

Who was there:

Peter Vine, Speak Out Leader
VoiceAbility
Sarah Marshall Service Manager
Learning Disability, LPFT
Kate Holt EBE, LPFT
Adam Harris, Consultant clinical
Psychologist, Learning Disability and
Autism service LPFT
Deborah Winn Care Co-ordinator
MARISCO Medical Practice, Beacon
and Hawthorne.
Debbie Dennis, Day Ops TL, Louth
Michelle Williams Area Manager
Rosemarie Thompspon Speak Out
Leader VoiceAbility
Louise Olley Service Development
Manager LCC
Peter Vine Speak Out Leader LCC
Jo Osbourne Public Health Officer LCC
Tina Auger Physical Health Liaison
Nurse LPFT
Karen student nurse
Craig Ferris, Group Director for
Safeguarding and Patient Experience
Lincolnshire Community and Hospitals
Melissa Wong, Health Inequalities
Improvement Facilitator ICB
Oonagh Quinn Engagement Officer
Health Watch
Lorraine Abbot EBE ICB

Apologies

Clare Francis
Mykey Rockall

Previous Minutes

We went through the minutes from the
last meeting and actions.



LD Friendly GP Practice Scheme – Update Melissa Wong

- Long Bennington GP practice applied for the Gold Award and got it.
- The panel was very happy with the evidence they gave.
- The application takes a lot of time to complete.
- Some GP practices tried to apply but were not accepted. This is because their CQC rating was not “Good” or better.
- Melissa will be going to a South Lincolnshire PCN event next week. She will talk about the LD Friendly GP scheme there.
- Melissa noticed that Marisco Medical Practice is not on the list of LD Friendly practices. She suggested catching up with Deborah to talk about this.
- Craig asked if there was a leaflet on the GP Learning Disability accreditation and said that he would promote and share the information.
- Melissa created a flyer for the LD Friendly Practice scheme and emailed to Craig for him to share.





Annual Health Checks

- Peter informed the group that the Voices For All meeting had a focus on annual health checks. Deborah and Jo joined the group and spoke to everyone finding feedback on what reasonable adjustments helped.



Debbie Dennis

- Some really good linked up working going on in Louth around annual health checks.

Michelle Williams

- Work has now begun hoping to cascade this model out in Lincoln at Boundary Hub to support with effective annual health checks.



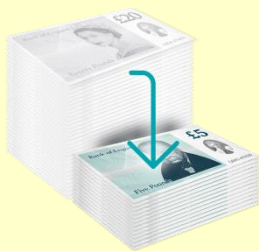
OMG training

- Peter informed the group that David, Michelle and himself had been part of VoiceAbilitys' Oliver McGowan training to deliver tier 1 in different parts of the Country. This is separate to their role as a speak out leader in Lincolnshire.



Craig Ferris

- **ICB Restructuring:** Lincolnshire ICB is expected to merge with Nottinghamshire and Derbyshire, forming one larger ICB.
- The government is reducing the overall number of ICBs.



- It's unclear where Oliver McGowan will fit in the new structure.
- Unknown how Nottinghamshire and Derbyshire currently manage this work—they may be ahead or in a similar position.
- Executive teams are reapplying for roles now, with interviews soon. Full clarity may take 3–6 months.
- No Tier 1 Part B or Tier 2 Part B training will be delivered for the foreseeable future.
- If CQC inspects soon, the organisation will be non-compliant, but this is unavoidable due to current constraints.

Funding Needs:

- Estimated cost for LCHS and ULTH to deliver training = £500,000 per year.
- Costs include staff release from clinical duties and facilitator pay (as it's nearly a full-time role for some).

Current Status:

- The board has been updated about the pause in training.
- Financial pressures and structural changes are the main barriers.

ONE YOU LINCOLNSHIRE



Emma Krasinska
Joanna Osbourne LCC

One You Lincolnshire

Healthy Lifestyles Project

People with learning disabilities.

Day centres and the Integrated Lifestyle Service.

- In January, **2 workshops were held**: One in Lincoln, One in Boston.
- **Around 44 people came to talk about:**
 - What being healthy means to them.
 - How they like to stay healthy.
 - What support they would like.
- **What they learnt**
 - An Insight Report was done to share what people said.
 - A Logic Model was made to help plan next steps.
 - Working with a subgroup team to keep things moving.
- **What they did next**
 - 2 pilot projects were started at the day centres.
 - Each pilot ran for 12 weeks.



People did:

- 1 hour of physical activity each week.
- 30 minutes of learning about:
 - Healthy eating
 - Drinking water
 - Sleep
 - Other healthy habits.



What made it fun?

- Small groups (12–14 people plus staff)
- Weekly challenges and prizes for doing the most activity.
- People really enjoyed the sessions.



What's next?

- Waiting for the evaluation to see what worked well.
- And to see if people are still doing activity after the 12 weeks.
- The insights were shared at a Health Inequalities meeting.
- It will be shared at the MHD LDA board meeting at the end of the month.





Emma Krasinska Have Your Say: Helping People in Lincolnshire Stay Healthy

What's Happening

There is a new group of politicians in charge of Lincolnshire.

- They want to look again at how the council spends money and what the priorities are.



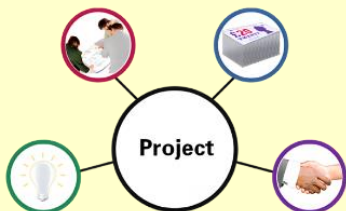
What Has Changed

- The council was ready to give a new contract for the Integrated Lifestyle Service (called One You Lincolnshire).
- But now, they have paused that plan.
- Instead, they want to ask the public what matters most for keeping people healthy.



A Big Consultation Is Coming

- There will be a 12-week consultation (a chance for you to share your views).



It will ask:

- What are the best ways to help people live healthy lives?
- Are current services working well?
- Should money be spent differently?





Everyone's Voice Matters

- People with learning disabilities
- Families and carers
- Health champions
- Staff and professionals



What Happens Now?

- The current One You Lincolnshire service will continue for 12 more months.
- They would like to make the most of it:
 - Train more staff
 - Share healthy living skills across the system



What Next?

- The consultation is not live yet.
- A link will be shared by Kerry when it's ready.
- There will be an easy-read version of the consultation so it's clear and simple for everyone.



All About Me booklet

- Kerry P was held up in a previous meeting.
- Craig took on questions around All About Me.





[All about me - United Lincolnshire Hospitals](#)



[Lincolnshire Wellbeing and Recovery College courses :: Lincolnshire Partnership NHS Trust](#)



[To find out what the service currently does visit our website www.lpft.nhs.uk by using this link](http://www.lpft.nhs.uk)

- Kerry G informed him that the link to booklet does not work properly as when you fill it in it changes all boxes to same word. Debbie Dennis had found the same issue.
- Kerry P aware and passed on to right people to correct.

Michelle Ornstein gave an update from Mencap

- They are doing a promotion around making sure people are on the learning disability register.
- Kerry G shared **recovery college training opportunities.**

Sarah Marshall, Adam Harris LPFT

What is this about?

- LPFT want to know what people in Lincolnshire think about their service for people with a learning disability.

What they do now:

- Help with daily living (like cooking, cleaning, shopping)
- Work with families and carers
- Give quick help in emergencies (like going to A&E)

Healthy Lifestyle work group meeting Tuesday 9th September 2025



Hospital



- Support with mental health (anxiety, sleep, trauma, anger)
- Help with hospital visits and GP access
- Support with eating and drinking problems (dysphagia)
- Help with posture and movement (how people sit, sleep, move)
- Give behaviour support from nurses
- Offer mental health and sensory assessments
- Help with communication needs

What they don't do now



- Help with eating well and healthy living
- Support with relationships (like friendships, dating, sex education)
- Help with contraception
- Pregnancy, or parenting
- Support with epilepsy
- Give community learning disability nursing (group sessions, emotional support, education for families)



- Do diagnostic assessments (to find out if someone has autism, ADHD, learning disability, or mental health condition)
- Offer care coordination (one person to help manage all your care)



What they want to know

- What should we keep doing?
- What should we start doing?
- What should we stop doing?
- Is it important to have one person to help coordinate your care?
- Should we offer diagnostic assessments?



[The survey will be open until 17 October and can be completed online by using this link](#)

Louise said it's important to be clear:

- What do they mean by 'we'?
- Are we talking about something that already exists somewhere else?
- Or are we talking about something that doesn't exist at all?



Sarah Marshall clarified that LPFT is commissioned for:

- Behavioural support
- Physical health
- Mental health
- But not for community learning disability nursing — that currently sits with the local authority.
- There is feedback from service users, that access to the nursing support feels limited, and there is a question of whether LPFT should take this on in future.



Adam Harris

- Some services (like diagnostic support across the age range) don't exist at all in Lincolnshire, not just outside LPFT, but nowhere in the system.
- Emma Krasinska asked if the consultation was about reallocating existing funding or building a case for new investment?
- Sarah said it was for both:
 - Blue sky thinking to imagine an ideal service
 - Prioritisation within existing budgets
 - Potential business cases for additional funding



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Engagement is taking place now until the end of October:

- A feedback document is being finalised.
- It breaks down the presentation content.
- Provides space for written comments.
- Can be returned via email or post.

After -October there will be:

- The gathering of feedback and reviewing the current service status.

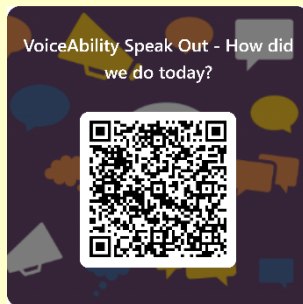
Options appraisal:

- Assessing what changes are needed and identifying preferred options.
- Formal staff engagement will begin in January.
- Service changes will be seen from January onwards.
- Meeting closed.

Healthy Lifestyle work group meeting Tuesday 9th September 2025



- Next meeting Tuesday 2nd December 1pm-2.30pm



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