



## North Wales PCP Network



16<sup>th</sup> of September 2011  
Hotpoint Social Club, Llandudno Junction



### 1) Attendees:

Myfyr Roberts – Cymryd Rhan

Claire Duffield – Cymryd Rhan

David Lewis – Cymryd Rhan

Mike Flood - Wrexham

Yianna Pari – Cymryd Rhan

Alison Hoyte - Wrexham

Chris Hay – Cymryd Rhan

Mandy Gniotek - Wrexham

Roger Wilkinson – Cymryd Rhan

Kevin Ayriss - Flintshire

Ellen Wilkinson – Cymryd Rhan

Melvyn Owen - Flintshire

Mark John-Williams – Cymryd Rhan

Karen ? - Flintshire

Samantha Evans – Cymryd Rhan

Veronica Brooks – Flintshire

Paula Jones – Conwy

Louise Roberts - Flintshire

## 2) Ice – breaker exercise

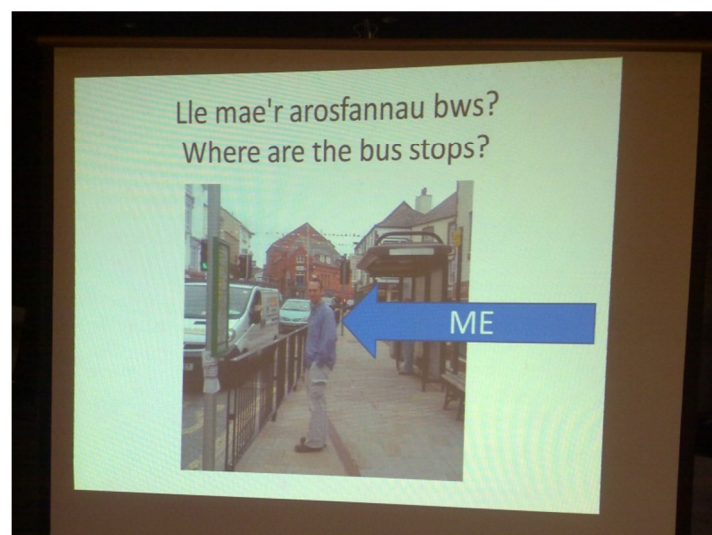


David Lewis (with Yianna's support) told us about 'the things that make him feel good', which was also the theme of Cymryd Rhan's Annual Conference, held recently. We all then introduced ourselves to someone we didn't know well, finding out what makes them feel good.



## 3) Ticket to ride

Being unable to travel independently is such a big barrier, it often gets in the way of individuals getting the life that they really want. Myfyr Roberts kindly showed us how he made a plan so that he could learn to travel on the bus to work and the support that he needed to do this. By doing this he has become more confident and independent.



Roger and Mark also shared Mike's story of how he had wanted to learn to travel, how he now goes everywhere independently and a funny story about his trip to and journey around London. We then got into groups to discuss what the situation regarding support for learning to travel independently, is, in each of the areas we work or live in. Here is some feedback:

*Family can be a barrier, but it's a human right to take a risk – it's a balancing act.*

*Friends travelling together has worked.*

*Starting to adopt a 'can do' attitude.*

*There are lots of examples of it spreading outside of 'work only'.*

*Examples of giving senior support workers more responsibility towards 'taking risk' in Social Services (Wrexham).*

*Different schemes being set up in Wrexham to help – 'Chariots', Community buses & supported taxis etc. Interactive screens on bus stops (Flintshire) – technology can be helpful.*

*Work needs to be done to engage local drivers & travel departments – Disability awareness training.*

*We must keep raising this as an important need with people in their Plans.*

#### **4) Progress and actions from the last Meeting**

There was an action about updating the Network if anyone starts a 'Timebank'. Mark showed a film from the Timebanking UK website – [www.timebanks.co.uk](http://www.timebanks.co.uk) and then told us a bit about the scheme they have started in the Llandrindod Wells area. It's early days but there are 22 members signed up.



#### **5) Newsround**

##### Wrexham

Recruitment is taking place for the 'Self-directed Support Co-ordinator' and the new 'PCP Co-ordinator'. Recruitment process is much more inclusive now (My staff My say).

The 'SWS' group have won accolades.

PCP Reviews are ongoing.

Huge re-structure within Community Living Service and Enhanced service.

The people Wrexham support now go on holidays unsupported, with the Calvert Trust.

## Flintshire

4 staff are due to attend CCNUK's Key Worker Training in November.

Continuing to implement PCP tools and ways of working across our service.

Reps continue to meet and feed into the Flintshire Learning Disability Planning Partnership.

## Conwy

All young people are now going to get a Person Centred Plan through transition.

Adult Continuing Education (ACE) and Moving on services were axed in recent cost-cutting exercise. These services will be missed so much by service users & their families, but Conwy Connect and SSD have worked towards getting services to continue, with volunteers running some of the groups & parents also became involved.

## Cymryd Rhan

Now introducing 'Plans into Action Workers' in mid Wales (3), dedicated to Person Centred Planning (there are 3 Posts in north Wales).

A successful Conference was recently held in Wrexham – very inclusive and 'feel good'. The theme was all about the things that make people feel good and doing more of it.

The Company was successful in winning contracts to support more people in Flintshire and also, for the first time, in Wrexham.

Chris Hay, who is supported by Cymryd Rhan, shared with us his 'cunning future plan' to live in his own place. Mark explained how he had proposed a PATH over a year ago, but Chris wasn't sure at the time. However, he has been busy thinking and plotting and finally asked Mark to facilitate his first PATH at the beginning of this month. The 'special beer & nibbles evening' was a huge success with 22 family, friends and (just a few) staff joining with Chris in bringing his dream to life and committing their support & energy to making things happen. Watch this space!





## 6) Stand up for your rights

We were due to have a facilitator from an Advocacy Organisation, but they were not able to make the Meeting. Mark gave a brief overview of some of the different ways of people being supported to have their say and asked for some group work to be done.



Here is some feedback:

*People First (self advocacy) and Citizen Advocacy in Powys.*

*Independent Paid Advocates (across north Wales)*

*SWS (Wrexham) – Quality Assurance Team (peer advocates).*

*Good support work – enabling & empowering the person to speak up & be heard.*

*Accessible Complaints/Comments/Compliments process – ‘Tell us about it’ (Cymryd Rhan).*

*Families can sometimes be good Advocates.*

*Circle of support (family, friends, neighbours).*

*Direct Payments → direct control.*

*‘Wired self advocacy’ (Conwy)- not sure what they do?*

*Transition Service – Advocacy very good (Conwy).*

*There is a need to help individuals to get trained in empowerment & rights awareness.*

*Advocacy is well used for ‘bigger issues’ but under used for ‘smaller issues’.*



## 7) Ideas for next time (or future Meetings)

- **Alternative Supported Living options**  
Hilary Kewley (Conwy) – Paula to make enquiries.  
'Housing Options' – Mark to explore
- **Managing money**  
'Pennysmart' have offered to help – Yianna & Mark to follow up.
- **Telecare/Technological approaches**
- **The 'Stay up late' campaign**  
Mike has the DVD – watch some clips? And bring some information?
- **Holidays/Having a break – different approaches**
- **Disability Awareness Training**  
– what's happening in north Wales & how might we get involved?

## 8) Next Meeting arrangements

It was suggested that a whole year of dates and who hosts should be organised, as they were previously. Mark to talk to LDW and others about this. Anheddau have agreed to host the next Meeting on December the 15<sup>th</sup> in Gwynedd (venue to be confirmed). After this (based on previous hosting arrangements) Mark suggests:

March 2012 – Flintshire

June 2012 – Denbighshire

September 2012 – Wrexham

December 2012 – Conwy

If we could get Anglesey to host any of the above that would be a bonus!