



**aspens**

Care • Support • Empower



## Feedback for the Learning Disability Partnership Board meeting.

We asked our group members if they had any ideas on how they would like to celebrate Christmas last year:



Some of us were upset because we couldn't see friends or family during this time, so everyone thought it was important to still have an online party, because it would help some of us who were feeling isolated and lonely. This helped us with our mental health and helped us to cope and be there for each other.



We had two singers and they sang songs chosen by our group, and we sang some christmas carols

One of the singers came back to sing at our Valentines disco, and we had a great time, dedicating songs to our loved ones.



We held workshops about the Covid-19 vaccine.

Tony shared a film showing him having the Vaccine to help others who have been very scared about having it.



We held a census workshop to help everyone fill in the forms. Some of us didn't know why we had to fill in the form, especially those of us living more independently.



We had a workshop with a lady from Healthwatch, we had the chance to talk about the good and bad experiences we've had in our local hospitals. She was very pleased with our feedback as this will help others with a disability attending hospital. We are happy that we can help others.



We were shown easyread Information about the Coronavirus and the government's restrictions. These were changing everyday and it really helped us to understand the changes because it did get really confusing.



We have continued our work on easy read information for the MTW NHS Trust.



We still have our daily support meetings from Monday until Friday. We choose the activities/ subjects for the week. Our Aspens Angels be-friending group's doing really well and the feedback has been great.

We like it when new members join, we like helping others and we are a happy group.



We are also offering telephone calls with someone from our OVOC buddy group for those who don't have a computer or smart phone.

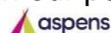


We had a workshop about the DNR or DNAR orders unfairly given to people with a learning disability without talking to the person or their family or next of kin.

## DNACPR



We have created a petition called 'my life is just as important as yours'  
Please sign our petition.



'My life is just as important as yours'

Name	Signature	Address	Date
Comments			

Please sign the petition and send back to [jacqui@aspens.co.uk](mailto:jacqui@aspens.co.uk)

We are still having our fortnightly Zumba classes and we have dance and arm exercises to keep us strong.



We have been having scam workshops, talking about the latest scams in our areas, these have helped us to check before we click any links or give any of our personal details, and that we need to report the scammers.



We are very proud that we have coped during lockdown and helped others along the way. We are looking forward to being able to continue with our disability awareness training sessions for the MTW NHS Trust and other organisations.



Thanks for listening to our feedback.