



# Somerset LeDeR Newsletter

## October 2019 - 4th Edition

Somerset LeDeR Programme invites you to

### ACTION FROM LEARNING EVENT

## Healthy Lifestyle Choices



Tuesday, 19 November 2019

10:00-16:00

**Red Brick Building, Glastonbury**

Morland Enterprise Park, Morland Road, BA6 9FT ([map](#))



The learning gained from reviews has highlighted the need for more support to enable people to make healthier choices and reduce the high impact on life expectancy. We aim to develop new knowledge and improvement actions across the system through discussions.

Programme for the day will include:

- Overview of learning from reviews
- Lifestyle Case Study
- Supporting Providers and Carers to enable healthier choices
- Adjustments to support engagement with and access to services
- Services available to support healthy lifestyle choices
- Opportunity to network, discuss and feedback on challenges and successes in practice

This event is for all health, social and community service providers and carers not just LD specialists:

- Carers, Community Volunteers and Village Agents
- LD and Safeguarding Representatives
- Social Care and Nursing Providers
- Primary Care, Community and Acute Services
- Integrated or Complex Care Representatives



To book a space please email

[somccg.learning@nhs.net](mailto:somccg.learning@nhs.net) with your details and advising of any special dietary or access requirements.

### Learning on Choices

Some of the choice areas we have seen opportunity to improve the quality of life and health outcomes of people with learning disabilities are:

- Diet and nutrition
- Weight management
- Hydration and fluid intake
- Physical activity and exercise
- Substance misuse, smoking and alcohol consumption
- Social activities and enrichment
- Environmental impact on mood
- Desensitisation of phobias





### Supporting Decision Making

It is vital to support people to make decisions themselves wherever possible. A person should not be treated as unable to make a decision unless all practicable steps to help them have been taken ([NICE](#)). Understanding the need for reasonable adjustments to enable individuals to communicate their decision or choice and having an awareness of mental capacity is important to get this right.

- Provide them with all relevant information (easy read)
- Present and explain all options to them in a way that is easier for them to understand (language, visual aids)
- Explore different methods of communication (non-verbal)
- Ask family, carers or speech and language therapists to help with communication
- Check if certain locations or times are better for them.

Further information can be found at:

- [www.aboutlearningdisabilities.co.uk/overview-mental-capacity-act-2005-learning-disabilities.html](http://www.aboutlearningdisabilities.co.uk/overview-mental-capacity-act-2005-learning-disabilities.html)
- [www.e-lfh.org.uk/programmes/mental-capacity-act](http://www.e-lfh.org.uk/programmes/mental-capacity-act)

### STOMP and STAMP

Stopping over medication of people ([STOMP](#)) and Supporting Treatment and Appropriate Medication in Paediatrics ([STAMP](#)) are national projects that aim to better support people with a learning disability, autism or both to ensure they have only the right prescriptions to stay well and have a good quality of life.

A leaflet for families and carers on STOMP and STAMP can be downloaded from [www.england.nhs.uk/wp-content/uploads/2019/06/stomp-stamp-family-leaflet.pdf](http://www.england.nhs.uk/wp-content/uploads/2019/06/stomp-stamp-family-leaflet.pdf)

An easy-read leaflet on the STOMP programme can be found at [www.england.nhs.uk/wp-content/uploads/2018/02/stomp-easy-read-leaflet.pdf](http://www.england.nhs.uk/wp-content/uploads/2018/02/stomp-easy-read-leaflet.pdf) and a short video can be seen at <https://youtu.be/PdiLYnHPMrs>

A series of short films on STAMP can be viewed at [www.england.nhs.uk/learning-disabilities/improving-health/stamp/](http://www.england.nhs.uk/learning-disabilities/improving-health/stamp/)

### Ask Listen Do Project

Supporting people with LD or Autism to give feedback, raise concerns or make complaints is vital for organisations to learn and improve their experiences in education, health and social. The Ask Listen Do project has produced resources to help with this: [www.england.nhs.uk/learning-disabilities/about/ask-listen-do/](http://www.england.nhs.uk/learning-disabilities/about/ask-listen-do/)

In addition to these resources, an easy read guide on how to make a complaint is available at [www.england.nhs.uk/contact-us/how-can-we-help/where-can-i-find-information-about-making-a-complaint-in-easy-read/](http://www.england.nhs.uk/contact-us/how-can-we-help/where-can-i-find-information-about-making-a-complaint-in-easy-read/)

*This newsletter can also be made available in Easy Read, please contact us for more information.*

### Somerset LeDeR Reviews

66 notifications reported      41 initial reviews completed  
25 reviews in progress      38 cases completed closed  
0 unallocated cases

#### Main causes of death (where reported):

Pneumonia/Aspiration Pneumonia (21)	Cancer /Lymphoma (6)
Old Age (6)	Chest/Respiratory Tract Infection (5)
Pulmonary Embolism/Oedema (4)	Neurological Conditions (4)
Neurological Conditions (4)	Renal Failure/Infection (4)

### Get Involved in LeDeR

You don't need to be a specialist in learning disabilities or have worked with people vulnerable people to become a reviewer or get involved in LeDeR.

Professionals from a range of backgrounds can access [online training](#) to become a reviewer and are supported throughout the review process. The benefits of this work includes professional development, but also gaining insight into how health and social care providers work together to support individuals and where improvements can be made. This is so important in equipping staff and services to deliver person-centred, integrated care. Being a reviewer can also offer potential future career opportunities. For more information on what becoming a reviewer entails, please read our flyer [here](#).

The LeDeR Team has also produced a series of 6 films about how the programme works: [www.bristol.ac.uk/sps/leder/resources/videos/](http://www.bristol.ac.uk/sps/leder/resources/videos/)

### Learning into Action

Being a reviewer is not the only way to get involved in the work that the LeDeR programme is doing to improve the services and quality of life for people with learning disabilities. The reviews we have undertaken have shown learning and examples of best practices that we have been turning into actions and initiatives.



### Local Area Contacts

The Somerset CCG Local Area Contact is:

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