A Consultation on Learning Disability Day Services for People Living in Belfast.

A consultation is when we ask you, your families and carers, and staff to tell us what you think.
What do we mean by Day opportunities?

Day opportunities are things people want to do during the day, evening or at the weekend.

Day opportunities are different from day services. Day services is one example of day opportunities. Day services tend to mean things provided by the Trust and often take place in a traditional day centre building.

About this consultation

There is an agreed Regional Day Opportunities Model which says what changes need to be made to day opportunities over the next 3-5 years. This consultation is all about the first change we want to make to the day services delivered by Belfast Trust.

This consultation will start on the 3rd September 2015 and end on the 26th November 2015. Belfast Trust will have a number of events to help find out what you think.

We will write down in a report what you think and give it to the Trust Board on the 14th January 2015. You can read the report.
Context- this is anything that has happened that will help you understand why we want to make this change.

In June 2007, The Social Care Institute for Excellence published a guide entitled “Community-based day activities and supports for people with learning disabilities: How we can help people to “have a good day”?

This guide said that people should
✓ Do activities that have a purpose.
✓ In ordinary places, doing things that most members of the community would be doing.
✓ Do things that are right for you.
✓ Receive support that meets your individual needs so you can be treated equal.
✓ Meet local people, develop friendships, connections and a sense of belonging.

In August 2011, The Patient and Client Council published a document entitled ‘My Day, My Way’ about what you think about day services. It said that you wanted more day opportunities and not just day centres.

In August 2012, the Health and Social Care Board (HSCB) in partnership with the Public Health Agency (PHA) looked at Learning Disability day services across Northern Ireland. They produced the Regional Learning Disability Day Opportunities Model in April 2014.
Why we are consulting

The Regional Model for Day Opportunities describes 2 types of services

Day services for people with complex care needs, which will mostly be in Day Centres, and

Day Opportunities (which are for everyone), will be a package of community-based day time activities in areas such as further education, training, supported employment and social activities.

Day Opportunities will support individuals with a Learning Disability to be included in their communities and make choices about how they spend their day.

Belfast Trust are making changes to Day Centres to make sure

✓ there are places for people with more complex needs in the future and
✓ to make sure we use our resources in the best way.

Later we will describe our plan. We want to know what you think of the plan, if you have any other ideas and how it will affect you. The plan includes information about
• The day services that we have now.
• The on-going needs of people with learning disabilities.
• What young people are choosing to do when they leave school.
• Day opportunities in Belfast now and the future.
Why things are changing. Our vision

Our ideas for Day Opportunities are the same as the **Regional Day Opportunities Model, Equal Lives and the Bamford Review**, with the same values. It is also the same as the Health & Social Care **Commissioning Plan Direction (NI) 2015** and the draft **HSCB Commissioning Plan 2014/2015**

If you have a learning disability with less complex needs we want to support you with a range of Day Opportunities. We want you to work with staff to plan what activities you want to do. We want you to do more of your activities in the community and not just in a traditional day centre building.

The Regional Day Opportunities Model says we must share responsibility for day services with other partners, including education and further education, employment, transport and local Councils.

We will also work closely with partners in the community and voluntary sector to develop choice and day opportunities.

- We know that some people with complex needs will need a day centre service only.
- Some people will need a day centre for some days and day opportunities on other days.
- Some people will need day opportunities only.
We want to have day centre services in North, South, East and West of the city. We also want to develop a range of Day Opportunities provided by other services. We will do more consultations if we need to change Day Centre services again.

Up to 700 people with learning disability have a place in a Trust day centre.
75% of people go to the Day Centre every day.
95% live near the Day Centre.
1/2 of the people are from North and West Belfast and 1/2 are from South and East Belfast.

78% travel on a trust bus or in staff cars, 10% on public transport and 11% in their own vehicle or by a private provider.

51% are Male and 49% are Female.

The age profile of those attending is
• 9% are 18-24 years old,
• 45% are 25-44 years old,
  • 38% are 45 - 64 years
• 8% are older than 65 years.

**Numbers of people with complex needs.**

<table>
<thead>
<tr>
<th>Category / % of those attending</th>
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<tbody>
<tr>
<td>Challenging Behaviours – 43%</td>
<td>Mental Health Issues – 34 %</td>
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<tr>
<td>Communication Needs – 83%</td>
<td>Sensory Issues – 33%</td>
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<tr>
<td>Eating &amp; Drinking Support – 68%</td>
<td>Substance Misuse – 1%</td>
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<tr>
<td>Complex Health Needs – 39%</td>
<td>Profound Multiple Disorders – 18%</td>
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In the next 2 years there will be 23 young people across Belfast transitioning to adult Day Centres at 19 years. East (8), North (6), South (5) and the lowest in West (4).
What people have told us

‘I get out more, can travel by myself and have friends outside the centre and don’t get bored; we get making our own decisions about what we do during the week.’ (Female, 40s)

‘Left school and went to day centre but I wanted to do more so now I am in work placement and am doing some courses, when I finish I want to get a job.’ (Male, early 20s)

‘I can get to places on my own and I know if I need someone I can still get help. I feel like an adult.’ (Female, early 40s)
**Personalisation**

Learning Disability services are based on assessed needs and person centred care planning involving you and your carers.

Through Direct Payments and the introduction of Self Directed Support you will have more choices of day opportunities.

**Day Centres**

The number and location of our Day Centres was inherited by the Trust in 2007. We will still need day centres in the future for people who have complex needs.

We need to work with other agencies, including Education, Employment and Learning, Regional Development and Culture, Arts and Leisure to make sure there is a range of Day Opportunities that includes everyone. Like further Education Colleges, Leisure Centres and Libraries. We will try and use these services more.

**Developing Strong Partnerships with the Community & Voluntary Sector**

Over the past 10 years we have worked with partners like The Now Project, The Orchardville Society, Mencap, Upper Springfield Development Company Ltd and ARC. They say that the people who go to them for some days could go more days.
The community and voluntary sector provide activities, including work placements with Belfast City Council, Royal Mail, cafes, animal shelters and charities such as MacMillan Care. They also provide social activities and clubs.

The Now Project which operates mostly in North and West Belfast has the Bobbin Café in Belfast City Hall which provides training opportunities and employment opportunities.

The Orchardville Society which mainly operates in South and East Belfast has Café East on the Newtownards Road which also provides training and employment opportunities.

Training to get you ready for work is also provided. This includes independent travel training as part of the course.

The Upper Springfield Development Co. Ltd providing arts, skills and social clubs in West Belfast.

Day Centres have also developed partnerships with a range of charities and organisations including, local libraries, Disability Sports NI, Riding for the Disabled, Artscare and Streetwise.

As we plan changes we want to make sure that more and more of these opportunities are offered to you.
Our review of on-going needs

The needs of our Learning Disability Service Users are reviewed regularly by Community Learning Disability Nurses, Social Workers and Allied Health professionals. Those who attend our Day Centres also receive a regular review of their needs within the person centred plan by the specialist staff who work there.

With support we think that some service users could use day opportunities more and use their day centre less days each week or not at all.

100 out of 700 Service Users across Belfast who currently attend Day Centres could have the potential to move to a more personalised day. We will talk to service users and carers about this.

How we currently provide Learning Disability day services

Belfast Trust currently provides Learning Disability Day Centres from 4 large centres, 1 in North, East, South and West of the city and 4 smaller centres. These are mapped in picture on the next page written in Green.

These Day Centres offer a range of services, including needs assessment, risk assessment, mobility support, medication administration, personal care support, behaviour management and help with eating and drinking.

The plan wants to make sure that in the future Service Users with a Learning Disability, and complex needs continue to receive a safe service that meets their needs.
Day Services And Their Day Opportunity Clubs

1. Everton Centre (North Belfast)  
2. Edgcumbe Centre (East Belfast)  
3. Orchardville Centre (South Belfast)  
4. Suffolk Centre (West Belfast)  
5. Fortwilliam Centre (North Belfast)  
6. Mount Oriel Centre (South Belfast)  
7. Mica Drive Centre (West Belfast)  
8. Fallswater Centre (West Belfast)

<table>
<thead>
<tr>
<th>Centre</th>
<th>Club</th>
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<tbody>
<tr>
<td>Everton Centre (North Belfast)</td>
<td>a) CDS North</td>
</tr>
<tr>
<td>Edgcumbe Centre (East Belfast)</td>
<td>b) CDS West</td>
</tr>
<tr>
<td>Orchardville Centre (South Belfast)</td>
<td>c) Focus Club</td>
</tr>
<tr>
<td>Suffolk Centre (West Belfast)</td>
<td>d) Edging Out</td>
</tr>
<tr>
<td>Fortwilliam Centre (North Belfast)</td>
<td>e) Junction Club</td>
</tr>
<tr>
<td>Mount Oriel Centre (South Belfast)</td>
<td>f) Extending the Choice</td>
</tr>
<tr>
<td>Mica Drive Centre (West Belfast)</td>
<td>g) Bluebell Club</td>
</tr>
<tr>
<td>Fallswater Centre (West Belfast)</td>
<td>h) Skyways Club</td>
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[Diagram showing locations of the centres and clubs]
Day Centre Clubs - Improving Access to Day Opportunities

Over the past 10 years, Day Opportunities have been developed by our day centres. Currently 180 people have Day Opportunity activities.

We believe Day Opportunities should be available to everyone. Another 50 people with complex needs have 1 of their day care sessions, outside a centre, every week.

Belfast Trust provides Learning Disability Day Opportunities from two community day services schemes (CDS) and five clubs, (these are written in blue in the picture page 11).

All Clubs are run and managed by service users, for service users, with support from Trust staff and are within local communities and engage with local community groups.

The Trust asks community and voluntary groups to provide nearly 800 day opportunities every year.
518 = Supported employment and training
281 = Volunteering, arts & crafts, social and leisure and horticulture

Already within Belfast significant numbers of people with a Learning Disability are undertaking a wide range of activities that are not provided within a Day Centre building.
Plan for changes to Day Centres

If it is better for some people to spend some of their days doing activities that are not in a day centre, then we would waste resources by keeping all of the buildings going.

We have looked closely at how many day centre buildings we have and how we will meet the needs of people in the future.

West Belfast has the biggest number of Learning Disability service users who with the right support could do more day opportunities.

West Belfast has the lowest number of school leavers who need a day centre place in the next two years.

**Our plan is to join the 3 Day Centres in West Belfast to make 2 centres.**

The 3 centres are Suffolk, Mica and Fallswater.

Fallswater Centre is the smallest. People from Fallswater will have their needs fully assessed and move to the other 2 centres or day opportunities.

People from Mica and Suffolk will have their needs fully assessed and remain in centres or move to day opportunities.
Reasons supporting this plan

More people in West Belfast have the skills to be able to move to day opportunities.

Mica centre have been working in partnership with Whiterock Leisure Centre. They can create 10 more full-time places.

Suffolk centre have a Focus Club. They can create 4 more full-time places. They may have more places later.

This plan uses what we have available to develop day opportunities rather than buildings.

Having only 2 centres in West Belfast makes it the same as the other areas. Making the choice more fair and equal across West Belfast.

This idea means that we have a plan for the school leavers with complex needs that will need to go to Suffolk

We are confident that there is enough Day opportunities and day centre places in West Belfast.
Reasons against this plan

Some people will have to travel longer to go to Mica or Suffolk.

We will work with you to make sure you get the right service for you.

We will work to make sure you have the same choices of activities.

Conclusion

We believe this is the best plan to help us with the changes we need to make from the Regional Day Opportunities Model.

We will fully support staff during any change. We can support them individually, with induction, training and re-skilling.

Change can be hard and we will make it easier by
✓ Talking to you and your carers
✓ We will keep Person Centered planning
✓ We will keep the same choices of services
✓ We will do a trial of any change and then talk to you
✓ We will plan for new people with complex needs who will be coming in the future.
Consideration Of Equality And Human Rights For People With A Learning Disability

- What is this document about?
- What the law says?
- What we found out?
- Things we will do to make it easier for people who come to day centres or people who work for us

What is this document about?

We are Belfast Health and Social Care Trust.

In 2014 and 2015 we looked at how we work and deliver services for people with a learning disability in our day centres in Belfast.

We have 3 day centres for people with learning disabilities in West Belfast and now we want to move to 2 day centres in West Belfast.
We want to do this because we want to give people with learning disabilities more choices about what they do during the day.

People may want to leave a day centre if they can and go to learn or work and have fun with people who live around them.

We want to change things so that we can do our work better. We want people with learning disabilities to be part of their community more.

Our proposal means that the Fallswater Day Centre will close and staff and people in the day centre will move to other day centres very near.
The plan will mean that Suffolk Day Centre and Mica Day Centre will stay open.

The law says we have to think about Equality and Human Rights when we want to move our day services from 3 buildings to 2.

This report tells you what we have found out.

We want to hear from you about 3 things:

• Do you think the change will be good?
• Will the plan make a difference to you?
• Is there anything that would make the change easier for you?
What the law says

There are laws which say that we must think about Equality and Human Rights when we change the way we do things.

The law says
Make sure that everyone is treated in a good and fair way when moving our place of work and our services.

The law says
When planning a change we have to make sure that we think about everything that people need so that they are treated in a good and fair way.

The law says
We have to do everything we can to treat people who come to or work in our day centres with respect, dignity and fairness.

The law says
We have to think about certain groups when planning a change. We have to find out how things might change for people who work and people who use our day centres. The groups of people are.
People of all religions or who believe in different things.

People from all races, cultures or backgrounds – this means who you are and where you are from.

People of all ages.

People who are married or not married.
**Sexuality** means what type of sexual partner you prefer.
Gay means a man who is attracted to other men
Lesbian means a woman who is attracted to other women
Bisexual means a person who is attracted to both men and women
Heterosexual means a man attracted to a woman or a woman attracted to a man

**Gender** means male, female or transgender.
Transgender means a person who wants to change their gender.

People with different sexual orientations.

People with different gender.

People who are disabled.

People who have children or other people to take care of in their family.
What we found out

We have looked at the people who work for us and about the people who use the day centres.

We found out how the changes we want to bring in will affect the people who use our day centres and who work in our day centres.

We looked at things like:

- How far people have to travel
- How old people are
- Where they live
- What their religion is?
- What their family is like?

People who use our services are older and disabled.

Most of our workers are women.
How we will make it easier for people who work for us

We will talk and listen to our workers and help them when changes happen. We will work with the Unions to make sure things happen fairly.

The Unions are groups which make sure people who work are treated in a good and fair way

We have laws so that people who work for us are treated fairly and with dignity when things change. Our workers will get the chance to:

- Learn new things so that they can still have a job.
- Change where they work.

How we will make it easier for people who work for us

We will work with and listen to people and their carers to make sure they have a say in how and what their own support is.

We will make sure that the people who use our services know when changes will take place.

We know that changes can be hard for people. We will only do things after we have talked to people who use our services.
Our plan will mean that people who use our services will be in their own community more. We believe this is good because then everyone is treated with respect and dignity.

People can try out their new support to make sure this is what they want.

We will organise transport to your different day centre if you need it.

We want to hear what you think about our plans. Is there anything else that we need to do? You can write to us, Email us or go to one of our meetings. Answer the questions below.
Consultation Questions

We plan to join the 3 day centres in West Belfast to help bring about the agreed changes in the Regional Learning Disability Day Opportunities Model for people with a learning disability.

1. (a) Do you think our plan will help bring about the changes agreed?

   Yes  Not Sure  No

1 (b) Do you agree with the plan to join Day Centres in West Belfast?

   Yes  Not Sure  No

1 (c) If you do not agree, please tell us why?

2. Is there anything else you think is important for us to know about in this plan?
3. Do you think that this plan could cause any difficulties for people that we haven’t already talked about in the plan?

What makes you think this?

4. Is there anything else we could do that would mean less difficulties for people?

5. Does you think this plan affects your Human Rights? Or other peoples Human Rights?

We will produce a summary of all the answers. We will not use your name. You can ask for a copy of your answers. Please read the information below about how we will treat your answers.

The Freedom of Information Act gives the public a general right of access to any information held by a public authority, namely, Belfast Trust. We will decide whether any information provided by you including information about your identity, should be made public or withheld.

If someone requests to see your answers we will probably let them. There are a few times we would not let people see your answers.
How to have your say

We will consult with everyone during the 12 week formal consultation period. To have your say write your comments on the questions attached.

You can tell us your comments in any way you want.

We need your comments before Thursday 26th November 2015.

You can post your comments to

Chief Executive
Belfast Health and Social Services Trust
C/o Corporate Communications
Nore Villa
Knockbracken Healthcare Park
Saintfield Road
Belfast, BT8 8BH
Or
Email stakeholdercomms@belfasttrust.hscni.net

Before you send your comments, please read page 27 regarding the Freedom of Information Act 2000.

To let you know we got your comments please fill in your name and address or that of your organisation. You may withhold this information if you wish but we will not then be able to let you know we got your comments.

Name: 
Position: 
Organisation: 
Address: 

I am responding (please tick) [ ] as an individual [ ] on behalf of an organisation

In the interests of accessibility this document can be made available in a range of alternative formats.