



# Lancashire Friends and Relationships and Sexual Relationships Meeting

Voice for All Office

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



## Notes from Meeting on Wednesday 5 October 2- 4.30pm

### 1. Welcome and introductions, red and green cards and ground rules

Stephen chaired the meeting supported by Sue. Stephen introduced how to use the red and green cards and asked members to introduce themselves and answer the opening round question:

**If you were going on a blind date with someone where would be a good place to meet?**



## **People who came to the meeting:**

Stephen Haywood, U-Night, Meet n Match, U-seful Training

Sue Sharples, U-Night, Meet n Match, U-seful Training

Rebecca Gammon, Brothers of Charity, Voice for All

Rachel Lambert, U-Night, Meet n Match

Lizzie Smart, U-Night, Meet n Match

Lucy Hamlin, U-Night, Meet n Match

Gillian Smith, React, Morecambe

Brian Atkin, Sunnyfield, Learning Together North West

John Whitehead, Brothers of Charity, Voice for All

Amanda Topps, Community Engagement Officer, Lancashire County Council

Tania Cockcroft, Under 25 years sexual health service

Andrea, PA

Mark O'Farrell, React, Preston

Pat Afflick, Integrate, Inclusion Coordinator

Christopher Wren, Voice for All

## **Where would be a good place to go on a blind Date:**

A restaurant

The airport

Cinema

Meal out

Meet in a public place

Something fun like ten pin bowling

Something we both liked to do

Make sure a friend knows where you are meeting and what time and has a photograph of the person you are meeting

Get a friend to phone at a certain time to check you are OK

A Pub

Go on a double date instead

At a fair with rides and stalls

A Café

Get mum involved!



## 2. Apologies

Andy Bellis

Julie Madden, Integrate

Mike Holt

James Hughes



## 3. Sexual Health Services in Lancashire Meeting in Blackburn

Amanda reported what had happened at the meeting on 9 September in Blackburn with the LCFT under 25 Sexual Health Service manager and staff and the Blackpool Teaching Hospital adult sexual health service.

Sue Capstick is the service manager for the under 25 service.

Claire Ward was representing the adult all age sexual health service, she is based in East Lancashire and covers Blackburn and East Lancashire.

Amanda noted that all the self-advocates were extremely professional and gave a very good account of the mystery shopping incidents and lack of up to date quality easy read information and good customer care.

Kate from East Lancashire People First also attended and made a good point about the health centre in Darwen that although it did not have easy read information for her they advised a one to one appointment to make sure they could follow up the person's needs.

Russell had done a great job researching other venues to see if they had any accessible information about sexual health services or sexual health. He reported that Citizen's Advice and the library could not help or provide information. Russell had also visited the Jarman Centre in Blackburn.

Linda and Janice told the meeting their stories about their visits to the Brook Sexual Health Service in Burnley. The access was difficult, the reception staff were not helpful and did not offer to assist, some leaflets were out of date and not in easy read. Linda went to the St Peter's Health Centre in Burnley and had a similar experience.

Caroline told us that the physical access was difficult and that receptionists were not very helpful. They had a bad experience at the health centre in Blackburn.

Amanda asked to explain the difference between the two services as it seems confusing. The under 25 service works 'predominantly' with under 25s. This means, for example, that if the partner of someone is over 25 they would still support them.

People also said they would like easier to read signs at clinics.

There were the actions discussed at the end of the meeting on 9 September:

1. We requested an easy read information sheet with details of both sexual health services for Lancashire. Angie said she would put together a draft easy read leaflet. An ideal deadline would be 24 November when the leaflet could be launched at the Y Be Shy Conference at Plungington Community Centre in Preston.
2. We want all sexual health staff to be learning disability awareness trained
3. We want to look at how we can fund the Y be Shy course
4. Tania is a rep on the LCFT Learning Disability meeting chaired by Terry Drake who is the service line manager for CAMHS. Amanda asked if funding could be available in 2017 to roll out the Y be Shy course with funding from the health service. Tania to ask at this meeting.

5. Invitation to U-seful Training to run a Y be Shy workshop about sexual health and people with learning disabilities, reasonable adjustments, communication, etc at the sexual health staff Away Day in November at Brockholes Nature Reserve.
6. Request for U-seful Training to produce a menu of options so that health services can buy into a one hour or two hour workshop, half a day or a full day for example.



#### 4. What actions do we need to take?

1. **Sue** to contact **Tania** about the sexual health service away day in November at Brockholes Nature Reserve about doing a workshop with self-advocates.
2. **Sue** to talk to the service lead about LCFT and Blackpool Teaching Hospitals staff about them buying Useful Training 'Train the Trainer' for their staff.
3. Claire Ward is the East Lancashire and Blackburn all age sexual health services manager. Catherine Shelley is the Lancashire service manager. **Sue** to find out what has happened since the all age service met with the Blackpool Community Learning Disability Team to discuss what people with a learning disability need from a sexual health service.

4. **Amanda** to pursue Angie Stokes for the draft leaflet.
5. **Amanda and Tania** to check with Claire Ward about her input into the Sexual Health Services Easy Read Leaflet for Lancashire.
6. Continue to do some mystery shopping across Lancashire with **self-advocates**.
7. Mencap have a standard letter about challenging if a service is not providing accessible. We can use this and share it with the networks if people are not providing accessible information. **Sue can you find a copy please?**
8. **Amanda** to find out who the sexual health commissioners for Lancashire are. They may be in public health.
9. **Amanda** to add the new leaflet to the LDPB website when it is ready.



## **Group Work**

### **What do we want to see in an all age sexual health leaflet?**

Mark said it would be better to have one leaflet for all sexual health services for people with learning disabilities in Lancashire.



If there is a problem with this then we would rather have two leaflets in easy read rather than none at all or for the leaflet to be delayed.

## **What we said would need to be in an easy read Lancashire Sexual Health Service Leaflet:**

- Easy read format: minimum size 14 font, ideal size 16 in a clear easy read font (see Mencap easy read advice) A4 preferable or A5 booklet if not
- Photos or pictures on the left of the text, ideally 7cm in size but sometimes this is not possible
- **What to expect?** professional, confidential, sensitive, service by trained sexual health professionals trained to support people with a learning disability
- **Where can I go in Lancashire?**  
Phone numbers, addresses, websites of all services and clinics in Lancashire
- **What information, advice and services can I get?**  
Contraception, family planning, STIs, condoms, keeping safe, sexual health, LGBT, counselling
- **How do I access?** Opening times  
Clinics, drop in, online chat, website, 1-1 in person, phone appointment, appointment only.
- **What will happen when I get there?**

Simple Step by step guide.

- **What reasonable adjustments can you offer?**

Information in different formats: easy read, Audio, DVD, longer appointments, shorter waiting times, early appointments, first or last appointment of the day, etc

**Suggestion regarding good service support:**

- **Sexual Health Action Plan** a written down summary of appointment, including advice, signposting
- **Suggestion** to ask Easy Read 4 All SAIL service if in house cannot produce by 24 November 2016.

Sue wanted to acknowledge that the under 25 service has been really responsive. People with learning disabilities are a vulnerable group and need information and support with sexual health to keep safe and receive a good person centred service.



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

How the training is going and what is happening next.

Train the Trainer has now finished. Mark and Pat have now graduated! Pat said it was an excellent course and was inclusive. It was a lot of fun. Mark did not know what to expect but enjoyed it. Everyone did a presentation. After the conference on 24 November Pat and Mark will plan a course. Stephen and Becky have also been trained.

That was the last of the Train the Trainers.

Y be Shy training is taking place at Myerscough College starting Wednesday 12<sup>th</sup> 1-5pm. Martin and Stephen are helping with this course.

The Lancaster Y Be Shy course is starting next Friday six people have signed up. 10-3.30pm at Ellel Community Centre in Galgate.

Planning day happening tomorrow to organise the conference on 24 November at Plungington. 10-3.30pm. Group members need to email or phone to secure a ticket.

Need stalls for the event: Tania is coming, Sue has asked adult sexual health services, Meet n Match will have a stall. James Hughes will have a stall. Friends and Relationships can have a stall. U-Night will have a stall.

Lucy will ask Lancashire LGBT.



## 6. Update on Meet and Match

News from Meet n Match and their new events, membership and activity.

Since April Meet n Match have engaged with 268 people.

235 people have attended events.

150 people who have attended one event.

39 people have attended two events.

14 have attended three events.

12 have attended four events.

20 people have attended 5 or more events.

There have been 23 events since April, drop-ins, discos, social meetings, cinema, bowling, launch event, Friends and Relationships Conference.

There are monthly events in Hyndburn and Lancaster.

In 2017 there will be a monthly event in Blackpool, Hyndburn and Lancaster.

They are making links with Skelmersdale, Chorley, Blackburn and Burnley.

There are two Halloween Parties, Blackpool 28 October, Hyndburn 28 October.

Winter Ball in Preston 11 November.

Members only afternoon tea is being arranged at Plungington Community Centre in Preston in November.

There will also be a Ladies Day in Rossendale in November.

There is a Lancaster Event Night on 6 November and 18 December.

Members:

16 paid members

3 being processed

Meet n Match need more members so that the match funding can be awarded.

The very first date is happening on Sunday.

A group of 3 ladies interested in meeting as friends.

Another potential match.

One potential date for two gentlemen.

Also offering six months membership for £25.

Meet n Match are also going to do a survey.

Tania can forward to her contacts in Student Services in Preston College and West Lancashire College in Skelmersdale.

Amanda can forward to Lancaster and Morecambe College.

Lucy reported that people are saying "I'm not allowed to join a dating agency". Sue said that staff say it's too expensive.

We thought it would be good to add how much an average dating agency costs for the year.

Amanda said two people met at the Lancaster Event Night and are planning to keep in touch.

Volunteers in Lancaster and Blackpool area are needed. Lucy will email Amanda with an invitation to volunteer.

61% are male at events  
39% are female at events.

There is a problem with women being encouraged to get involved in Meet n Match.

Speed Dating does not work because of this and event have had to become Speed Friends events.



## 7. Agenda for our next meeting:

Feedback from the Winter Ball.

Review our work to date with providers and decide on our next steps.  
Sue to feedback from So Safe Training using picture exchange for people who do not use words.



## 8. Any other business

There is a programme tonight on the BBC at 9pm with Sally about abortion when it's found out there is a possibility of the baby having downs syndrome.



## 9. Date and Agenda for next Lancashire Friends, Sexual Health and Relationships meeting

**Next Meeting:** Wednesday 30th November at 2pm

**Sincere apologies Amanda has had to move the meeting from 16<sup>th</sup> November to the 30<sup>th</sup> November due to meeting clashes.**