

What I want for my life

An exciting time to work together, to develop community supports for adults with disabilities and mental health problems both now and in the future.



Issue 3 — February 2019



Looking for modern, flexible services that help people to achieve their assessed personal outcomes

Over November and December 2018 we held five workshops and, in response to requests we arranged an additional session for carers in January 2019.

At the workshops we updated participants on the common themes identified so far (below). People then worked in small groups to consider the themes and develop these further into supports and services that people want to see in East Lothian.

Availability of clear information and advice

- Develop a single point of contact to improve information for all using different methods eg online forums/face to face
- Provide yearly events like Futures Fair

Importance of Social and Community contacts

- Develop travel training to enable independent or supported travel.
- Support relationships and friendships
- Importance of feeling part of local community



Supporting Hub and Spoke Models

- Provide a wide range of community-based activities in different venues
- Consider expanding access and hours of availability
- Recognise the importance of having a base to meet
- Consider how to reduce transport costs and improve transport routes.

Supporting Carers

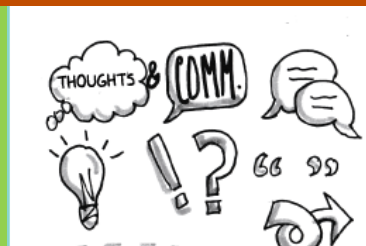
- Recognise the importance of a break from caring

Supporting education, employment and volunteering

- Formalise links with employment and further education organisations
- Introduce a social enterprise approach

At these events you told us.....

The information you shared at the events was collated and is being analysed. Examples of key messages have been summarised below and will inform the recommendations in due course.



- Importance of employment opportunities.
- People want to have groups and activities where people can meet people and develop friendships. People need initial support to do this.
- Local resources need to be developed to avoid the need for travelling outwith East Lothian. People go out of area because what they are looking for isn't available locally.
- Look at established community resources e.g community centres instead of thinking about new buildings which might be costly.
- Face to face contact is important to people to access information in advice. This can be complemented by online resources.
- The sessions identified a coordinator role to arrange social opportunities and provide information and advice. People want to go to one place.
- The assessment and review process needs to be looked at. The wait is long and not responsive to changing needs.
- Some great ideas of community supports were discussed at the events for example ; community short breaks such as supported trips to the cinema, expansion of the Haddington Community Kitchen
- People want and need a variety of opportunities. There is a wide range of expectations based on individual outcomes.
- Carers need support and advice for themselves and their cared for person.
- Right support, right activities, right place and this varies for people.
- Prevention and early intervention is key

Feedback from Workshops

At the end of each workshop we asked you to complete a feedback form. 57 forms were completed and your comments were...

- That the workshops were worthwhile and a lot of good work is going on
- Events were positive and an opportunity to share experiences, be heard and learn from others
- People want more opportunities to talk with others in similar situations and hear what else is available
- People want to see actions
- A request that we give more thought to suitable venues and ensure evening sessions

What Happens Next

The Project Team are working through all the information gathered which will help tackle the challenges facing East Lothian, including how to improve the quality and range of local services; how to develop services more locally; how to best meet the needs of people of different ages.

The Project Team are working with the Adults with Complex Needs Reference Group, who are a group of representatives of carers, service users, service providers etc. Jointly we will agree a draft set of options and present these to the Strategic Planning Group (SPG) at the end of April 2019.

The SPG brings together a wide range of partners who ensure our work is in line with the strategic priorities for East Lothian Health and Social Care Partnership. Following the discussion at the SPG, we will arrange further events to discuss the draft options and check that these are reasonable.

Next events

The next events will be held as follows:

- ◆ Wednesday 15th May: 10.30 am —12.30 pm. Training Room 2, Musselburgh East Community Association (MECA).
- ◆ Thursday 16th May: 2-4pm, Saltire Room, John Muir House, Haddington
- ◆ Thursday 16th May: 6.30—8.30pm, Saltire Room, John Muir House, Haddington



We will write to you nearer the time and advertise the events.

How give us feedback

In the meantime if you would like to contact us, please:

- Phone 01620 827 827, or
- Email elhscp@eastlothian.gov.uk, or
- Write to us at: Communications and Engagement, East Lothian Health and Social Care Partnership, Room 211, John Muir House, Brewery Park, Haddington EH41 3HA