

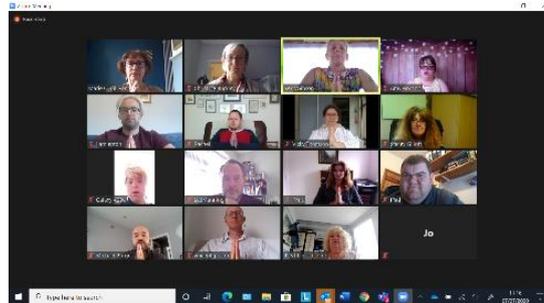


Lincolnshire Learning Disability Partnership Voices For All Meeting on Zoom Tuesday 7th July

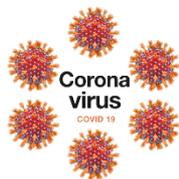
17 people joined the meeting from different organisations:



We began by doing some sit-down yoga



The theme for the meeting was **'LOCKDOWN UPS AND DOWNS'**



Over the last few months because of COVID-19 we have all needed to change how we live.

We were asked to stay at home 'Lockdown.'

We needed to keep 2 metres apart 'Social Distancing.'

There were and still are rules about what you can and cannot do. The changes have been hard for everyone to follow but it can be harder for people with learning disabilities and autism.

People at the meeting and those who could not join us from the Partnership gave feedback on the ups and the downs of Lockdown.



Here are some of the Ups

I have lost weight because doing more exercise.

Lots of time with my dogs.



Keeping in contact with people on Zoom.

Have spent quality time with my family.



Learnt new things like crafts, science and how to use Teams and Zoom.

Being able to talk and see others around the world without travelling.



Have had time to work on bid for people to deliver Learning Disability and Autism awareness training.

Services have had to find different ways to do things, more support in the community. Regular coffee mornings on Zoom and we have a Facebook pages for each service.



Shine regular coffee meetings have been uplifting recruiting and supporting new peer link workers by setting up on-line training. Thinking about setting up a befriending service.

Have been impressed how people have worked together



Pelican Trust developing on-line courses.

Here are some of the downs



Not being able to see family and friends.

The most repeated sentence 'I miss my friends'.

Not being able to go out to the shops.

I feel I have lost some of my independence.

Felt stressed because could not go to day service.

People I know are struggling, they are calling on me for help and advice, I am on call all the time.

Not having the right technology to join zoom or teams Wi-Fi cutting out.

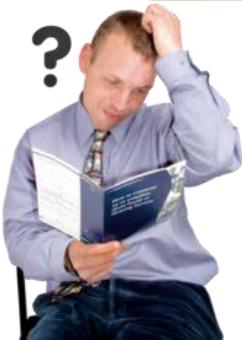
Although Zoom and Teams is good, prefer seeing people

I am shielding, do not understand all the information.

Worried confused.

Because things are being done over Zoom and Teams, I do not want this to be how we do things all the time, better face to face.

Swimming pool closed so not keeping fit.





We all agreed it has been a testing time for everybody but has been particularly difficult for people with learning disabilities. Everybody is having to learn new ways of working, communicating and living.

What needs to be done now?



Make sure that people with learning disabilities, their families and carers get the information they need at the right time and in a way that they can understand.

All guidance from government, councils, health, and social care providers needs to be in easy read.

People should have information about their rights.



It is important to make sure that support is given in a way that is safe for everyone and it is ok to give support in different ways if this is safer.



Make sure that people have the technology they need to stay connected to friends and family. Make sure there is guidance for staff on supporting people to use technology.



We need to learn from what has happened to people during the coronavirus. To make changes We need to listen to the voices of people with learning disabilities and their parents, carers, and supporters. We need to work to make everyone aware of their rights and treat everyone fairly and equally.