

LDN living

a learning disability network
for London



LDN Living (London Living) is a Learning Disability Network for London run by The Westminster Society for people with learning disabilities. It provides a range of exciting group sessions and drop-in activities as well as providing one to one support for adults with learning disabilities and young people.

It ensures a basic level of support for vulnerable adults with learning disabilities who receive little or no support from other agencies and also support young people in transition from youth to adult services.

Locations: 16A Croxley Road, LDN Living 389a Harrow Road, The Stowe Centre, Lisson Green Play Centre and other community locations

Opening Hours: Groups run every day of the week at various times



The Westminster Society
for people with learning disabilities

What is the aim of LDN Living?

The aim of LDN Living is to provide a range of creative and flexible activities that support people with learning disabilities and their families in their use of the local community whilst reducing social isolation, increasing inclusion, developing individual skills and raising health awareness.

It also aims to enable people to live as independently as possible with minimal levels of on-going support as well as a point of contact and referral for advice and information covering a range of issues including housing, finance, arts, education and health.

LDN Living will act as the hub for transition services for young people and their families moving towards adult services by providing support, information and short breaks and working closing with play, youth and adult services in planning for their future.

It will deliver activities that are targeted to produce clearly defined and achievable outcomes as well as meet the clear needs of vulnerable adults and young people with learning disabilities.



Service user's views will be continually sought in the development and delivery of the service ensuring that there is a continual evolution in who is being supported and the methods of how the support is provided covering diversity of age, ethnicity and need.

There will be regular reviews of all areas of service delivery to assess the level of take up of different elements of support and develop new ways of delivering services maximising the limited resources available.

The service will be delivered through a range of community resources including Croxley Road, LDN Living Drop-in on the Harrow Road, Lisson Green Play Centre and in partnership with other organisations including arts, employment, health, education.

Who can use LDN Living?

LDN Living is open to:

- Young people with learning disabilities aged between 14 and 20 (some groups up to 25 years)
- Adults with a learning disability (aged 18 years +)
- Some drop-in sessions are open to parents or carers who have a child with a learning disability and their families

Priority will be given to people who live independently (or with a family member or carer) and only receive minimal or no support at all from external agencies.

How is LDN Living staffed?

The LDN Living team will include 1 full-time Manager to oversee the service and a number of LDN Living Workers to coordinate and run the various groups and sessions. A large number of sessional support workers will also provide up to 200 hours of support a week.

The LDN Living Manager will work full-time and will plan sessions, manage budgets, oversee outcomes monitoring, source grants, develop partnerships, promote the service, recruit and train sessional workers and volunteers and oversee domiciliary care services for children and young people.

The other posts will be the LDN Living Workers who will deliver sessions, monitoring outcomes and managing sessional staffing and volunteer administration. Sessional staff will be deployed to assist in the delivery of the sessions, and Volunteers will also be recruited specifically to enhance the various sessions being provided.



Other support will also be provided by the Society's Welfare Rights Officer and Housing Manager for drop-ins and / or one to one support. The Family Services Team will also provide information and advice about available service provision.

How do I apply to use LDN Living?

If you are interested in joining any of the LDN Living groups then you need to join as a LDN Living Member. To do this you need to complete our Membership Form, which you can pick up from the service and we will issue you with your own membership card.

People who already attend the programmes will be automatically offered membership.

Drop-in sessions are open to anyone with a learning disability and their families therefore membership is not required.



Fees

Membership for 2011 is free for everyone.

Some groups may require additional financial contributions to go towards trips, short breaks or specific activities. For more information about specific groups just get in touch with the LDN Living Service Manager.

How can I help someone else attend LDN Living?

If you are a parent or carer of someone with a learning disability or a social worker / health professional who supports someone you think would benefit from using this service, then please contact the LDN Living Service Manager Lorraine Naughton.

You can refer someone on their behalf, but only with their consent. In the case of young people, their parent or carer must also give their consent and referrals can also be made by schools and other professionals.



How will LDN Living sessions be structured?

Group Sessions

Building based group sessions for young people and adults with learning disabilities will run mainly from Croxley Road, the LDN Living Drop-in on the Harrow Road or Lisson Green Play Centre.

The focus of group sessions is to ensure that a range of leisure activities are available for people who otherwise would become isolated and unsupported. However, although the activities have a leisure element the development of individual skills, the forming of sustainable and supporting relationships, and the awareness and use of the local community, are core to each activity.

A LDN Living Worker will be available to oversee each group session with sessional workers and volunteers providing additional support.

Some groups will operate all year round, some will operate term time only and others will operate only during holiday periods (Easter, Summer and Christmas).

Drop-In Sessions

Drop-in sessions will run from the LDN Living Drop-in on the Harrow Road. It will be open Monday to Fridays with topic based drop-in sessions in the mornings (10.00am - 12.00pm) and general drop-in in the afternoons (1.00pm - 4.00pm).

A LDN Living Worker will be available to oversee the drop-in, with volunteers also available for the general afternoon sessions.

LDN Living will oversee the day to day running and development of all drop-in sessions and ensure that all relevant agencies and services are aware of and, where appropriate involved in the various sessions. This includes the publishing of activities through posters and newsletters.

What Groups and Drop-In Sessions does LDN Living provide?

LDN Living is broken down into many separate groups/drop-in sessions which all interlink to form a creative and flexible service, which will continually evolve to meet service users needs and requirements.

LDN Living runs some groups specifically for young people (aged 14-25), and other groups specifically for Adults. It also runs 6 drop-in sessions at the LDN Living Drop in on the Harrow Road, as well as opportunities for 1 to 1 appointments. Each group/drop-in session has its own identity and is defined by a separate colour.

For more information on specific groups/drop-in sessions, individual leaflets are available at the service or to download from our website (www.wspld.org.uk).

Young People's Groups

The following groups are open to young people aged between 14 and 25. These groups take place at various locations including Lisson Green Play Centre, 16A Croxley Road, LDN Living Drop-in on the Harrow Road and other local community venues.

Transition Project (Young People)

LDN transition
project
a part of LDN living



A 13 week evening term-time based activity for a group of up to 10 young people with learning disabilities, supporting young people in transition from youth to adult services.

The themed programme will address specific identified needs including: exploring personal safety, relationships, health issues, managing your own money, independence and travel skills as well as planning for the future including education, volunteering and work experience.

Inclusive Youth (Young People)

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youth
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These sessions are for up to 12 young people aged between 14-25 with learning disabilities living at home, giving them the opportunity access a mainstream youth service at The Stowe Centre on Mondays during term time.

They will participate in a number of exciting activities which help to promote a sense of identity, belonging and choice for the young people and allowing them to make friends, relationships and to be better prepared for the transition into Adult Services.



Community Access (Young People)



These sessions will run on Saturdays and are for up to 12 young people aged between 14-25 with learning disabilities living at home, giving them the opportunity to access mainstream youth and other services within their local community.

This session will provide respite for families and provide young people with an opportunity to engage with peers of their own age, enhancing their individual emotional and mental wellbeing, enabling greater independence and positive behaviour.

My Life Book (Young People)



This group provides an opportunity on a Sunday for between 8-10 young people (aged 16-25) to meet and develop a 'life book' which will enable them to use pictures and other mediums to help them think about their own life.

This book will inform and communicate each young person's interests, family history and thoughts for the future, creating a unique form of individual assessment which includes 'what support I would like to receive' creating a basis of a person centred support profile.

Duke of Edinburgh Award (Young People)



This group provides the opportunity for up to 6 young people with learning disabilities (aged 14-25) to participate in the Duke of Edinburgh Bronze Award. Each young person will be supported to complete a personal programme of activities in 4 sections; volunteering, physical, acquiring new skills and expedition activity.

This process will create meaningful opportunities for the young people taking part, allowing them to achieve new skills, and become more self-reliant and independent.

Looking after myself (Young People)

This group will use swimming as a way to support 4 young people to think about how they look after themselves, while developing the personal skills needed when taking part in swimming, keeping fit and having fun.

The young people will develop a better sense of self-image and the skills to look after themselves including the care of their hair and skin, whilst getting plenty of exercise at the swimming pool.



Youth Holidays (Young People)

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This holiday scheme provides a service for up to 34 young people (aged 14-18) with varying degrees of learning disability. Each short break is age appropriate and linked to personal interests, allowing the young people to develop their independence and identity, whilst making new friends and giving their families a break from caring responsibilities.

Each young person will also be supported to keep a diary to track their feelings and record their achievements.

Adult's Groups

The following groups are for adults (18 years old +) with learning disabilities. Most of these groups will take place at 16A Croxley Road, Lisson Green Play Centre, LDN Living Drop-in on the Harrow Road or in other community venues.

Come Dine With Us (Adults)

LDN come dine with us

a part of LDN living



This Friday daytime group begins in the morning with 4 people planning, shopping for and preparing a meal for up to 12 people. Then at 1pm, lunch will be served to a wider group, who will 'score' the meal they have eaten.

At the end of the course, the popular meals will be written up as a 'Come Dine With Us Cook Book' for all of the participants to own, and will be made available on our website for purchase. All funds raised will be re-invested into the group.

How to Look and Feel Good (Adults)

LDN how to look & feel good

a part of LDN living

These sessions will focus on different fashions for different body shapes, colours and textiles as well as practical planning on how to keep healthy, fit and preventing weight gain. They will be available for between 8 and 12 people.

Advice will be given to those who wish to lose weight with a focus on exercise, diet, living healthily and dressing to improve self esteem. A small weekly exercise session will take place which will be filmed and created into a tailor made exercise video for the participants.



LDN croxley social club

a part of LDN living

Croxley Social Club (Adults)



This Tuesday evening group will take place all year round and offers a social space to enable people to spend time with their peers in safe surroundings. It will also provide families with a short break from their caring responsibilities.

The Croxley Social Club will enable social networking and the development of long term supportive friendships.

LDN friday music night

a part of LDN living

Friday Music Night (Adults)



Once a month on a Friday evening a music event will take place at Croxley Road for up to 40 adults with learning disabilities who can spend quality social time together. This session will have either a DJ, a live music event or a night club activity will take place.

This group will act as an introduction to live music and alternative mainstream venues and create a social networking opportunity and support the development of long term supportive friendships.

LDN photography group

a part of LDN living

Photography Group (Adults)

This group provides 8 people with learning disabilities the opportunity to learn how to take photographs, make simple digital edits and how to print a photo and prepare it for presentation. Each term will focus on a different themes e.g. animals, portraits, movement, landscapes etc.

The group will also visit galleries and have homework between sessions. The group will then hold an exhibition of their work and the best photos will be used in the Society's annual calendar.



Football Group (Adults)



LDN football group

a part of LDN living

This group runs on a Monday evening and focuses on team play, football skills, general health and tactics. Each session is for between 8 & 12 people and includes some training exercises as well as short games to put into practice everything that has been learnt by the group.

The people attending will have the chance to visit one football game each term at a London football ground. We aim to develop input from local colleges and to seek sponsorship from relevant companies or clubs.

London Living (Adults)

The aim of this group is to maximise people's access to London's resources including museums, theatres, art galleries, seasonal events, parks, sporting events, opera, live music and many more.

Two groups (one for 18-40 year olds and one for 40+) comprising of 8 people each will be supported to access a range of cultural and leisure opportunities, learning how to research and plan activities so they are able to do so independently in the future.

LDN london living
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Friendships & Relationships (Adults)



These sessions are for up to 12 people and run in 12 week blocks. The groups will look at friendships, relationships, sexual health issues, signposting to mainstream services and social networking.

The sessions will aim to provide increased confidence for individuals to form, develop and maintain their friendships, relationships and good sexual health using recognised taught training techniques.

LDN friendships & relationships
a part of LDN living

External Groups Sessions (Adults)

We actively welcome other organisations and agencies to come to the Society to provide information to people with learning disabilities and maximise the intergration of mainstream and specialist support services.

Examples of the possibilities could include: Weight Watchers, Citizens Advice Bureau, Stars in the Sky (a dating and friendship service for adults with learning disabilities) or ESOL (English for Speakers of Other Languages).

LDN external sessions
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Adult Drop-In Sessions

These sessions are open to anyone with a learning disability and their families, and will take place at LDN Living Drop-in on the Harrow Road.

My Health Drop-in

This drop-in will run between 10am-12pm on Mondays with the ability for one-to-one appointments to be booked between 12pm-1pm. This session will provide advice and information about a range of physical, mental and sexual health services, as well as information about other organisations and assist the development of Health Action Plans (HAP). Workshops and briefing sessions around a regular topic will take place and supported by health professionals.

LDN my health drop-in
a part of LDN living

My Learning Drop-in

This drop-in will run between 10am-12pm on Tuesdays with the ability for one-to-one appointments to be booked between 12pm-1pm. This session will provide advice and information about education and employment opportunities and services provided by other organisations.

The session aims to improve confidence in basic reading skills through running a book club and will provide information about job vacancies and local education classes.

My Home Drop-in

This drop-in will run between 10am-12pm on Wednesdays with the ability for one-to-one appointments to be booked between 12pm-1pm. This session will provide advice about managing a tenancy, dealing with repairs, home security, aids and adaptations as well as provide information about housing options, moving home and how to make complaints.

The session will link in with tenants' consultation groups.

My Family Drop-in

This drop-in will run between 10am-12pm on Thursdays with the ability for one-to-one appointments to be booked between 12pm-1pm. This session will provide advice and information about a range of issues affecting families with a child or an adult with a learning disability.

The group will be supported by a Family Worker in conjunction with the Parent Participation Group, and aims to support families and signpost to other sessions and external agencies.

My Money Drop-in

This drop-in will run between 10am-12pm on Fridays with the ability for one-to-one appointments to be booked between 12pm-1pm. This session will provide advice and information about benefits, apprenticeships, paying bills and managing bank accounts, as well as information about other organisations and work in conjunction with the Family Services Team.

This session aims to improve financial knowledge and awareness of benefits and budgeting.

Open Session

This session will run between 1pm-4pm and provides a space at City Living for people to get general advice and information about a range of issues and provide information about other organisations and services that can help with specific issues and time to spend with friends.

The internet will be available to help people source their own information and there will be regular visits from the Neighbourhood Community Police Team.

Enquiries can be made to:



The Westminster Society
for people with learning disabilities

Lorraine Naughton (LDN Living Service Manager)
The Westminster Society
16a Croxley Road
London
W9 3HL

Phone: 020 8968 2684 / 07866 304 385

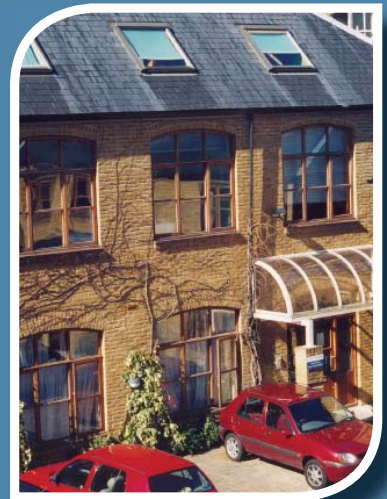
Email: lnaughton@wspld.org



The Westminster Society

The Westminster Society started in 1962 by a group of parents who wanted to make sure that there would be local services for their children and to make things better for children and adults with learning disabilities living in Westminster.

Over the years we have grown considerably and now employ over 250 people and provide registered care and supported living for over 100 adults with learning disabilities as well as community support services, leisure and holiday schemes, short breaks, a drop in, playschemes, a family centre, a pre-school nursery, play and youth services and a family support service.



The Westminster Society
for people with learning disabilities

If you would like more information on our services, please contact us:

Write: 16a Croxley Road, London, W9 3HL

Phone: 020 8968 7376 **Email:** westminstersociety@wspld.org

Visit: www.wspld.org.uk

