
KINGSTON

ALL AGES LEARNING
DISABILITY PARTNERSHIP BOARD

End of Year Report 2023/24

healthwatch
Kingston upon Thames



End of Year Report 2023/24

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About the All Age Learning Disability Partnership Board



All Age Learning Disability Partnership Board is made up of professionals, service providers, and people with learning disabilities, and their carers and advocates.



It was set up by Kingston Council, and it is supported by Healthwatch Kingston. It was promised in the All Age Learning Disability Strategy.



The Board is co-chaired by local people with learning disabilities. We all work together to improve services for people with learning disabilities.

Our Aims



1. We want good information and support to make choices and get the right services.
2. We want information to be available to everyone. This includes people who don't go online or use technology.
3. We want information to be available in a format that supports everyone.
4. We want it to be easier for organisations to signpost and promote each other's services and events.
5. We want people with learning disabilities to be supported.
6. We want people with learning disabilities to have good access to health and social care.
7. We want mental health services that work for people with learning disabilities.
8. We want to amplify the voices of people with learning disabilities in our work.

All Age Learning Disability Strategy



The Royal Borough of Kingston, Kingston Clinical Commissioning Group, Achieving for Children, and Your Healthcare created a five-year plan called the All Age Learning Disability Strategy.

This strategy explains how they will help children, young people, and adults with learning disabilities, as well as their families, live good, everyday lives in Kingston. It was co-produced with people who have learning disabilities, their families, health and social care professionals, and community organisations.

The plan shares a vision, key goals, and steps for action:

- Giving people more control over their lives
- Improving health and increasing independence and well-being
- Reducing stigma and discrimination.

The plan emphasises the importance of a person-centered approach, and the Social Model of disability.

Healthwatch Kingston are working with Kingston Council to explore a refresh of the All Age Learning Disability Strategy. This will include a review of the recent Learning Disability Needs Assessment, led by Kingston Council.



Kingston Council

Kingston's Disability Champion – Cllr Sue Ansari



Kingston Council's appointed Disability Champion, Sue Ansari, reflects on her highlights from the last 12 months, in her role engaging across the community, and acting on key issues.

"I am delighted that in 2023 Kingston Council launched the [Disability Network](#), which you can read more about later in this report.

I would like to express my thanks to the Involve team for their exceptional work throughout the year. Involve, our Peer advocates, provide invaluable support to community members with learning disabilities and autism. They offer advice and guidance to Council teams and other organisations, making sure individuals with learning disabilities are included with the work of the borough."



Kingston Council



"In March, I had the pleasure of attending the launch of the AUDIO guided Visually Impaired Walk along The Queens Prom in Kingston. Those interested can visit the Kingston Association for the Blind [website](#) to access this fantastic audio guide and enjoy the Audio Walk.

On a cold Winter's Day, I had a heartwarming experience at the Searchlight community centre, where families engaged in multi-sensory storytelling sessions led by storytellers and speech and language therapists from Your Healthcare services.



In the afternoon, families were invited to participate in an inclusive Drumming Workshop led by Community Drumming, who were truly amazing. We all had a great time and enjoyed the experience immensely!

This year I have attended lots of events and meetings where I have witnessed and appreciated the good work that goes on supporting people with a learning disability and their families and carers. The hard work and dedication of local organisations and groups are highly valued by all of us."



Kingston Council

Kingston Disability Network – “Working together to make a positive difference.”

Kingston Council has set up a [Disability Network](#), with funding awarded to the council from the GLA and London Councils as part of their ‘Supporting London Boroughs Engagement Project.’

The aim of the project is to work with communities to ensure that Londoners’ voices are heard.

The network was officially launched in November 2023. It is an inclusive network bringing together individuals and organisations to create a collective stronger voice for those with disabilities to achieve positive outcomes such as:

- Raising awareness on disabilities
- Offering a platform to engage
- Sharing of knowledge and experience
- Stakeholder networking and collaboration to create greater community collaboration
- Background

Watch the video about the Disability Network [here](#).



Kingston Council

Kingston Council's Autism and ADHD Strategy

Kingston Council has been working together with local organisations and residents to write a new all age Autism and ADHD strategy.

The strategy is a document that shows what we want to do and how we are going to do it. Kingston Council want to find out what is important to Autistic people and/ or people who have Attention Deficit Hyperactivity Disorder (ADHD).

The have heard from people who are experts by experience of all ages and also professionals. For this survey, an expert by experience is an autistic person and/or someone who has ADHD. It also includes someone who might give support, like a family member.

The first phase of our strategy engagement is complete, with over 90 responses from people with experience, carers, families, and professionals. We gathered feedback through on-line surveys and focus groups run by Autism and ADHD board members.

For more information about the strategy, visit the Kingston Council [website](#).



Kingston Council

Contact



Guildhall, High Street, Kingston Upon Thames KT1 1EU



0208 547 4700



@contactkingston



www.kingston.gov.uk



We organise the [All Age Learning Disability Partnership Board](#) meetings. These meetings give lots of time for people with learning disabilities to talk about what is important to them. The Involve team from Kingston Council help us with the meetings.



Raising the voices of people with learning disabilities

Healthwatch Kingston continues to be committed to involving people living with a learning disability, their families, carers and advocates.



We continue to speak to, and work with people with learning disabilities, ensuring that health and social care providers understand the barriers faced by people with learning disabilities and their families and carers.

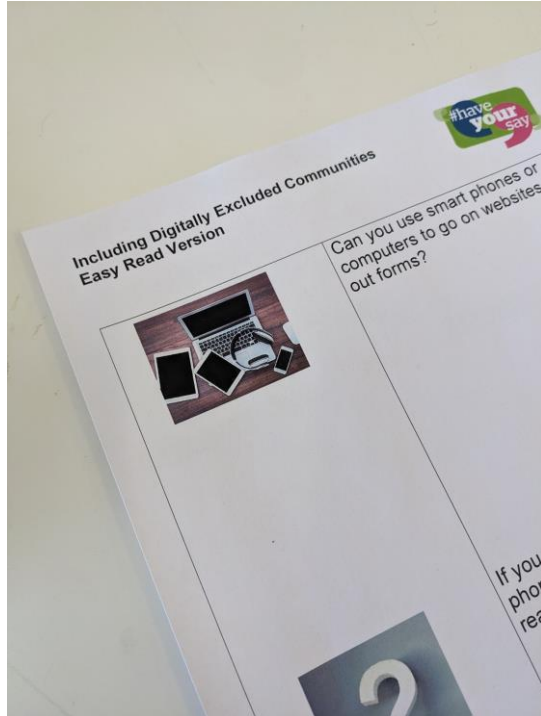
Healthwatch Kingston



Our Impact: Including Digitally Excluded

Healthwatch Kingston worked with the Care Quality Commission (CQC) to find out how we as organisations can reach out and gather feedback on health and social care from those who are digitally excluded.

As more information moves online and feedback is often collected through online surveys, we wanted to ensure we hear from people who are unable to provide their feedback in this way. We spoke to individuals living with a learning disability or autism. We visited Eco-Op, who run day services for people with learning disabilities and autism, and spoke with members about the digital barriers they face.



Our Impact: Including Digitally Excluded

Findings



What we were told confirmed that “one size does not fit all” and, as a ‘digital first’ borough, it is important that all of us hear what people have said.

- Healthwatch Kingston re-commits to improve our engagement with digitally excluded communities and, in order to feedback the findings from this community engagement to participants the way we have been asked, we will:
- Work with the Royal Borough of Kingston upon Thames Involve team of learning disability advocates to produce a Plain English/Easy Read version of this report
- Work with Kingston Association for the Blind to create an audio recording for people who are blind or have sight impairment
- Re-visit each digitally excluded group we engaged with to deliver ‘you said we did’ presentations and share information in accessible formats.

You can read the report [here](#).

Healthwatch Kingston

Our Impact: Outreach with Young People



Healthwatch Kingston attended the TAG Access All Areas TAG and Local Offer Fair. This event was designed for young people and their families to connect with professionals and service providers to help shape their futures.

Attendees, including carers and young people up to the age of 25, had the opportunity to learn more about local resources and services available to them. The event focused on transitions into adulthood, with support and services on hand to provide valuable information.

We engaged with young people with disabilities, discussing their health and social care experiences.

Our Impact: Supporting and Including volunteers with a learning disability

Helping and including volunteers with a learning disability is important to make everyone feel welcome at Healthwatch. By giving the right support and valuing all volunteers, Healthwatch helps people with learning disabilities be part of the team and build their skills. Volunteers with a learning disability are important to our work because they help make sure the voices of people with learning disabilities are heard when shaping services.

Contact



Suite 3, 2nd Floor, Siddeley House, 50, Canbury Park Road, Kingston upon Thames KT2 6LX



0203 326 1255



info@healthwatchkingston.org.uk



www.healthwatchkingston.org.uk



Kingston Mencap



[Kingston Mencap](#) helps people with learning disabilities and their families in Kingston upon Thames. They run clubs, activities, and provide support and information.

They make sure people with learning disabilities, their families, and carers are listened to in order to help make services better. Mencap volunteers support the All Age Learning Disability Partnership Board.

Family Carers Group



The group meets every 4-6 weeks at the Searchlight Centre, and provides a chance for family carers to offer peer support and speak to providers and commissioners of services. This group is an impactful part of Mencap's work, raising the voices of family carers, helping shape improvements, and giving advice and information.

Contact: Gill Wood gillcwood@outlook.com or 07759363747 for meeting dates.

Kingston Mencap



Seekers Club for age 18+
Monday evening 7pm – 9pm
Cost £5 per evening
Mixture of fun activities, sport,
games with a tea break in the middle
Supported by volunteers

Future Friends age 18-30
2nd and 4th Thursday of the month
7.30pm to 9.30pm
Cost £5
Contact Gina 07936359260

Fulham Foundation Multisport Session

as part of this session with a tea break and music session
either side of this activity, giving plenty of time to catch
up with other members
Contact : Martel 07936359260





Kingston Mencap



KINGSTON CLUBS

MONDAYS
SEEKERS CLUB 7-9PM



THURSDAY
ART CLUB 10:30-12PM
FUN CLUB 1-3PM
FUTURE FRIENDS (X2 MONTHLY)

SATURDAY
DROP IN 12-2:30PM

ALL AT THE SEARCHLIGHT CENTRE KINGSTON KT3 3RX
WWW.KINGSTONMENCAP.ORG.UK



WWW.KINGSTONMENCAP.ORG.UK

Saturday Drop In

12 – 2.30pm

Cost £5

Our club leaders will be leading different activities every week but still the chance to come along to meet up with friends and relax

Contact: Martel 07936359260

Art with Janie

Thursday morning 10.30 to 12 noon

Cost £5

Bring a packed lunch and stay for Fulham Foundation session at 1pm

Contact: Martel 07936359260

Bingo & Quiz

The Involve team are running a FREE online meet up with Kingston Mencap

Every Thursday 4pm to 5pm

Contact involve@kingston.gov.uk to be added to the invite list.

Kingston Mencap

“Why We Care” Campaign

This year Royal Mencap launched their “[Why We Care” campaign](#), celebrating support workers and social care staff and highlighting their skills. 140,000 people of working age with a learning disability in England get social care support within the community to help them live their best lives.

The report explores the challenges of the sector and celebrates the dedication of frontline staff supporting people with a learning disability, looking at what motivates them, what they do and the value they bring to people's lives.

“My sister is supported by some brilliant support workers with the right ethos who give consistent and committed support and earn every penny, but it's not enough!”

They do a really important job, but are undervalued although they take a huge role in ensuring my sister is treated equally and fairly and gets the best out of life. I feel they should be paid on par with national health workers, it's just doesn't seem fair - no wonder there is not enough good staff to go around” – Gill Wood, local family carer.



Kingston Mencap

Contact



Searchlight Community Centre, Kingston Road, New Malden KT3 3RX



07936 359 260



trustees@kingstonmencap.org.uk



www.kingstonmencap.org.uk



Kingston University Learning Disabilities Nursing Team

Kingston University run a degree course for people who want to be Learning Disabilities Nurses.

These are some of our lecturers and students who completed their course this year:



You can find out information about the course here: [Learning Disabilities Nursing BSc \(Hons\)](#)

We work with organisations for people with learning disabilities across Kingston and South West London, including [Kingston Eco-op](#). Members come and speak to our students about what it is like having a learning disability, and some students spend time working at Eco-Op

Kingston University Learning Disabilities Nursing Team



Next year people will be able to come to the University to study to be a Learning Disabilities and a Children's Nurse or a Learning Disabilities and a Mental Health Nurse. We are also hoping that people who already work with people with learning disabilities will want to come and do an apprenticeship to study to be a Learning Disabilities Nurse.

You can contact the team on: LearningDisabilities@kingston.ac.uk



We also have a [research group](#) at the University, led by Professor Irene Tuffrey-Wijne. People with learning disabilities are employed as researchers. This year the team ran an online training course for people with learning disabilities to learn how to do research. You can read more about it here: [Piloting an online research course for people with learning disabilities](#).

You can contact Irene on I.Tuffrey-Wijne@kingston.ac.uk



Kingston University Learning Disabilities Nursing Team

Contact



Holmwood House, Grove Crescent, Kingston upon Thames, Surrey KT1 2EE



020 8417 9000



LearningDisabilities@kingston.ac.uk



www.kingston.ac.uk

Your Healthcare



Your Healthcare

The NdS Service comprises 3 separate services:

- Service for adults with a learning disability
- Autism Spectrum Disorder (ASD) Service
- Kingston Attention Deficit Hyperactivity Disorder (ADHD) Service

Services for adults with a Learning Disability

This service provides specialist advice and support for people with a learning disability, their carers and/or families. The service is provided by a multidisciplinary team:

- Behaviour Analysis including Positive Behaviour Support (PBS)
- Clinical Psychology
- Dietetics
- Psychiatry
- Speech and Language Therapy
- Nursing
- Physiotherapy



Some highlights from 2023

Psychiatry continue to embed STOMP (Stopping over medication for people with Learning disabilities)



Dietetics have developed a pathway for weight management.



Nursing were given an award for their work to help better management of constipation and laxative medication



Speech and Language Therapy have been busy promoting Makaton taster sessions and supporting effective communication in mental capacity assessments.



Physiotherapy have been looking at ways to support people at risk of falls.

Contact



Your Healthcare

Neurodevelopmental Services, 22 Hollyfield Road, Surbiton, KT5 9AL



020 8339 8005



swlicb.nds@nhs.net



www.yourhealthcare.org



Kingston Eco-op

Kingston Eco-op offers a range of developmental activities for adults who have learning disabilities, mental health problems, or other challenges in their lives.



2023 saw a range of new activities and workshops being delivered and enjoyed by an increased number of people joining our service.

Our partnership with RHACC has gone from strength to strength and they deliver English, maths, IT and art classes with support from Eco-op staff. During the holidays Eco-op staff carry on with the classes and everyone enjoys them.



We have a great partnership with Wheels 4 All who run the accessible cycling scheme on the athletics track, Kingsmeadow. We now go cycling twice a week. Other physical activities include a walk club and, in the summer of 2024, we will introduce yoga sessions. We will also be running a pilot scheme called the health club, a 16-week programme which will work with those who have high cholesterol, diabetes or would like to lose weight. The health club will give information about nutrition, encourage healthy eating and run exercise sessions.



Kingston Eco-op



We are pleased to announce that we have met the Royal Borough of Kingston's of Kingston's new framework for Day Opportunities and Meaningful Occupations and as of April 2023 we will be opening longer hours from 9.30 to 3.30pm.

As a part of our developments in activities we decided to use community facilities more and in 2023 we undertook trips to Hampton Court Palace, Kew Gardens, Mercedes Benz world, libraries, parks, the river as well as our usual annual trip to the seaside. Everyone loves the trips out.

We also ran a spring fayre and a Christmas fayre to raise funds for the extra activities and help fund our Christmas party.



Kingston Eco-op

As we continue to grow our service, 2023 saw the introduction of 2 projects outside of our normal daily hours.

Cook & Eat courses - We secured funding to deliver 3 x 8 week cooking courses. The courses were well attended by Eco-op clients and people who don't attend Eco-op

The Larch club – we researched, developed, named and found a venue to run a social group for adults with autism (high functioning) and secured a grant from the RBK resilience fund. The Larch Club opened in August 2023 and operates as a drop in with activities that include socialising, board games and arts & crafts. The intention is to create a safe space for people with autism to feel comfortable to be themselves and share their experiences with others who understand the challenges that they face.

We hugely appreciate the partnerships we have and give special thanks to:

- RHACC for delivering the classes
- Wheels 4 All for the accessible cycling
- RBK for the resilience fund for the Larch club
- All our donors and supporters who make the community trips and parties possible.



The Larch Club

A social club for adults with autism (23+)

Kingston Library
Fairfield Road, KT1 2PS

Thursday 6-8





Kingston Eco-op

Contact



Kingston Eco-op, The Searchlight Community Centre, Kingston Road, New Malden KT3 3RX



07393378833



leeni@kingstoneco-op.org.uk



www.kingstoneco-op.org.uk



Involve



Involve is a team of peer advocates employed by Kingston Council to support and advocate for people with disabilities living in the borough.

The advocates work to empower Kingston residents to find their voice and have their say on changes within the borough.



The team work to increase confidence around different topics, such as finding employment and staying safe within the borough and also offer an opportunity for companionship and friendship to reduce social isolation.



As peer advocates, Involve are able to reach residents through shared experiences of life and services within Kingston Upon Thames. Involve aims to act as a platform to share information, knowledge and concerns between the community and the council.



Involve

Supporting Groups and Services

We help other groups and organisations run services for people with learning disabilities.

We attend the [CLICK Cafe](#) steering group to help plan social activities for people with learning disabilities.



Health Meetings

We met with Your Healthcare to talk about Annual Health Checks for people with learning disabilities.

This year we have participated in listening events at Kingston Hospital with Gracie Holt, who is the Hospitals Learning Disability Liaison lead, to help improve hospital services for people with learning disabilities.



ADHD and Autism Partnership Board

We joined the ADHD and Autism Partnership Board to help improve services and opportunities for people with neurodiversity in Kingston.



Involve

Transport Liaison Meeting



We attended the Transport Liaison Meeting to talk about issues on trains and buses for people with learning disabilities and complex needs. We are working on making transport and the built environment more accessible.

We mentioned that cycle lanes don't always continue, making it hard for people to know where to walk and where bikes will go next. Mario is creating an easy-read document about making complaints on buses and trains.



Ongoing Work

We continue to create easy-read documents for Kingston Council.

We attend the Kingston Disability Network meetings every two months. Many organisations join these meetings to support each other's work.



We write newsletters about all our activities. These newsletters help people with learning disabilities, their families, and carers know about events and what we are doing to make things better for people with learning disabilities.



Involve

Contact



Guildhall, High Street, Kingston Upon Thames KT1 1EU



020 3031 2757



involve@kingston.gov.uk



<https://www.kingston.gov.uk/learning-disabilities-1/get-help-speak-involve-team>

South West London LeDeR Programme



LeDeR is the name given to the work that reviews the lives and deaths of people with a learning disability and autistic people. The reviewer finds out about their care and why they died.



LeDeR has found that people with a learning disability and autistic people do not always get good healthcare.



People with a learning disability and autistic people sometimes die younger than other people from illnesses that they could have got better from.

South West London LeDeR Programme



Last year, in Kingston, the LeDeR Team reviewed 8 deaths of people with a learning disability and autism.



In Kingston many people had an annual health check which helps make sure any signs of illnesses like cancer and diabetes, or breathing and heart issues are spotted early



Southwest London and Kingston now have a new permanent LeDeR Team to help make services better for people with a learning disability and autism.

South West London LeDeR Programme



The LeDeR Team in Southwest London helps health and care staff learn more about how to:



Support people with a learning disability and autistic people to be healthy and well



Stop people with a learning disability and autistic people from dying too young



You can find out more about: the NHS England LeDeR programme at **leder.nhs.uk**





Kingston Hospital



Learning Disability Liaison Team at Kingston hospital

Kingston Hospital has two learning disability liaison team members. The learning disability liaison team was set up in January 2021 and has had nearly 900 referrals since then. More information can be found [here](#).



The patient experience team and the Learning Disability Liaison team continue to work together to improve the way that reasonable adjustments are recorded, flagged and provided to people. The new flag should be working by 2025.



We have worked with Involve Kingston to create [easy read information](#) which is now available on the hospital website. We are also setting up a 'hub' where hospital staff can find easy read information more easily.



Kingston Hospital

Learning Disability Liaison Team at Kingston hospital



We took part in the Learning Disability Improvement Standards activity for the second time. We are in the process of looking through the results.



We created a Case Study video of a patients journey through the Royal Eye Unit having eye surgery. We also created a case study video about transition.



We published our NEW Learning Disability and Autism Strategy for 2024-2026! We are working with Involve to convert it into Easy Read.



Kingston Hospital

Patient Experience Team and Wider Hospital



We worked to improve the signage around the hospital. We wanted to make it easier for people to find their way around. We now have new signs all over the hospital.



We have also used a website called AccessAble – This website has pictures of the corridors and rooms all over the hospital. You can use this to check where your appointment is, what it looks like, and how to get there.



Listening to people with a learning disability. We also ran some events in the community.

Contact



Learning Disability Liaison Team
Kingston Hospital, Galsworthy Road, Kingston Upon Thames, KT2 7QB



0208 934 6895



Khft.learningdisabilityteam@nhs.net



www.kingstonhospital.nhs.uk

What do you think we should focus on next?

Have your say and find out about the
[All Age Learning Disability Partnership Board.](#)

If you have any questions about this report,
please contact:

info@healthwatchkingston.org.uk



Thank You