



# Lancashire Friends and Relationships and Sexual Relationships Meeting

Voice for All Office

Lisieux Hall, Dawson Lane, Chorley,  
Lancashire, PR6 7DX



**Wednesday 11 January 2017 2- 4.30pm**



## 1. Welcome, introductions and Ground Rules

Please say who you are, where you are from and the organisation you represent and answer the opening round question:

**What did you do for Christmas and New Year?**

Stephen Haywood, React  
Rachel Lambert, Meet n Match, U-Night

Sue Sharples, U-Night  
Lucy Hamlin, Meet n Match  
Pat Afflick, Integrate  
Julie Madden, Integrate  
John Whitehead, Voice for All, Brothers of Charity  
Brian Atkin, Sunnyfield, Learning Together  
Kathrine Hipple, Learning Together  
Gillian Smith, Sunnyfield  
Amanda Topps, Lancashire County Council  
Andrea Smith, PA with Rachel



## 2. Apologies

Ian Greenwood  
Becky Gammon  
Mark O'Farrell



## 3. Update on U-seful training and Conference

Feedback about the Conference and what is happening next.

The money from the Lottery has finished.

Sue has completed the Report and sent to the Lottery. U-secful Training met all the objectives. The hardest part was administration and getting people to attend.

In Accrington it was hard to get people to come to the training.

The Conference was a really nice way to finish. Sue has had some really good feedback. Sue Blackwell gave some good feedback hearing Becky and Louise being so confident about sensitive issues.

The Myerscough training was 1-5pm and some things were changed but they did get through all the course. The group was really different all the group were 16-20. A wide range of experience and ability. The staff were very different not always participating.

Next month there is a meeting about what we want to happen next. Sue thought six weeks was too much. Sue thought a one day to start would be better about people staying safe.

Sue has planned a one day staff training course. This will be 27 February at Plungington Community Centre. This is £40 per person. Already 4 people have signed up.

Integrate do a one day training for staff about awareness and values. There is also a section on legislation.

Sue said people need practical skills. Lots of people ring Sue up and want advice for different situations.

It seems that LCFT LD nurses are not dealing with sexual relationships and sexual health now.

**We want to ask LCFT about this.**

As part of Meet n Match funding there is a one day free training course. Seven people are already signed up. This is about 'How do I Date?'

Sue said it would be good to do another one day course on Staying Safe.



Sue gave us feedback from the **So Safe Training** using picture exchange for people who do not use words.

Sue asked us What are the rules about staff hugging people they support?

There needs to be permission and the self-advocate needs to approach you first. It depends on how well you know the person.

Some people might like being hugged. Some people may not like being hugged.

It seems unclear what the rules are about hugging.

So Safe uses pictures to help people.

If a service are going to use SoSafe everyone in the service needs to learn how to use it. It is linked to positive behaviour support.

This could help people on the Transforming Care pathway.

SoSafe was developed in Australia by a speech and language therapist. It only recently came to the UK.

SoSafe is about rules. It is a set of pictures. They say you have to teach people about what the rules about relationships are.

SoSafe says supporters need to be clear about what the expectations are to do with relationships and contact like hugging.

Sue asked the group how much physical contact would a child without a disability have?

People with a disability have a lot more physical contact with a lot more people than a child without a disability.

People with a disability are therefore more vulnerable because of the greater number of people in close physical contact with them.

We looked at the person centred Relationship Circle. People in the room have a person centred plan using one of these.

SoSafe came up with 9 relationship groups to go in the circle:

Other people I don't know

Community workers I don't know (volunteers, support workers, etc)

Other people I know

Friend

Community workers I know

Close friend

Family

Boyfriend/Girlfriend

Partner

Sue showed us the Talk Touch Triangle.

Sue showed us the Relationships Mat.

SoSafe also uses Steps to Relationships. It also helps you understand the difference between public and private.

SoSafe also uses the Picture Exchange Chart (PECs).

Support workers can give special hugs when someone gives permission, on special occasions or when the person is upset.

SoSafe also gives a message about consent. This means 'I say yes and you say yes'.

Julie asked if SoSafe supports a capacity assessment. Sue said you will be training people and assessing them as they learn the Talk Touch Triangle.

It costs £235 to do the course. Sue said she has found the information really useful.

Sue will include this information in the one day course for staff.



#### **4. Update on Meet and Match**

Rachel and Lucy gave us updates about news from Meet n Match and their new events, membership and activity.

Quite a few people ended up on dates after the Winter Ball. People are now dating.

89 people with a learning disability attended. 150 people bought tickets. The ticket selling drop in worked at Integrate. All the tickets were sold so some people were turned down for tickets.

Thanks to Dawn, Pat, Julie, Stephen and Amanda for volunteering on the night.

The next event is a Hawaiian Event on 17 March at a new venue Preston Grasshoppers. Menu is the same price with 5 options and a dessert. It's a ground floor venue. There is plenty of parking. It's near a bus stop.

### **Other local Meet n Match events**

Two in Hyndburn – 40 people went to the first event 20 people went to the second. There is a Carnival Party.

One in Burnley – 16 people went.

Three in Lancaster but one was cancelled.

There is a Valentine's Disco at the Gregson on 12 February.

The target for regular attenders is 100.

Since April to now we have engaged with 365 people. 167 have been to at least one event. 13 people have not attended an event but have signed up to Meet n Match. Everyone else has attended two or more events. This is around 180 people.

### **New Dates for Events**

19 fully paid up members.

Meet n Match need help to join up members.



Ladies Event had 10 people attend. People had nails painted and Janice and Linda did a workshop. Both sexual health services attended and the Police went down.

There is a Drop In Session at Ormerod tomorrow.

It was suggested that a Drop In is organised at Voice for All.

Lucy met with some self-advocates and has set up a Valentine's Event in Blackburn on 15 February.

Pat and Lucy have set up a meeting this Friday to work with LD Connect. It now has 40 members but they are not using the site to meet people.

Amanda suggested Meet n Match post on the FAR OUT facebook page.

At our last meeting members commented that there needs to be a way of supporting an LGBT event and LGBT people at the main Meet n Match events.

## **5. Sexual Health Services in Lancashire Leaflet Update**

We decided to look at this next time as the leaflet has not arrived yet.

We will discuss where we think it should be displayed.





## 6. Group work Actions for 2017

We looked at the Y be Shy Action Plan.

One point on the action plan was for Y Be Shy to lobby MP's, CQC, Local Government about what providers are doing to promote sexual health and relationships. CQC can measure a provider on if they have a policy or not.

Sue asked if the new framework for supported housing states clearly what providers should do to support friends and relationships.



## 7. Decide Actions

**Action: Amanda to check the wording in the new contract.**

**Action: Sue will write to CQC and ask them some questions.**



## 8. Next steps

Meeting with sexual health commissioners 23 January  
Mark S, Louise C and Stephen H are attending. James Hughes is attending. Stephen Smith will come if Janice and Linda cannot come. The meeting is at County Hall. The meeting is to explain to

the commissioners that people have given their views about what they want from an adult sexual health service but we cannot see any evidence of these views in the new service.

Keeping Safe On-Line Easy Read with Lancashire Police to save until the next meeting.



## **9. Agenda for our next meeting**

Action Plan

Keeping Safe On-Line Easy Read with Lancashire Police

The Easy Read Young People's Sexual Health Service leaflet

Working with the All Age Sexual Health Services

Report from the meeting with people who plan and buy sexual health services (Commissioners).

Meet n Match updates

Keeping Safe on-line



## 10. Any other business

There was no any other business.



## 11. Closing Round



## 12. End of meeting and Date for next Lancashire Friends, Sexual Health and Relationships meeting

**Next Meeting: Wednesday 29 March 1.30-4pm at Voice for All Office Liseaux Hall, Whittle le Woods.**