

Lincolnshire Learning Disability Partnership Newsletter January 2026



New Year Greetings Lincolnshire

Mental Health, Dementia, Learning Disability and Autism (MHDLDA) Co-production Network



- The speak our leaders have been working with the co-production network.

- The network has members from Lincolnshire Partnership Foundation Trust, the Recovery college, EveryOne, Shine and Experts by Experience.



- We have all been learning from each other about how to make information more accessible for all.



- A leaflet that is a guide to the coproduction network has been co-produced and some good relationships formed.

- It has been an interesting journey with positive outcomes.

Mental Health, Dementia, Learning Disability and Autism (MHD LDA) Co-production Network



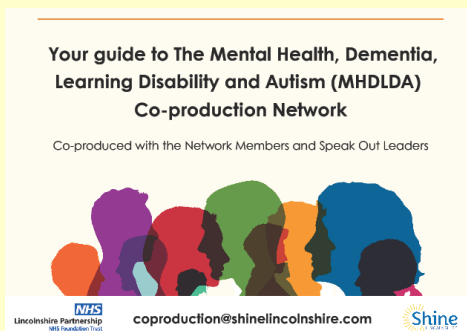
- We shared our journey and the final leaflet at the Learning Disability and Autism Joint Delivery group in November.



- This was well received and encouraged discussions about adapting the same approach in other services.

Please click on the picture link below to find out more about the MHD LDA co-production network

- The Speak Out Leaders shared how important they think teamwork is to get things done properly together. Supporting each other respectfully and listening to one another



The Staying Safe Festive Meeting




- The Staying Safe work group had a different kind of meeting.
- It was lovely to see everyone there. New and old faces.
- We were joined by Gary who is a 2Rd Karate expert.
- He showed everybody some moves that would help protect them from anyone who may try to grab them.
- Everybody had lots of fun trying the moves out.
- After using all that energy, we all went on to celebrate the festive season enjoying a lovely meal.
- Big thank you to Mandy and Sue at Just Lincolnshire for organising everything.



Festive Fun in December at **JKG** Dance is Therapy



 **FREE TASTER SESSION**

TOO HIP HOP DANCE CREW

DANCE CLASSES FOR ADULTS WITH LEARNING AND PHYSICAL DISABILITIES AND AUTISTIC SPECTRUM

EVERY WEDNESDAY


TIME: 6PM-7:30PM

LOCATION: BOUNDARY STREET HUB, BOUNDARY ST, LINCOLN, LN5 8PF

CLASS £5

REFRESHMENTS 50P

07555454132
JKGDDANCECLASSES@GMAIL.COM



[Facebook](#)



Rosemarie's visit to the dentist



- I do not like going to the dentist; But I don't think anybody does.
- I told my dentist that I have Autism and ADHD.
- This makes going to appointments challenging.
- My dentist let me have my headphones on so I could listen to music.
- This helps me to block it all out.
- I had to have three injections to numb my mouth.
- My dentist let me stay in the chair to wait, until my mouth felt numb.

Reasonable adjustments at the Dentist



- Reasonable adjustments are small changes made to help people with a learning disability and autism be treated equally.
- Some examples of the reasonable adjustments my dentist made are:
 - My dentist let me stay in the chair to wait, until my mouth felt numb.
 - Then I had a tooth taken out.
 - My Dentist helped me feel relaxed through the appointment, which really helped.
- I am pleased my dentist allowed some reasonable adjustments to help me with my appointment.

Reasonable adjustments at the Dentist



- It is important to look after your teeth.
- Make sure you tell your dentist if you find it difficult to attend appointments
- Let them know what would help you.



Click the link below to find out more about the law around Reasonable adjustments.



[Reasonable adjustments: a legal duty - GOV.UK](#)



- We will share some good information Mencap have on their website explaining what reasonable adjustments are on the next pages.



Reasonable adjustments

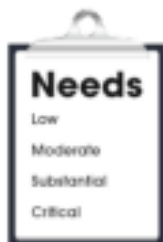


Reasonable adjustments are small changes that can help people with a learning disability be treated equally.



The law says that reasonable adjustments should be put in place.

It is your right to ask for reasonable adjustments when you have an appointment for your health.



Reasonable adjustments could be the way that the staff treat you, or things that you need when you are at your appointment.

Every person is different and will need different changes but there are some which are more common.

Examples of reasonable adjustments that you could ask for:



Staff who speak clearly and use easy words



A longer appointment



A hospital passport which tells people all about you



A quiet place to wait, or a private room



Easy read information



An appointment at a time which is better for you



Having your appointment on time



Support workers or family members with you



Help from a learning disability nurse

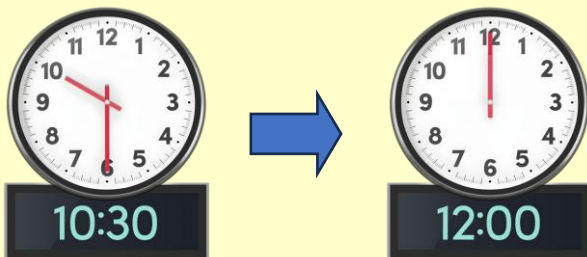
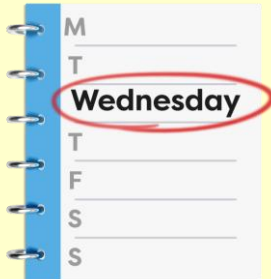


Better physical access and help to get around



Staff may have already put reasonable adjustments in place for you, but it is important that you tell them if you need anything else.

It is your right to ask for reasonable adjustments.



Our next Voices For All meeting is on:

- Wednesday
- 11th March
- 10.30-12

It will be at:

- **The Store House,
Skegness, PE25
1BY**

We look forward to seeing you there.

Lincolnshire Learning Disability Partnership, Facebook.



[Lincolnshire Learning Disability Partnership \(hosted by VoiceAbility\) | Facebook](#)

Our Facebook group for Lincolnshire Learning Disability Partnership.

Please click the link above and share with anyone who may be interested in sharing information and linking up with different groups for people with a learning disability in Lincolnshire.

Click the link below to view the **Lincolnshire Learning Disability Partnership website**:

www.voiceability.org/speakoutlincs

- To get involved with Lincolnshire Learning Disability Partnership
- Find out information
- Share information
- Be added to our contact list

Please email Kerry:

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