some community groups have vegetable plots and sell some of what they produce.

- There is a scheme called 'Landshare' which links up people who want to grow their own food with space to do it.

More information at: www.rivercottage.net/landshare

- Staff at Millhouse and Crossacres Day Centres have had training on food hygiene and nutrition. They run cookery classes and help people to plan, cook and eat healthily.

Since the meeting Christine has sent us more information about Food Futures' projects.

There are community cooking groups in North, Central and South Manchester. More information from:

North: Geraldine Wall

g.wall@manchester.gov.uk 0161 655-7885

Central: Bernie Murphy

bernie.murphy@thebiglifecompany.com 0161 226-5412

South: Eleanor Murphy

eleanor.murphy@manchester.nhs.uk 0161 217-3951

A Taste of your Community

This is a booklet with information about local shopping.

You can find out about some of Manchester's great places to buy fresh food. More information from:

Email: a.falla@manchester.gov.uk Phone: 0161 234-4053



Support for carers in Manchester

Glenn Street from Manchester City Council's Carers' Strategy Team, told us about issues for carers.

A carer is someone who gives unpaid support to a relative, friend, or neighbour who could not manage without the carer's help because of illness, disability or age.

- 55,000 unpaid carers in Manchester.
- 64% of learning disabled people live with their families.
- Carers of learning disabled people have a lifetime experience.

The Carers' Strategy Team plan services for carers, give training and come up with carers' needs assessments.

Carers' Assessments give people a chance to say what caring does to their life and see what help there is.

To book an assessment, phone the Manchester City Council's Contact Service on: 0161 255-8250

The Carers Grant is money from the government to pay for services for carers such as:

- Carers' Forum newsletters and Carers Direct website: www.nhs.uk/carersdirect
- Breaks and pampering paid from Carers' Individual Budgets. The budget is for people who care for someone over 18 years old. A Care Manager assesses the carer's needs. Carers can say what sort of break they want such as weekends away, day trips or social events.
- Emotional help from groups such as Himmatt and Talbot House.
- Over 400 carers now have an emergency card or plan, which explains what would happen in an emergency. This helps give them piece of mind.
- New support services for young carers will be starting in 2010. At the moment services are given by the Carers' Forum.
- Young carers can apply for a Carers' Individual Budget if the person they care for is over 18 years old.

- Funding for carers of people less than 18 years old is called 'Time for Me' and is available from Children's Services.

Glenn said he would come to our meeting again and tell us about the new services that have been set up.

Other things we talked about

The Profound and Multiple Learning Disabilities network has done a guide for partnership boards.

More information from:

www.pmldnetwork.org

South Manchester People First is now running.

For more information contact:

Barry Hills, South Manchester People First

Suite A1 South Court, Sharston Road, Sharston M22 4SN

0161 998-0517 Email: southmpf@googlemail.com

Barry will be setting up a Young Peoples' Parliament and a young learning disabled person will be employed to support the work.

Young people in transition will be linked with the Young Peoples' Parliament through the Getting a Life Project.

Our Service, Our Say

This a group run by Manchester Adult Placement Service for learning disabled people in South Manchester. It is based at Crossacres Day Centre.

Ratings

The Quality Care Commission has rated 13 services from Manchester Learning Disability Partnership as 'excellent'. Services from independent providers including North West Community Services and City Care have also been rated as 'excellent'. Paul Cassidy suggested having an awards ceremony.





Partnership Board Christmas get together

This will be on Tuesday 15 December.

Invitations have been sent out.

Wythenshawe Park

Manchester Learning Disability Partnership and Manchester Leisure are working on plans to re-develop the walled garden at Wythenshawe Park.

There will be an orchard, allotments, events space, an accessible path and sensory garden.

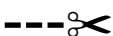
There will be paid work and training for people with a learning disability.

Guide for annual reports

The Department of Health has done a guide to help partnership boards do an annual report by the end of March 2010.

Valuing Employment Now Plans

Copies of this, which is to help learning disabled people get work, were given out.



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