



Leicestershire Learning Disabilities Partnership Board



NEWSLETTER

Winter 2021



Hello everyone,

Hope you are all keeping well and safe. Please let us know if you need any help or support. You can email Dipika Patel or Karen Davis or call 0116 2787111



COMMUNITY SAFETY SURVEY

We would like to invite you to share your views on crime and anti-social behaviour in your local area by completing this questionnaire. This survey has been created in partnership with the Office of the Police and Crime Commissioner for Leicestershire and the Community Safety Partnerships across Leicester, Leicestershire and Rutland.



Who should complete the questionnaire?

We would like you to complete the questionnaire if you are aged 16 or over and live in Leicester, Leicestershire or Rutland. The survey should take you no longer than 15 minutes to complete. Participation in this survey is voluntary and you do not have to answer any questions that you feel uncomfortable with. You can withdraw from the survey up until the point that it is submitted.

What will the findings be used for?

The views that you share through this survey will be used to improve the work undertaken in Leicester, Leicestershire and Rutland to prevent crime and anti-social behaviour and to protect our communities. As this survey will be conducted annually, it will also help us to better understand changes in the levels and types of crime and anti-social behaviour in your local area over time.

The information collected through the survey will be handled in accordance with data protection legislation and will be presented anonymously in any outputs. Please click [here](#) to read our Privacy Notice. Your data will be processed by SurveyMonkey and you can view their terms for how they do this.

<https://www.leics.pcc.police.uk/Have-Your-Say/Consultations/Community-Safety-Survey.aspx>

Article by Jude

19.11.2020

Hello my name is Judith Proctor I am the Chair person of South Wigston locality group.

I also belong to The Conservation Volunteers (TCV). Which is partly organised by one of my neighbours who has become a good friend of mine called Jules, who welcome me into the group about 3 years ago. Since then Jules has taught me new skills and ideas for growing veg, fruit and plants from what I already knew.

Jules and TCV team has managed to get permission to use a plot of land on the far end of Blaby Road Park, South Wigston. This will become an outdoor community space for all of South Wigston visitors.

So far Jules, me and two other volunteers, have been working on what is already there. Trimming bushes back, digging up weeds and tidying up the litter. We added some spring plants in, at the beginning of this year.

In the last few weeks we've been making lots of holes using garden tools. Putting in Daffodils, Narcissus, Snowdrops and Crocuses lily of the valley bulbs. Down by the side of bushes near the biscuit factory.

We are looking forward to seeing flowers appearing in the spring time next year, because it will make that area more colourful and decorative. Giving us good and happy positive feelings. Knowing that we've have been working hard together (not with 2m space awareness), to get it looking good.

While we are working, lots of people have been walking by and asking us what we are doing. Some of them say that they are interested in volunteering. Other say it's a good idea to brighten up that end of the park ~~and to be able to sit somewhere to talk to each other~~ or just somewhere to talk to each other.

Sometime next year TCV are planning to put in some raised beds. Some lower ones for children, some for wheel chair users and some more raised one to use. Where you can help plant veg, salad, fruit and plants. There will also be a fruit orchard too.

P.T.O

There will be a path way which grass grows through but you can still push wheel chairs along it.

At the moment the group is running every Wednesday 11.00am - 13.00pm anyone interested please contact Julie (Jules) on 07584 343847. Limited spaces at the moment. Depending on the weather



Join in, feel good

funded through



Would you like to be involved, become a volunteer or just find out more?

- Outdoor community space for all South Wigston and visitors
- Involve and educate children and young people from local community in gardening activities and where produce comes from
- Assist with physical and mental health
- Gardening has been proved to be therapeutic on peoples' wellbeing.



Please contact:

Julie on 07584 343847

Ann on 07713 541926

Supported by



Picture of Connor at Place to Grow at Mill Lane, Enderby, LE 19 4LG during the second lockdown, he is still enjoying volunteering at the Battlefield Line Railway

<https://www.sportblaby.org.uk/uploads/61686-blaby-a-place-to-grow-leaflet.pdf>





A Place To Grow is a sustainable Community Garden with the purpose to support positive Health and Wellbeing. This is achieved by encouraging people to learn new things by producing and eating healthy food, being physically active, getting involved in the community and meeting new people in a friendly, informal and safe environment.

The site is aimed at anyone with a health related problem who wants to improve their Health and Wellbeing.

To access the project the following criteria must be met:

- Able to follow instructions
- Able to use gardening tools safely
- Respectful towards other site users
- Able to communicate with other site users
- Able to work without 1-2-1 supervision

What will the site provide?

Induction Programme

- For new referrals (available 3 days per week).

Community Garden sessions

- Existing users & those progressing from the induction programme (available 3 days per week).

Volunteering

- For people who want to help out on site with tasks and support those using the site.

Dedicated sessions

- For residents with more complex needs.

Opening Times

Day	Time
Monday	Closed
Tuesday	10:00 - 13:00
Wednesday	Closed
Thursday	10:00 - 13:00
Friday	09:30 - 12:30

Message from Tom Maccabe at Oadby & Wigston Borough Council

Tom wants to assure everyone that you can contact Oadby & Wigston Borough Council on 0116 288961 regardless of what it is, you can also report Antisocial Behaviour through their website https://www.oadby-wigston.gov.uk/pages/anti_social_behaviour

Tom said, if anybody is ever unsure if they are the victim of Antisocial Behaviour or similar incidents, both Police (101 or 999) and Council would always prefer you to get in contact, so we can speak about it rather than it not being reported at all.

Message from Isla Dixon - Hate Crime Officer

It seems such a long time since I saw you all and I hope that you have been keeping safe and well.

I wanted to remind you all to keep your passwords, PIN numbers and bank details safe and secure. Unfortunately many fraudsters and scammers look to take advantage of others so remember "if it looks too good to be true, it probably is" and don't give your details to anyone over the phone or at the door unless they can prove who they are and you are certain they are genuine.

If you are worried then ring the Police - 999 in an emergency or via 101. Our police officers and PCSOs are there to help you if you need them.

I look forward to seeing you all as soon as it is safe to do so and remember - "being you is not a crime, being targeted for who you are is" so remember to report any hate incidents to us so that we can help and support you and ensure those who target you are dealt with.

Mencap Sport invite you to keep fit with them

Join our live fitness classes!

Our **free** online fitness classes take place via Zoom **every Tuesday and Thursday at 11am.**

(If you don't have a Zoom account already, you can [create one for free here.](#))

Each class lasts 45 minutes (with 25 to 35 minutes of exercise). They are suitable for people of all abilities and will be hosted by our very own Abdul. You don't need to have any equipment, just a bit of space and a chair for the sitting exercises!

To get the details you need to access the Zoom sessions, [fill in your details below](#) and we'll email you all the information you'll need. (You can use the same details to join multiple classes, you don't need to register every time.)

Or if you already have the details, click the "Join a class" button below to join a class.

[Sign up now](#) [Join a class](#)

Important information

Please read the following information before registering for a fitness class.

Joining a live session may include physically challenging activities as well as carrying risks that we cannot entirely eliminate. These include the risk of personal injury.

Rules

- You must act responsibly and sensibly at all times when taking part in the Mencap Sport live fitness activities.
- You must not participate in the Mencap Sport live fitness activities if you are pregnant or under the influence of alcohol or non-prescription drugs.
- It is totally up to you to decide if you are fit to safely participate or can safely participate in the Mencap Sport live fitness activities. You must obtain professional or specialist advice from your doctor before participating.
- In the absence of any negligence or other breach of duty by us, participation in any of the Mencap Sport live fitness activities is entirely at your own risk.

Terms and conditions

- The information you give in order to participate to these sessions will only be used for the purpose of organising these sessions, on the basis of Legitimate Interest. Your details will be shared with Zoom for the same purpose
- The sessions will be recorded, they will then be put on YouTube and be freely available to anyone to watch
- For more information about how we use your data, [please see our privacy notice](#)
- For more information about how Zoom would use your data, [please see Zoom's privacy policy here](#).

Useful resources

The following easy read guides may be useful when taking part in these activities:

- [Joining a Zoom call](#)
- [Staying safe on social media and online](#).

Classic Flapjack recipe - Makes 6

Ingredients

112.5g/ 4oz Butter

122.5g/4oz Demerara Sugar

37.5g/1.5oz Golden Syrup

137.5g/ 5oz Porridge Oats

50g/ 2oz Chocolate Chip or 25g/ 1oz Cranberries and 25g/1oz chocolate chips - Optional



Method

Preheat oven at 160°C / Fan 140°C

Melt the butter in large pan along with sugar and syrup, and then stir in the oats.

Mix well and then turn into prepared tin and press flat with palette knife or back of spoon.

Bake in oven for 25 minutes until golden brown. Remove from the oven and leave to cool for 10 minutes.

To make chocolate chip Flapjacks

Leave the mixture to cool, after stirring in the oats, In step 2. Stir in the chocolate chips or other optional ingredients, then turn into prepared tin to follow



Always Remember:

Keep washing your hands regularly.

Wear a face covering in enclosed spaces

Stay at least 2 metres apart.



Better care together

Leicester, Leicestershire & Rutland health and social care

Covid-19 Vaccinations and People with Learning Disabilities



A Learning Disability Nurse can talk with you about the Covid-19 Vaccine.



Covid-19 is also called Coronavirus.



You can come and talk or ask questions about what Covid-19 is.



You can come and talk or ask questions about the Covid-19 vaccine.



There may be other people there to talk to.



This will be on a Microsoft Teams Link
On all of these dates:

Thurs 4th Feb 2021
At 12:30pm

Thurs 11th Feb 2021
At 12:30pm

Thurs 18th Feb 2021
At 12:30pm

Thurs 25th Feb 2021
At 12:30pm

For more information

Email: LPT-PCLN@leicspart.nhs.uk

or

Telephone: 07500 993 864



(Siouxie Nelson - Primary Care Liaison
Nurse - Learning Disabilities)



Had your free flu jab?



The jab is quick, easy
and can stop you getting flu.



Flu is caused by a bug called a virus.



Flu can make you feel ill.



If you are very ill you
might have to go to hospital.

If you have or care for someone with a
learning disability, you can have a free
flu jab.

**Don't wait, talk to your Doctor
or Pharmacist.**