



July 2021
Ebulletin



June was a busy month for Lead the Way with several important Awareness Weeks which we were either involved in or sharing information about. As we are a busy service, there won't be too much time for the team to spend in the sunshine, but if you are heading outside during hot summer days, please have a look at our advice on page 3. Also, there will be upcoming information on our Wellbeing Cafes to look out for.

Please follow and like our pages on Facebook and Twitter



Leadthewaycald



@leadthewaycald



VIP Hospital Passports.

For more information please click on this icon and follow the link.



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<https://www.calderdale.gov.uk/socialcare/learning-disability/-learning-disabilities/staying-healthy/vipcard.html>



Have you had your **Annual Health Check** yet?

Don't forget to ask your GP about this if you haven't had one yet.

Healthwatch have launched their Delays to Care #TheCareYouWant survey. They are trying to understand how delays, postponed care, and difficulties in accessing services are impacting the health and wellbeing of people in Kirklees and Calderdale.



Here is a link to their survey

<https://bit.ly/Care-Survey> Don't forget to tag them @HWCalderdale if you share.



Please share any relevant information with helen.barlow@healthwatchkirklees.co.uk

Lead the Way are working with partners to provide workshops about happy healthy relationships for people with learning disabilities. We can offer workshops and training for people with learning disabilities and their partners. We recently ran our 'Love on the Net' training, and would like to expand further and offer workshops on the following topics:

- **Healthy Relationships and Consent**
- **Contraception**
- **Sexually Transmitted Infections**
- **Online Safety**
- **The Law around Sex**
- **New to Dating and Surviving Break Up**
- **Sexuality and Gender Identity**

If you know somebody who would benefit from any of these workshops, please register your interest and we will make arrangements to run the workshop.
info@leadthewaycalderdale.org



We are also running some Wellbeing Cafes each month looking at different health issues. July's focus will be Breast Screening – 28th July on Zoom **or** 29th July 2021 face to face at Calderdale Adult Learning, Heath Campus, Free School Lane, Halifax @10.30am. This will be with Julie Hodgins and Sadie Greenwood from Pennine Breast Screening.

25th August at 10.30— Flu Immunisations, Calderdale Adult Learning.

To book, email **info@leadthewayCalderdale.org**

Upcoming Wellbeing Café events will be shared in our future ebulletins.

Learning Disabilities Week this year focused on art and creativity. Lead the Way ran a virtual bottle painting session followed the day after by a cupcake and chat session on zoom. Attendees had been given cupcake recipes to make beforehand and eat during the chat session.

Here is what some people said:

"I did really enjoy the bottle painting."

"It was lovely seeing everyone enjoying themselves."

"I enjoyed the bottle painting, it was something different."



Well done everyone, the bottles look fantastic!



Planned Care Citizens Panel



West Yorkshire and Harrogate Health and Care Partnership are wanting to hear from people who are on, or know anyone who is on a waiting list for a planned care procedure and have been affected by delays due to the coronavirus pandemic. If you would like to join their Planned Care Citizens Panel and share your experience, please right click to open this link.

<https://www.wyhppartnership.co.uk/our-priorities/improving-planned-care/planned-care-citizens-panel>

Want your ideas heard? Calderdale Cares 4 Us would like to know what would improve health and wellbeing in Calderdale, in order to set up free information and activities which can be accessed by public and voluntary sector workers. Here is a link to their survey.

<https://forms.office.com/r/TX4nBmsHJ9>



Calderdale Adult Learning have a wonderful range of courses offering support and guidance for adults with a learning disability. Open this link to find out more information.

<https://www.calderdale.gov.uk/v2/residents/education-and-learning/adult-learning/>

If you are heading out into the sunshine this summer don't forget:

- Your sunblock
- A hat or head covering
- Water—it is important to stay hydrated



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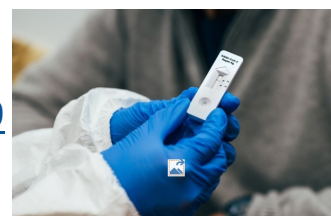
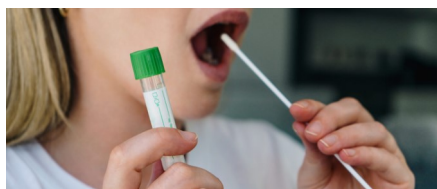
This poster gives you some more tips

Have a look at this easy read information from the NHS in the link below telling you about the letter they sent after your covid-19 vaccination.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/989304/covid-19-vaccination-status-what-your-confirmation-letter-tells-you-easy-read.pdf

As the government are making plans for coming out of lockdown, it may become important to start testing for covid more regularly. Open this link the see the government's step by step information, including a guide in easy read and video demonstration.

<https://www.gov.uk/government/publications/instructions-for-covid-19-self-test>

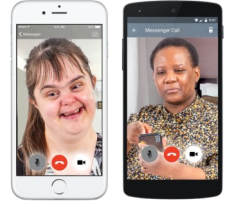




Lead the Way are still working, although this is from home, and are still taking referrals. If you would like to make a referral to our service, or would like more information about what we do, please give Lead the Way a ring on
0300 012 0416



We are now running virtual sessions: Movie nights, arts/crafts, cooking, wellbeing checks. Please phone for more information.



Are you a service provider? Are you having any team meetings which we could be involved in, and to share the work we are doing? Please call us on 0300 012 0416.

If you would like to share your story, your service, or any information with us, please email: jill.morris@cloverleaf-advocacy.co.uk

Our current postal address is: Cloverleaf advocacy, 5th Floor, Empire House, Wakefield Old Road, Dewsbury, WF12 8DJ



Dates for your diary:

Wednesday 28 July 10.30 **Via Zoom** or Thursday 29 July **face to face**—Wellbeing Café (breast screening).

Wednesday 25 August 10.30 at Heath Campus—Wellbeing Café (Flu vaccinations).

Thursday 9 Sept 10.30-12—The Learning Disabilities Partnership Board Meeting. **This will be a virtual meeting via zoom**

Easy-read information—Follow the links below

Inclusion North Coronavirus Guidance

<https://inclusionnorth.org/coronavirus-easy-read-information/>

Learning Disability England information

<https://www.learningdisabilityengland.org.uk/easy-read-information/>

Annual Health Check

https://www.mencap.org.uk/sites/default/files/2016-06/Annual_health_checks_Easy_Read_1.pdf



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