

All our futures

Learning Disability Wales Annual Conference
Tuesday 13 and Wednesday 14 November 2018



Workshops • Tuesday



The future of support

This workshop will discuss ways to support people so that they have the life they want. It will look at the role and future of support services and other options that are available to people which do not rely on traditional services.

Facilitated by Bob Rhodes, Lives Through Friends & Rick Wilson, Community Lives Consortium

Fitter and better

Join this fun and interactive workshop to learn about healthy eating, experience different exercise styles and make and taste some healthy balanced recipes and enjoy some fun games in a friendly and relaxed environment.

Facilitated by Andrew Walsh from Fitability Wales.

Raising aspirations and expectations

Join us in this interactive workshop to explore ways in which we can work to raise aspirations and expectations for people with a learning disability. How do we unlock the possibilities for each individual? How is employability project Engage to Change supporting young people to build their futures?

Facilitated by Jenna Trakins and Project Ambassadors from Learning Disability Wales's Engage to Change project

Promoting independence, dignity and control with mainstream technology

See how affordable, mainstream technology can be used to improve people's lives and challenge existing approaches to assistive technology in supported living.

Facilitated by Kieran Vass and Nick French from Innovate Trust

Better together

We will look at innovative ways to support parents with a learning disability to become effective parents, explore how support can develop over time, and discuss ways of challenging the assumption that children who have a parent with a learning disability are better off in care.

Facilitated by Babs Lewis Shared Lives Plus, Samantha Williams Learning Disability Wales's Working Together with Parents Network and Catherine Hughes

Looking at transitions differently

Members of the building bridges project will talk about the project and how young people with additional needs across Monmouthshire are supported through transitions in their lives. The project uses different and fun ways to engage young people to build confidence and friendships so young people can live their lives to their full potential. We aim to give you ideas to inspire you to do things differently.

Facilitated by Beccy Williams from the Building Bridges project (Monmouthshire)

Exploring the future

This participatory workshop will explore the big opportunities and issues facing Wales and encourage you to share your thoughts and experiences to find sustainable solutions and 'quick-wins'. You will learn about the Well-being of Future Generations Act and understand how to apply some simple tools to maximise your contribution in everyday life and work.

Facilitated by Bethan Smith from the Future Generations Commissioner for Wales

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Reasonable adjustments in hospitals

Two Learning Disability Liaison Nurses will discuss reasonable adjustments and what you/people with learning disabilities should expect when going into hospital.

Facilitated by Joanne Edwards and Claire Jenkins, Learning Disability Liaison Nurses at Abertawe Bro Morgannwg University Health Board

Making technology fit the person

Hear how Hft use personalised technology to support people to live more independently and safely. Through a selection of video case studies we will show what people can achieve and the importance of taking a person centred approach, focusing on the person's strengths and abilities.

Facilitated by Emma Nichols from Hft

Working with not for

This workshop explores the experiences of young people's paid employment as peer led researchers on a project about social isolation in Gwent. The workshop will look at the role of the inclusive employer using positive recruitment and employment practice that leads to lasting work based opportunities.

Facilitated by Vicky Butler and Greg Thomas from CARP Collaborations

Changing attitudes

In this workshop we will explore the experiences of people with a learning disability of services which could be shaped to challenge stigma they face. We will look at how changing attitudes and challenging the stigma faced by people with a learning disability must be at the heart of the new Improving Lives programme in Wales to solve long term problems.

Facilitated by Led by Hayden Rustage, a National Trust volunteer with Autism & Wayne Crocker from Mencap Cymru.

Improving lives

Find out more about the Welsh Government's Improving Lives programme and how it aims to make life better for people with a learning disability in areas of health, transport, housing, social care, and skills and employment.

Facilitated by Claire Hough, Improving Lives Programme Manager with the Welsh Government

Just do it!

Flintshire Do It will show you how they are building better future for all. Find out how you can use Co-production Action-planning to get things going in your community to provide people with opportunities to do the things that are important to them.

Facilitated by Mark John Williams from Flintshire Do It.

Get connected

Join Digital Communities Wales for a fun, interactive workshop to help inspire and motivate people to get online. We will explore digital tools and applications as a way of giving everyone the opportunity to use technology positively.

Facilitated by Laura Phillips from Digital Communities Wales



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