

Hello and welcome



We would like to reach out to everyone in the learning disability community in Lincolnshire. We want too encourage people to speak out and get involved in their local communities

Getting to know some of the team members



Hello my name is Denise I am a Speak Out Leader for Lincolnshire. I like going out and when I am home I like doing diamond art. I am enjoying my role meeting new people



Hello my name is Peter. I like doing photography because I can show people how I see the world. I enjoy my role because I want to make a positive change for people with a learning disability in Lincolnshire



Hello my name is David I like going out with my family and friends. I am very passionate about letting people with a learning disability know how important it is to get an annual health check



Hello my name is Michelle and I like going out and about, it helps build up my confidence. I want to inspire people with a learning disability



My name is Amanda Bailey (Mandy) and I am the Community Outreach Coordinator for JUST Lincolnshire. We are an equality organisation and work across Lincolnshire to create a place where everybody is valued, where people and their rights are respected and everyone's responsibility is taken seriously. We are very fortunate to have been able to work with some members of this group on issues surrounding hate incidents and crimes and these are now Ambassadors for JUST Lincolnshire who are able to cascade the information they have learned by talking to their own community groups and beyond. JUST Lincolnshire is very proud to work with our Ambassadors and be part of the LDP.

What is Voices For All

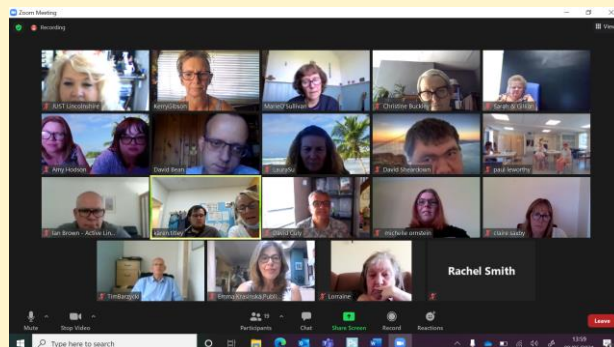
Voices For All is the Lincolnshire Learning Disability Partnership quarterly meeting. Every three months people with a learning disability and professionals meet and work together to make sure people have a say about council and health services.

It promotes people with a learning disability having a voice and includes everyone in planning services.

Information is shared about what is going on around Lincolnshire and how people can get involved.

The meeting is chaired by the Speak Out Leaders and has different themes like how to keep healthy or safe, or help to find a job. It is somewhere people are asked to share their views and give feedback on services.

**Our next meeting is
on June 1st 10:30-12
at Ancaster Day
Centre**





A little blog about me!

My name is Amy, and I am 24 years old. I have a rare genetic condition called Gillespie syndrome. This affects my eyes, my muscles, balance and coordination and I have a mild learning disability. This means I am a full-time wheelchair user. I can walk short distances with a frame. **I don't let this define me, I live life to the full!**

I attended mainstream schools with support, and I went on to volunteer and do as much as I could when I left college. I did the National citizenship award (NCS) and travelled to America with my family. I like to explore.

In 2016 I had an amazing opportunity to work for the NHS and I am still working for them. I am an Expert by Experience for the Lincolnshire Learning disability, Autism and Mental health Clinical commissioning group. I love my job, as I like helping people like me and giving them a voice. I also work for the Lincoln Partnership Board, and I am an Ambassador for Just Lincolnshire.



We do lots of work in the community breaking down barriers and making life inclusive. Another job I do is for Lincolnshire Partnership foundation Trust. My role is to help make life as accessible for people with disabilities attending health care services. I like to review easy read documents.

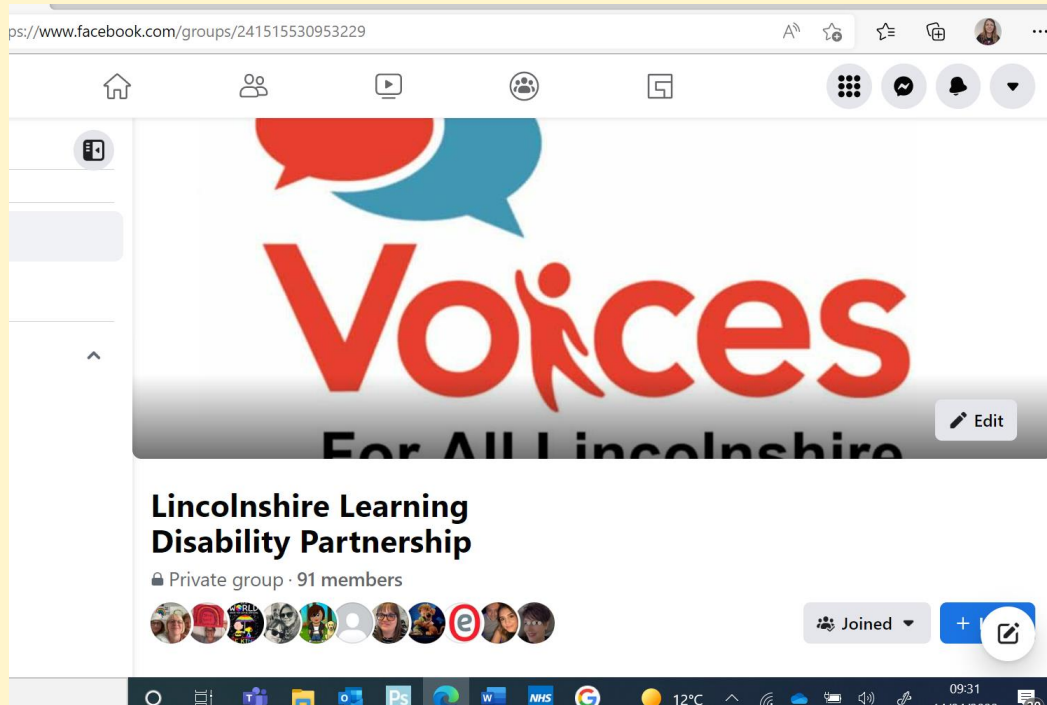
In 2020 during the pandemic, I did a walking challenge with Active Lincs and VoiceAbility. This inspired me to get walking in my frame again. I now feature in a National video for the Tackling Inequalities Fund. In November 2020 I decided to walk to raise money for the Royal British Legion. I raised £1,500 by walking around my cul-de-sac.

My family are very important to me. I live at home with my mum, dad, 2 dogs and a rabbit. I have a little cabin in our garden where I can have my own space and practice my independence skills. I call it Pomme Lodge. I also have a fiancé and I love going out with him exploring life.

The pandemic had a big effect on me. I lost my independence like a lot of people. I was lucky to be with my family. The one thing I did was to learn lots of new skills, to keep busy. That was my motto then,

Keep Busy! Be Active, Be kind and Be You!

We have a Facebook Group Page



Click on the link below

[Lincolnshire Learning Disability Partnership | Facebook](https://www.facebook.com/groups/241515530953229)

Come and join us see, share information about what is happening in your area

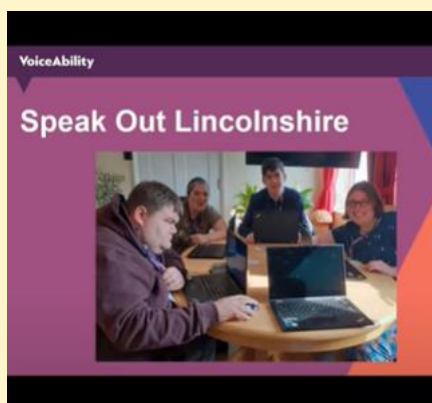
Updates on the Working Groups



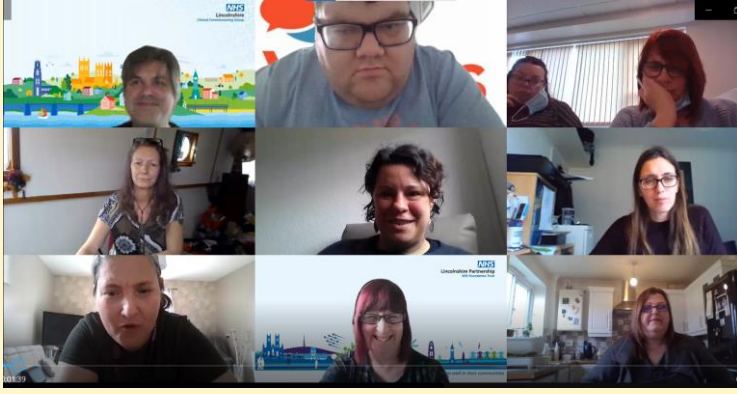
- **Staying Safe Working Group**

The last meeting we went over all the different ways we had talked about how to keep ourselves and others safe. How to protect yourself from scams over the phone or on the internet. We spoke about how to help build confidence and get out doing the activities we enjoy again.

The Speak out leaders made a video getting out and about, click on the link below.



https://www.youtube.com/watch?v=mnIX38_pako



• Healthy Lifestyle Working Group

- Sarah from Mencap joined our last meeting and we had a good discussion about the learning disability register and how we could all work together to improve things
- Lincolnshire Partnership Foundation Trust have a good video talking about the importance of having annual health checks
Watch Lorraine's story below



<https://youtu.be/rWJvQfe7mu8>

Easy read minutes from our meetings can be found on our Facebook group page



- We are making videos to let people know how important their annual health checks are
- Check out the video below
- <https://www.youtube.com/watch?v=-dbybGWQX50>



• Communication working group


The group having been giving their feedback on services and how to make information more accessible



We are working with the right people to promote awareness of what it is like to have a learning disability

Lincolnshire's Inclusive Disco's

Butterfly Club

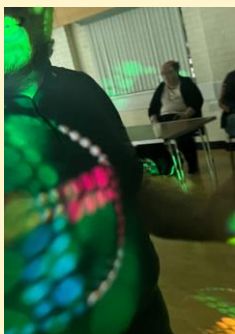


THE DRILL
LINCOLN

Wednesday
11th May
6.30-9pm
Tickets £5

LINCOLNDRILL.CO.UK

Inclusion21



Skellingthorpe Community Centre
Lincoln road
Skellingthorpe
LN6 5UT

Inclusion 21

29th April

EVERYONE WELCOME.
(From 16 years+)
Carers FREE

6.30pm - 8.30pm
£5 Entry

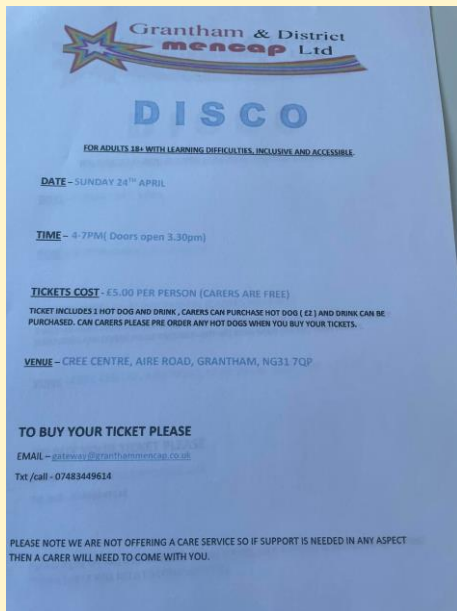
DISCO



Gainsborough
Inclusive Disco
first Friday of
every month
7pm-10pm
Gladstone
House, Ropery
Road,
Gainsborough
DN21 2TS

Next
disco
Friday
6th May

Discos and activities



Grantham and District Mencap would like you to know about their event on **Thursday June 2nd Jubilee Garden Party 2pm-6pm**

£7 per person , carers £3 (for food and drinks) prices include, drinks, sandwiches, cakes, sausage rolls etc.

Saturday 16th July 4pm-7pm Disco £5 each included hotdog and drink carers free can pre order hotdogs for £2

Sunday 11th September 4-7pm Disco

All events are held at the

Cree Centre, Aire Road , Grantham. For tickets to any of these events contact Su Ellis 07483449614 Or gateway@granthammencap.co.uk

Scott House Boston



Linkage Skegness

Linkage Performing Arts Presents

One World

A celebration of
the human spirit
through song and dance

10

FRIDAY, 10 JUNE 2022 AT 19:00

The 'One World' Linkage Show

Embassy Theatre, Skegness



Gainsborough

 **Stepping Stone**
Theatre For Mental Health

Stepping Stone Social Singing

*A new singing social group
Being run by Stepping Stone Theatre
For Mental Health
@ The Venue
Roses Sports Ground
North Warren Road, Gainsborough*

**FOR MORE DETAILS CONTACT
07754764487**

One o'clock on Fridays





**Hi my name is Kerry
I am a Speak Out
Facilitator for
VoiceAbility**

**If you have events or activities going on
in your area that you would like to
promote let myself or the Speak Out
Leaders know and we can share the
information for you.**

Email contacts:

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Denise.Mullholland@voiceability.org

Peter.vine@voiceability.org