



Hello!

Three Cs has been commissioned to run the **South East London Learning Disability and Autism Forum**. We are recruiting people with lived experience to champion real change and improvement in local services for people with learning disabilities and/or autism. If you are a person with learning disability and/or autism who has experience of education, health (especially mental health) and social care services, or their parent/carer, you may be eligible to become a paid member of the Forum. Please read on to find out more about this opportunity and how to express interest in joining.

About Three Cs

Three Cs stands for 'Control and Choice in The Community.' We support adults with learning disabilities or autism to have control over and choice about their lives, and to contribute to the community as equal citizens.

What is the Learning Disability and Autism Programme?

Following the end of Transforming Care Programme in March 2019, NHS England announced in its Long-Term Plan a continued commitment to improving the lives of autistic people and people with learning disability. The Long-Term Plan identifies important priorities for people with learning disability, autism or both. These include:

- **Improving community support** so that people can lead lives of their choosing in homes not hospitals;
- **Strengthening the focus on the needs of autistic people (with a new focus on children and young people) and their families;**
- **Making sure that NHS-commissioned services are providing good quality care and treatment** for people with a learning disability and autistic people and their families;
- **Reducing health inequalities** through annual health checks, reducing overmedication through Stopping The Over-Medication of children and young People with a learning disability, autism or both and Supporting Treatment and Appropriate Medication in Paediatrics ([STOMP-STAMP](#)) initiative, and preventing avoidable deaths through the Learning Disability Mortality Review ([LeDeR](#)) Programme;

Three Cs 82-84 Childers Street, Deptford, London SE8 5FS **Tel:** 020 8269 4340 **Email:** info@threecs.co.uk **Website:** threecs.co.uk

Control and Choice in the Community for People with Learning Disabilities, Autism and/or Mental Health Challenges

INVESTORS IN PEOPLE
We invest in people Gold



Three Cs is a company limited by guarantee and registered in England & Wales. Company registration No. 2768427

Registered Charity No. 1047736

- **Championing the insight and strengths of people with lived experience and their families** in all of NHSE work; and
- **Making sure that the whole NHS has an awareness of the needs of people with a learning disability and autistic people**, working together to improve the way it cares, supports, listens to, works with and improves the health and wellbeing of them and their families.

You can find out more about the Learning Disability and Autism Programme [here](#).

What is happening locally?

South East London's Learning Disability and Autism (SEL LDA) Programme consists of the Clinical Commissioning Groups (CCGs) and councils of Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark, together with NHS England (specialised commissioning).

What have Three Cs been asked to do?

Three Cs supports the work of the SEL LDA programme by facilitating a forum of people with lived experience. The forum meets every two months to influence and have their say on the LDA agenda. The forum works closely with the SEL LDA programme team and has representation on the SEL LDA Strategic Board and Operational Group, which both meet monthly. Forum members have the opportunity to join sub-groups (e.g. personalisation and autism).

It is important for the forum to represent the views of people with lived experience of services for people with learning disabilities and/or autism (including specialist mental health services and inpatient units). A very active and well-informed group of people with learning disability and/or autism people and family carers have been working together very effectively as a forum for a number of years. It is now time for the forum to grow so that it has a broader and louder voice.

Are you eligible to join?

To be a member of the forum you need to:

- Commit to working with us and attend forum meetings (six meetings a year).
- Attend a minimum of five forum meetings per year (approximately 2 hours per meeting).
- Live in either Bexley, Bromley, Greenwich, Lambeth, Lewisham or Southwark.
- Be, or be a parent/carers of, a person with learning disability, autism or both
- Have experience of education, mental health and social services in the above boroughs.
- Be able and comfortable to talk about your own experiences or be able and comfortable to talk about your own experiences with the right support.
- Be able to participate constructively in the forum.

- Want to champion positive change and have a lasting effect on the care and support for people with a learning disability and/or autism.

We are particularly interested to hear from people from BAME communities. Meetings are currently held via MS Teams and /or in person.

What are the benefits of being a Forum member?

We will value your time and you will be paid £11.05 (London Living Wage) per hour for attending the meeting plus one hour's travel time. There may be other occasions when forum members attend conferences and/or other meetings which you will be reimbursed.

The benefits of being a Forum member are:

- Help to shape and improve services for the future
- Get involved with work that can influence real change
- Develop your own personal and professional experience of meetings and committees
- Meet with other people who use services, and families and carers who may have similar experiences
- Develop your knowledge of the Learning Disability and Autism Agenda

NB: The Forum is not able to deal with individual complaints but it can put you in touch with the responsible individuals, should you wish to make a complaint.

Getting involved

If you are interested in joining or want more information, please contact Alison Love, SEL LDA Forum lead at Three Cs (contact details below).

Email: mark.slaughter@threecs.co.uk

Phone: 075904 07049

Best Wishes,

Mark Slaughter

South East London Learning Disability & Autism (SELLDA) Forum Facilitator

November 2022