Speak Out Day 26 November 2021
Elspeth Jones
Speak Out Council Leader: Autism
Welcome and who is here
Who is here

Thank you to everyone who joined us!
Sean Nightingale
Speak Out Council Leader:
Huntingdonshire and East Cambs

Safe Places and
Pegasus

With Tiff Lane,
Action Against Hate Co-Ordinator,
Cambridgeshire Constabulary
First some news from the Adult Social Care Forum

There are two surveys happening at the moment: Healthwatch would like to hear if you have a care home story to tell us. Our care home survey aims to capture the experiences of residents and their families. Whether it's a good or bad experience, they can use your feedback to improve services for everyone.

Cambridgeshire County Council would like to hear your experiences of receiving information from them, the closing date is next Tuesday 30th December. The links are in the chat.
Safe Places

• We did a consultation a few years ago where we learned that many people didn’t feel safe.

• Working with Thera and Cambridgeshire Constabulary, we launched the Safe Places scheme.

• People can carry a Safe Places card and go to places that have a Safe Places sticker if they are feeling unsafe for any reason.

• You can download the Safe Places App to find your nearest safe place.

• Once you are at the Safe Place someone will support you to get help and feel okay again.
• Safe Places cards have the person’s name and the contact info of a person they trust, such as a parent, carer, or friend.

• Our scheme has now joined the National Safe Places network.

• During the lockdowns, not many people have been using Safe Places.

• We are relaunching the project now that restrictions have eased.
Where are there Safe Places?

• Neil and Russell recently signed up places in Histon.

• Sean and Neil have signed up lots of places in St Ives

• Ashley, our volunteer, looks after the Safe Places in Sawston.

• There are also Safe Places in Huntingdon, Ely and Cambridge. We will be signing up more safe places there.

Thank you to the 11 Child and Family centres across Cambridgeshire who have signed up to be Safe Places!

• We hope to sign up all the libraries in Cambridgeshire too!
How you can help us

- Do you know a public place that might be a good Safe Place?
- Would you like a Safe Places card? (we will be getting more printed)
- Can you help us find funding to keep the Safe Places scheme running after March 2022?
- To see all the Safe Places in Cambridgeshire you can look on the website: South Cambridgeshire Member Scheme (safeplaces.org.uk)
- If you would like a Safe Places card please email us speakoutcouncil@voiceability.org or phone 0300 303 1660 and ask to speak to someone from Speak Out Council, Cambridgeshire.
What is the Pegasus scheme?

• Pegasus is a **free** service for people who can find it hard to communicate with the police.

• You can tell the police your **name**, **address**

• and information about how you prefer to communicate.
Front of PEGASUS card

ATTENTION
Emergency Services Staff
I may find it difficult to communicate.
If presented please contact Cambridgeshire Constabulary quoting ‘PEGASUS’ for more information.

Credit card sized card for pocket or wallet

Snap off part for key ring
If you have a Pegasus card we can make sure we communicate with you in the way that works for you.

Register online – here’s the link Pegasus (cambs.police.uk)
How will it work for you?

You can contact us by phone, online and in person just like before but -

➢ Someone who has registered can just say ‘Pegasus’ & tell us their name or PIN.
➢ Then we will look at your details on our database.
➢ We will quickly be able to understand your individual needs.
➢ Knowing a little about you means we can do our best to help you.
How will Pegasus work for you once you have registered?

For emergency calls when police needed:
1. Dial 999
2. Say “Police”
3. Wait for operator
4. Say “Pegasus”
5. Give your PIN number or name

For non-emergency calls to police:
1. Dial 101
2. Wait for operator
3. Say “Pegasus”
4. Give your PIN number or name

Emergency text: 18000
Non-emergency text: 18001 101
Other Pegasus forces

Nottinghamshire Police
Sussex Police
Surrey Police
Dyfed-Powys Police
Lincolnshire Police
City of London Police
Bedfordshire
Herts to follow
Register online – here’s the link
Pegasus
(cambs.police.uk)
Neil Adams
Speak Out Council Leader:
Young People

Young People’s News
News from young people

We had a great afternoon on Teams with young people at Samuel Pepys school.

• We talked about how they would like to be supported because we are helping young people’s workers to make sure their service works well for everyone.

We also talked about what makes a great school, so that Cambridge Children’s Hospital can make a great school in the new hospital.
**Good support for young people!**

- **Waiting can be hard:** timers or going for a walk can help.

- **Fiddly toys, daydreaming and playing the violin all help people feel calm.**

- **Visual timetables help me know what is happening next, or if something needs to change.**

- **Good places to meet are outside because of covid, or somewhere fun.**

- **I don’t like being too close to other people, for example in crowded places.**

- **I like to know how get to places and meet new people somewhere familiar to me.**

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Some of the things that should be in a hospital school:

- Somewhere to chill
- Kitchen to practise cooking skills and make yourself drinks
- Somewhere to do work experience, maybe helping with jobs and practising skills so you don’t lose them
Some of the equipment and things which support us

Visual timetables so we know what is happening next and can feel calmer if something needs to change.

Teachers and staff who know how to help us and explain things

Visual information – Easy Read

Things which helps us feel calm, like fiddle toys and timers
Cambridgeshire County Council are writing a plan to make sure schools are accessible for young people.

We are helping them to make sure the plan makes sense to young people.
Cambridgeshire County Council and Peterborough City Council have a SEND Pledge to make sure that young people and their families get the support they need.

This is a promise that anyone who supports young people can sign up to.

There is a link to sign up to the SEND Pledge in the chat. Please sign up!
Do you have an Education Health Care Plan? (EHCP)

Cambridgeshire County Council have a survey where you can tell them what you think about your EHCP.

There are questions about your support.

There is one for young people and one for parents too.

They would love to hear what you think! The link is in the chat.
Bill Jones
Speak Out Council Leader: Cambridge City and South Cambridgeshire
Some examples of what I’ve been doing

Helping to plan employment events with Connect2Work

Going to the Greater Cambridgeshire Health Forum in September (run by Healthwatch)

Helping to set up future plans for Speak Up Spectrum

Invited former colleague Michelle Mansfield to a team meeting to tell us about her work with The Quality Company

Continuing to run my South Cambs drop ins
I went to a few Treat Me Well meetings to talk about the film we made.

I've been actively working on social media and the Safe Places database.

I’ve been helping the LD Nurse at Addenbrookes with various things such as co-chairing the Learning Disability and Autism Working Group.
Bill Jones
Speak Out Council Leader:
Cambridge City and South Cambridgeshire

Court of Protection Film
We made a film with some solicitors, because they had done some research which showed that often solicitors are not confident communicating with people with a learning disability and/or autism.

These solicitors work in the Court of Protection.

If someone cannot make a decision about something in their life, like looking after their money, or where to live, this court decides what is best for them.

It is really important that the solicitors know how to do the best thing for the people they work with.
We would like to show you some clips from the film.

Here are some of the messages we had for lawyers and solicitors.
https://www.youtube.com/watch?v=WuEtw2rnqBw#t=45s (0.45-1.46)

Here we are talking about meeting a lawyer and receiving information about meetings.
(13.30-15.30)
https://www.youtube.com/watch?v=WuEtw2rnqBw#t=13m30s

And here I am summing everything up
https://www.youtube.com/watch?v=WuEtw2rnqBw#t=29m27s (29.27-29.52)
Anne Hunt
Speak Out Council Leader:
Fenland

Treat Me Well
plus Laura Bruce from Mencap
Treat Me Well Film

• We have made some films about people being aware of Learning Disability Specialist Nurses being in hospitals.
• We included about hospital passports and reasonable adjustments.
• We made the films because not everyone knows about these.
We are just finishing the last two films about hospital passports and learning disability nurses.

We’ll share them next time!
• Mencap are doing a craft project.
• At the meeting we made some bunting.
• Laura is involved in this and will tell you more about it.

Everyone wrote some great things on the bunting such as:

‘We need more changing places facilities’

‘Stop treating people with a learning disability as a token’

‘More Easy read’.
Russell Henke
Speak Out Council Leader: High Support Needs

News from people with high support needs
What I have been doing

I did an access visit to Cambridge North station

I went on a Safe Places visit in Histon with Neil and we signed up three new places.

I did a High Support Needs drop-in session online.
We talked about problems getting support to do things and go to places.
News from the High Support Needs drop-in

People said that there weren’t enough Changing Places toilets in Cambridgeshire.

Some people said they weren’t doing activities because support workers weren't helping to make this happen.

Someone had seen a Safe Places sticker at the cinema in Stevenage. We thought it was good to carry a Safe Places card even if you usually have a support worker with you.
Russell Henke
Speak Out Council Leader: High Support Needs

Access visit to Cambridge North Station
My access visit to Cambridge North station
I visited the station with Mark Taylor, Cambridge City Council Access Officer.
If you are a wheelchair user, the only way to get to the platforms is first to go up in the main lift.

Then you have to take a second lift down to whichever platform your train leaves from.
Only one wheelchair user (and a helper) can fit in the lift at a time.

We wondered what would happen if your train arrived back at the station late at night and the main lift wasn’t working.
Station staff said they would tell passengers while they were still on the train if the lifts were not working.

Staff would tell you to stay on the train until the next station.

Network Rail would arrange a taxi for you to get back to Cambridge North.
There are Help Points like this one in places around the station.

You can press the green emergency button on these Help Points to get help.
We checked out the ramps to help wheelchair users to board the train.

The good news is that there are two or more ramps on each platform.
The gap between this train and the platform means you couldn't get on board without using a ramp.

On our visit there seemed to be staff around to help.

It is safer to phone in advance to make sure help is there when you need it.
There are covered waiting areas on all platforms.

Some of the waiting areas are very narrow and you can’t turn a wheelchair around in them.
The disabled toilet is also the Baby Change toilet!

Mark told the planners that there should be a Changing Places toilet at the station, but they didn't put this in the plans.
The space is small and you can’t easily turn an electric wheelchair around in it.

The door is very heavy and is difficult to open while you are steering a wheelchair.

The flush is behind the toilet so it's not easy to reach unless you have a helper with you.
A puzzle!

Can you spot where the emergency pull cord is?

Here's a clue: it's red!

What would make this better?
At the end of our visit, we still had lots of access questions, Mark has written a report about our visit to send to the rail planning authority.

Are there any questions about the station that you would like to ask?
Now over to James A!

He's going to tell us about an event he went to recently.

Union For Disabled People - The Disability Union
Disability Union
Year One Celebration

By Mr James Aston
My Thoughts on Arrival

- My journey down to the event was quite long and rather boring. But I was in great anticipation about attending the event.
- I attended the Disability Union Celebration with the support of two support workers, Ben and Ellie who both worked late to assist me at the event. I was very thankful to them both for their assistance with this event.
- On arrival at the event I was really happy with the facilities there. I was able to make good use of the bathroom facilities and I was really pleased there was a suitable shower bench for me to use.
- I had some medications administered in the sensory room there. I thought this room was a thoughtful addition.
I left home in the afternoon and arrived after a two and half hour drive. On arrival I went to use the changing facilities, which were good.

After this I went to the sensory room and had my medications there. It was a relaxing space.

After my medications I went outside a bit for some fresh air and socialised with my support staff and other attendees.

The event then started and I went into the hall to listen to the speakers.

During the break I went around to socialise with some of the guests and speakers.

After this I went back to listen to some more of the speakers.

After the end of the speaking I went to use the changing facilities again. Before preparing to leave.

The event was fantastic but after I was so tired I fell asleep in the car on the way home.

I got back at 11:30pm so it was past midnight by the time I was in bed.

A long but worthwhile day out.
The Event Itself

- I found the event engaging and really insightful for myself and others.
- I thought that Adam Pearson was a really good host.
- I really enjoyed the comedian, Aaron Simmonds. His routine was hilarious and really relatable.
- For me, David Smith the team GB Boccia player, was the most inspiring speaker. I got to meet him during the break for a quick chat and it was really lovely to meet him after seeing him on the TV during the Paralympics.
- The wheelchair dancers were nice to watch and their routine was really well planned.
- Kirsty Smillie, the Disability Union Community Organiser, spoke about counselling for Support Workers.
Other Thoughts

- I thought the whole event was clever and well organised.
- I was pleased with the selection of different speakers and performers.
- There was a speaker from Changing Places that was impactful as this is an issue that affects my day-to-day life.
- This reminded me about the Mobiloo accessible toilets we often hire for events out. I feel like having more of these would really aid with Changing Places’ goal for more accessible toilets.
- I think we should make more use of Mobiloos for our trips out.
- I thought the venue was a little bit difficult to find but we managed to get there without much issue.
Pictures

Me with David Smith in his powered wheelchair.

Me with Aaron Phipps who is not in a powered wheelchair.
Elspeth Jones
Speak Out Council Leader:
Speak Up Spectrum

Autism News
A fun activity
• Quick Quiz!
How many people are living with autism....

1) According to the World Health Organisation
   1 in 100

2) According to UK figures, and
   As many as 1 in 65

3) According to the USA?
   1 in 150
What I have been doing

I attended the September All Age Autism Strategic Board, where the All Age Autism Strategy consultation was discussed.

I’ve been in contact with Red2Green to set up a regular drop-in session.

We’re preparing a survey for Safe Soulmates, to see if their clients would be interested in a drop-in session too.
I supported one of the young people’s workers at Cambridge City Council to develop a survey for young people with additional needs.

The team want to make sure the way they work meets everyone’s needs.

Also, the Autism Employment group has merged with Cambridge Additional Needs Employment Forum. They are working to put the feedback from the recent All-Age Autism Strategy into practice.
We’re making Speak Up Spectrum even better!

We’re updating our Speak Up Spectrum flyer and getting ready to send it out.

We’ve been trying to think of a better symbol for autism.

We’re making links with other organisations which support people who are living with autism.
• Thanks for listening
• Do you have any questions?
Elspeth Jones
Topics for next year
We want your ideas for topics we can discuss!
VoiceAbility

Housing

Jobs and training

Leisure

Health and social care

Education

Something else?
If you have ideas please email us at speakoutcouncil@voiceability.org
Here are some of the ideas we have had so far:

Being part of the community

What stops us from doing the things we want to do?
How can we make things better and safer?
Having opportunities to do fun and enjoyable things.

If you would like any more information about anything in our report, please email speakoutcouncil@voiceability.org
Goodbye and see you next time.