

CUS



ANNUAL REPORT 1990

CARDIFF UNIVERSITIES SOCIAL SERVICES,
UNIVERSITY UNION, PARK PLACE, CARDIFF.

INTRODUCTION

CHAIRMAN'S REPORT.

The year of 1990 has a number of major changes in CUSS heralding a new era for the organisation. The first changes involved a number of the well known figures in CUSS leaving to take new posts. Once again, the Executive wishes them well in their new posts and thanks them for their contribution to CUSS and to service development in Wales in general. Such departures have resulted in a new Director coming to CUSS and the Executive would also like to thank John Gilkes for what he has already contributed to the organisation. The changes have not only brought new faces to CUSS but have also allowed for an opportunity to re-think the director of the organisation for the 1990's.

As was described in last year's annual report, a number of the housing schemes that were developed by CUSS are to be transferred to the management of Cartrefi Cymru. Most recently the two short term care houses in Gwynedd have been transferred following negotiations between CUSS and Cartrefi and the staff of the houses. We would like to thank the staff of the two houses for their work for CUSS and wish them well in their future work with Cartrefi.

Such changes do not, however, mean that CUSS has stopped developments in the area of short-term care. In what has been a very short time period, CUSS has been able to develop short term care provision to cover for that which was being provided at Ty Gwyn hostel in

South Glamorgan. A house has been bought and staff appointed with adaptations currently being done to the house. This scheme has once more highlighted the organisation's ability to respond quickly and establish high quality services to replace the traditional models.

CUSS has always been committed to the development of high quality short-term care services and has striven to make such services a positive resource for people with learning difficulties as well as their families. As with many voluntary organisations, to some extent CUSS has not undertaken a campaigning role in recent years choosing to achieve change through the development of new services. Short term care workers have, however identified the need for a campaign to ensure that families and people with learning difficulties are able to take full advantage of such services. A decline in the use of short-term care has been identified as being due to the costs involved to families of having their relative use short-term care. At a time when the Government is pursuing a policy of community care it seems short sighted if those most in need are to be excluded from services on grounds of cost and CUSS would welcome support in their campaign to have this issue addressed.

As I have stated at the beginning of this report the 1990's is seen as a new era in the work of CUSS. A major programme of work in 1990's will focus on the development of work opportunities for people with learning difficulties. Within society, work is still one of the

main means by which we express ourselves as contributors as well as the means by which we gain financial reward which enables us to pursue our aspirations. To date this opportunity has not been available to the vast majority of people with learning difficulties. CUSS, therefore, views this issue as being the major challenge for the 1990's. Contacts have already been made with a number of individuals and agencies working in the area of supported employment in Britain, Eire and the United States in the hope that we can share and make paid employment a reality for people with learning difficulties.

While there are new areas of work for the 1990's the Executive realises that it is the existing residential, teaching and volunteers projects which still form the backbone of CUSS as an organisation and we wish to thank all the staff for their efforts and support over the year. In addition, we would like to thank all the individuals and agencies with whom we have collaborated both in South Glamorgan and the rest of Wales.

GERRY EVANS,
CHAIRMAN

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OBJECTIVES

Cuss is registered with the Charity Commission (No. 501938) with the following objectives.

Cardiff Universities Social Services (Gwasanaethau Cymdeithasol Colegau Caerdydd) is established for the preservation and safeguarding of mental health and for the relief of poverty and distress among the mentally handicapped by educating the community at large and students in particular by practical involvement in community service and community development.

* CUSS BECAME A COMPANY LIMITED BY GUARANTEE ON 19th APRIL, 1990. COPIES OF THE AUDITED ACCOUNTS FOR YEAR ENDED MARCH 1990 ARE AVAILABLE FROM 32 COWBRIDGE ROAD EAST, CANTON, CARDIFF CF1 9DU.

Designed by Jill Barker and Pat Ling. Printed by Fingerprints.

DIRECTOR'S REPORT

DIRECTOR'S REPORT

Having been in post for only 4 months this by necessity is more of an introduction than a report.

With the departure of Peter Tyn-dall and Gary Bye a large gap has been left in the organisation. I know that their expertise and commitment will be a loss to CUSS.

1990 is then a period of re-organisation and diversification. Pat Ling has been promoted from Assistant Administrator to Administrator and a new clerk/typist is being employed.

My first task has been to complete the Strategy Bids to the Joint Management Board for 1991. These have included an Employment Agency, Volunteer Organisers Network, Holiday Scheme, and a Core Funding Package. The success of these bids is obviously dependent on South Glamorgan's All Wales Strategy allocation.

Another major task has been the development of the Ty Gwyn Replacement Short Term Care house. A property has been purchased in Rhiwbina, architects drawings completed, and the building work is now out to tender. A Sub-Group of service providers and users has been closely involved with the work and, Touch Wood!, everything is proceeding smoothly. We feel confident that the house will be ready for April, 1991.

The past four months have been spent, in the main, familiarising myself with CUSS's organisation, procedures and personnel. It has also involved a great deal of learning, mostly concerned with the needs and realities of life in the Voluntary Sector.

FUTURE PLANS.

Broadly there are three main areas in which I feel CUSS needs to focus on over the next few years.

A review of our present services. Clearly all services need to respond to the changing needs of both users and prevailing political/economic environment. A series of reviews is planned for this year to: examine the possibility of developing new models of service provision, the adequacy of current staff/funding levels, and the effectiveness of present staff training and support needs.

Developing an effective Voluntary sector input into day services; to this end we have bid for money to establish a supported employment agency with the aim of facilitating access to open paid employment and focussing on people with severe learning difficulties. CUSS has been working in partnership with the Mental Handicap in Wales Applied Research Unit, who have a monitoring brief for such a service. We have also been closely involved in the county's own discussion on day service and employment initiative. There are clearly other areas in which the Voluntary Sector can improve the quality range of option available to people with learning difficulties.

FUNDING.

Traditionally CUSS has relied primarily on income received from direct Service Provision mainly from the All Wales Strategy. I believe that although this situation will remain for the next few years, with the lack of clarity that exists past 1993, we need to

be exploring avenues of alternative funding and income as soon as possible.

Finally I would like to state that I am looking forward to the challenges of the next few years, and of facing them in an organisation staffed with committed and enthusiastic people. If the next four months go as quickly as the last four, I will soon be sitting down to write a piece for the 1991 Annual Report.

JOHN GILKES,
DIRECTOR

ACCOMMODATION

Community Living Project

The inception of the Community Living Project can be found in the response by a group of student volunteers in the late sixties to media coverage highlighting the negative conditions experienced by people with learning difficulties who were incarcerated in large institutions. The students took the view that the "inmates" would have a much better quality of life if they had the opportunity to live an "ordinary life" in "ordinary housing" in the community. With this ideal in mind there followed a protracted period of negotiation and planning. Then in 1974 amidst a backdrop of some professional scepticism, they secured the release of five people and set up what was possibly the first Group Home in Wales. For the next nine years the group, comprising of three men and two women lived in accommodation provided by Cardiff University and were supported initially by student volunteers who shared the house, followed by Community Service volunteers and Manpower Service Commission workers. During this period the Area Health Authority and Social services combined to provide funding for a social worker to co-ordinate the project and contribute a professional input. CUSS's early pioneering work, not only enabled a small number of people to enjoy the freedom of life in community it also by its example set a precedent for integration which others in the field of providing services for people with learning difficulties have since been able to look to and learn from. In 1983 CUSS secured funding for the project from the All Wales Strategy enabling the present staff quota of five support workers and an

organiser to be employed. Shortly after in 1984 a new house in Canton was obtained through South Wales Federated Housing Association the three male members of the original group still reside there of the two original female members one returned to live with her parents shortly after the group moved to Canton and the other currently lives in a flat, and is still supported by the project,

Changes at the house.

There has been a change in the tenant group at the house in that our attempt to integrate a new resident, which constituted one of the main areas of the project work last year broke down. A decision was taken with the agreement of the original residents, staff and the young man concerned that alternative accommodation should be sought. He has since moved, the experience has highlighted how difficult it is to assimilate a "newcomer" into a group that has existed for over 15 years. It has also alerted us to the risks involved when decisions are made on the basis of needing to "fill a space" for financial rea-

sons, instead of focusing on the quality of people's lives.

At the Flat.

Last years report noted that the remaining female member of the original group was living in a two person flat on her own while a suitable new flat mate was being found. In the interim she was able to experience what it was like to live on her own which led her to decide that she would prefer help to find a flat for one person rather than us carry on looking for someone to share. Last October the arrangements were made for her to transfer to a studio flat where she is still a tenant. She has since taken tremendous pride in making the flat into her home and has done much to conquer the new responsibilities that her increased autonomy has brought. Having realised her ambition concerning her living situation her attention is now turning to concentrating on seeking employment. She attended the local skill centre for preliminary assessments. Her results were promising and plans are underway for her to attend for a longer period with a view to identifying and access-



ACCOMMODATION



ing appropriate opportunities.

Staff

There have been a number of changes in the staff during the past year, Dawn Stickler has left and was replaced by Lizzy Bray. Wendy France recently left to take up a day services post and Julia Robson has gone on to do the C.Q.S.W. course. Tony Wyatt and Ricky Elward have recently been appointed. The project has relied heavily on relief workers during periods when we have been understaffed and the team has been grateful for the good work they have done.

Progress.

Since all the projects clients elected to resign from the Adult Training Centre in 1987 there has been a gradual shift in work priorities from "home life" to concentrating on gaining access to day time activities in the community. This has necessitated that the team develop new skills in order to carry out much more outreach work. Increasing the focus has been on areas such as consulting with clients to carry out a much more global

assessment of their needs and stated aspirations, the identification of possible opportunities and resources, liaison with relevant agencies and monitoring progress. This arguably major increase in the teams workload is being addressed without any increase in staffing levels and the significant progress that has been made in this area has been made possible by their flexible attitude and a degree of goodwill. Subsequently in the past year all our clients have taken a number of positive steps "outside of their home". One man re discovered an interest in letterpress printing when all three men at the house took on the task of printing CUSS's Christmas cards last year, assisted by a volunteer. He then went on to work with a local printer as a volunteer himself, once a week and more recently committed himself to undertaking full time training in print making and book renovation. Another man has continued to make progress with his personal understanding and control of his diabetes which has enabled him to be less dependent on having a member of staff to always

accompany him and monitor his blood sugar levels. He has as a result succeeded in moving on from dance classes organised for people with disabilities to a class with ordinary students, which has added greatly to his self esteem. He also volunteers one day a week at a cafeteria where he is learning new skills, taking on new responsibilities and gaining a perception of himself as someone who does something for other people and contributes, no longer a such passive recipient of services. There has been a general improvement in the projects clients willingness to commit themselves to undertaking both new opportunities and mustering the enthusiasm to re tackle some of their longer standing problems our least assertive client has for example recently elected to attend a course on self advocacy, and another has given speech therapy another try with good results. All in all we are at least beginning to see genuine progress in the quality of our clients lives.

** Photographs by Anna Jauncy*

SHORT TERM CARE

HAMILTON STREET.

The last year of the Short Term Care project at Hamilton Street has been one of development and re-assessment. We are now in our thirteenth year of operation and our service is one that has been used as a model for many other such homes around the country. Hamilton Street has been fortunate in managing to maintain a stable, cohesive staff group, many of whom have been working within the project for over 5 years. It is this continuity of staff which we feel has been instrumental in the success and popularity of the home over the years.

The staff at the home see their job as primarily to provide a friendly welcoming environment for the people who choose to stay. One of the basic aims is to actively encourage people to express personal choice throughout their stay. Support and help is always provided when it is needed. Although we have no formal teaching brief, we find that when people are provided with the opportunity to do things for themselves and others within a positive environment of mutual trust and respect, they gain confidence in their own abilities. The stability of the staff group and the ensuing development of personal relationships built during stays has been a very positive influence for many people using the service.

The project enjoys a ratio of 3 staff members to normally 4 residents. It is this aspect which allows personal choice and interests to be catered for on an individual basis rather than in large groups. Full use of local amenities is made - cinemas, pubs, cafes, leisure centres. The duration of stays at the house varies from a weekend up to a fortnight. Most people who use the house attend Adult Training Centres while some people use community based day services. Up until the last 2 years the Short Term Care service at Hamilton Street was constantly booked to capacity at least 3 months in advance > over the last 18 months we have seen this situation change quite considerably. This change in pattern of usage can be attributed to 3 things. Firstly the opening of similar houses in south Glamorgan has eased the demand on the Service at Hamilton Street. Secondly, many of our regular users

have moved on to live independently in their own homes and thirdly the cost of staying at Hamilton Street has in real terms unfortunately become prohibitive for many of the families using the service. The cost of community based respite care is an issue which is being taken up by the organisers and staff of Hamilton Street and other Short Term Care houses in South Glamorgan. With the help of South Glamorgan Welfare Rights Service a comprehensive report has been drafted. This report has been passed on to the Welsh Office and it is hoped that the anomaly of only the most affluent families being able to afford Short Term Care will be redressed.

We are introducing new people to the service constantly. Referrals usually come from the local Community Mental Handicap Team with which we have close liaison. The length of the introductory process is different for each person and we proceed at the pace of the individual. Each new introduction will begin with an initial visit for a cup of coffee or a meal accompanied either by their carer or keyworker. For some people, numerous visits are necessary whereas others quite quickly feel ready to stay for a weekend and gradually build up to staying for longer periods.

Over the last year we have been preparing the house at Hamilton

street for registration with the local authority under the 1984 Registration of Homes Act. Some extensive alterations have been undertaken at the home to comply with the requirements of the Act. Our main aim throughout the lengthy process has been to ensure that the homely, non-institutional atmosphere of the home has been maintained. We feel that we have achieved this desired aim after extensive and careful discussion with the registering officers. Registration of the Short Term Care house is due to be completed by October 18th 1990. After that date we are entitled to have 4 people staying at the home whereas during the Registration process only 3 people have been using the home at any given time. As a registered home for people with learning difficulties the service will from time to time be monitored by the Fire and Environmental Health Department. Aspects of precaution and safety have been improved at Hamilton Street under the guidance of professionals in the field.

The service we offer at Hamilton Street is one which we are constantly working to improve and revise and we hope that developments within the project over the last year contribute to an improved and much needed service for those people who use the project and their carers.



SHORT TERM CARE

TY GWYN REPLACEMENT

BACKGROUND

INFORMATION.

In 1988 South Glamorgan decided as part of its planning for the All Wales Strategy to offer the opportunity to all those people living at Ty Gwyn Hostel, to move to homes of their own choice in the community. All the residents have since moved out and the hostel is no longer used as a permanent home. In addition to the hostel providing permanent accommodation it had also been used for short stays for people who live with their families within South Glamorgan. The need for this service to be replaced by a community based one was identified, and CUSS were approached by South Glamorgan to establish a service to meet the needs of the people who currently used Ty Gwyn as well as offering short term care for people within the county who were not receiving this service due to other short term care houses closing their books, due to demand.

A survey of short stay usage indicated that a house would be required to accommodate people who use a wheelchair or with more personal needs. A Project Organiser was appointed in April. Members of the Sub-group and CUSS staff set about finding a suitable house which would be situated in the north of Cardiff, have ground floor access for people staying and be close to local amenities.

The organiser took over the day to day management of Ty Gwyn as it was considered the best policy to continue the short stay service there until an alternative house was set up.

The first few months obviously

did not go without a few difficulties, as Ty Gwyn closed as a permanent home there were only a few staff to continue the Short Term Care service, luckily we were able to use very reliable relief workers who kept the service ticking over until we were able to appoint new staff. Finding a house proved to be a lot harder than we initially thought but with determination and numerous visits to estate agents we achieved this task.

STAFF

We advertised for four Support Workers in June and were able to appoint four who commenced at the beginning of August. A Deputy Organiser was also appointed to work part-time as he is presently seconded to CUSS from South Glamorgan as he is currently undertaking a C.S.S. course. All staff undertook a two week induction programme which proved successful and all staff felt it to be of great benefit when starting a new job. Unfortunately we have since lost two members of staff for personal reasons, we have recently advertised for the two positions and hopefully they will be able to start Mid-November. Following appointment we are planning to organise a two day team building workshop later in the year.

We will be appointing a further five Support Workers in March, 1991 which will bring the team up to eleven members, which be perfectly adequate to enable us to provide a quality service when we move to our new house.

Although we have encountered a few teething problems with staff over the past months, the service itself has survived and is working very well. The relief

workers that we are using have proved very reliable and are an important component of the staff team.

THE HOUSE

In August we purchased a house which would replace Ty Gwyn for Short Term Care. The house as it stands is a four bedroom detached bungalow situated in Rhiwbina. It is close to the local amenities, i.e. shops, cinema, pubs, leisure centre and within easy access to the centre of Cardiff. An architect has been involved from the beginning and he has recently drawn up plans to convert the house to meet clients' needs. Adaptations inevitably will have to be made to accommodate people who use wheelchairs and an Occupational Therapist is presently invited to pass on her expertise in this area.

The house when completed will accommodate four people staying plus two staff sleeping-in. We will have two ground floor bedrooms with easy access throughout the house for clients with mobility difficulties.

The building work has gone to tender and once the building work is completed the fun part of the project begins. This will include involving people in choice of furniture, colour schemes etc. The plan for the house in Rhiwbina is to offer places for up to four people at a time. However, having four services users would make registration with the Local Authority necessary, and this would involve contacting the local Registration Office, Fire Officer and Environmental Health Officer to ensure the house has certain standards. This apparently shouldn't cause too many problems due to the adaptations being made.

SHORT TERM CARE

SUB GROUP

When people were aware that Ty Gwyn was being replaced a Sub-Group was set up to become involved with its replacement. From the beginning of the project we have been lucky to have an exceptionally active Sub-Group. The members include the Project Organiser, parents of service users and members of both the North East and North West C.M.H.T.'s. The group are extremely supportive and very enthusiastic of the new project. They meet at regular intervals and have been involved in choosing the property, interviewing staff and deciding on the design plans of the house. We hope that the involvement will continue once the project is up and running.

THE PROJECT AT PRESENT

There have been dramatic changes for everyone involved in the project over the past few months i.e. closure of Ty Gwyn, change over the management,

appointment of new staff, locating a new house etc. etc. and it has been quite difficult to sit down and think of what we want to achieve over the next six months. One main concern is to be able to provide a quality service whilst at Ty Gwyn, ensuring that service users enjoy their stay and benefit from it, and at the same time reassuring carers that the service we are providing will meet their needs. Staff at present are building relationships with both clients and carers and we are sure this will be a major advantage when the time arrives to move. Our main aim at present is to ensure that the transition period from Ty Gwyn to Rhiwbina (hostel to community based house) is both smooth running and a positive way forward.

LOOKING TO THE FUTURE

The move to the new house in the Spring will inevitably bring fundamental changes and we are aware that it is vital to keep

all people involved with regular updates. We are hoping to take new referrals from April onwards, we fully understand that individuals need time to acquaint themselves with a new house hence the decision to hold back referrals until the house is operational. The booking system which is currently undertaken by South Glamorgan will be passed on to CUSS in April and with a new administration worker all administrative support will be CUSS's responsibility.

The main areas we will focussing on in April, 1991 are:

The ability to accommodate new service users who wish to use short-term care within the county.

To provide provision for existing service users who currently use Ty Gwyn, to familiarise themselves and carers with the new house.

To be actively involved in staff training and building a good team.

To introduce a link worker system, whereby each team member will be responsible in maintaining regular contact with a group of service-users and their carers.

To provide a day care for service users who require Short Term Care but do not attend a day centre.

To provide a quality service which will meet the needs of both service user and their carers.

All things considered, April, 1991 is going to be an exciting period for both CUSS and the people who will be using the new service and fingers crossed everything will run smoothly.



SHORT TERM CARE

ARFON

The Arfon Short-Term care service is based in an ordinary house in Penrhosgarnedd in Bangor. It is a fairly large house, where up to 5three people with a learning difficulty can come to stay at any one time. From the outside the house looks no different from the others in the street, but minor alterations were made inside the house to provide a bathroom and bedroom on the ground floor so that someone in a wheelchair or who has difficulty with stairs is able to come to stay.

All the people who come to stay at the house are over sixteen and live in Arfon. Most people live at home with families, but we do also cater for a few people from a local hostel. People can stay at the house from as little as one night and up to a maximum of three weeks, and people can also come for occasional visits to tea or for a day or evening. How often someone comes to stay and for how long is left as far as possible to the individual and their family - though it is obviously affected by demand from other people who use the service.

The house has been open for two years, and in that time we have had over fifty different people who have been to stay with us, and there are currently about ten others who have begun their introduction to the service, but have not yet stayed overnight. When people come to stay they are encouraged to take part in a wide range of activities, which have included swimming, fishing, walking, visits to the cinema or museums and so on. We have a fairly good staff ratio, and there are usually two staff available at any one time. This means we are

able to encourage people to take part in leisure activities of their choice, and also take part in the general running of the house such as shopping, cooking or cleaning, if they wish.

If someone staying during the week would normally go to school or work then transport can be arranged to allow them to continue this, but there are staff available if someone does not go out during the day. before someone comes to stay for the first time an introductory form is filled in so that staff know how much help individuals need and what their interests are. We try to keep this information up to date through contact with families and carers between visits.

When the North Wales projects began three years ago it was anticipated that CUSS would set up the house in Arfon, assist in setting up the house on Ynys Mon and set up some kind of management group to run the two houses and that all this would be achieved in six months. For various reasons the purchase, conversion, furnishing and staffing of the project took longer than anticipated, and it was September, 1988 before the houses were ready to receive people to stay.

The issue of management and administrative support for the projects also became somewhat complicated. At the outset it had been thought that the projects would have their own individual management groups, which later merged into one group for the two houses. However, as the two CUSS short-stay houses were developing Gwynedd as a whole was talking about a wider programme of housing development for people with learning difficulties and some form of housing trust to manage this.

The outcome of many debates within the county was that Gwynedd would invite Cartrefi Cymru to establish and run a programme of housing developments within the county. As part of discussions between CUSS and Gwynedd it was agreed to ask Cartrefi Cymru to take on management of the two short-stay projects, to which they agreed. As with so many developments connected with the projects the dates at which things were expected to happen have had a habit of shifting. Discussions about the handover began at the beginning of this year, with an anticipated move to Cartrefi Cymru at the beginning of April. Unforeseen circumstances have moved the date back, and it now seems unlikely that we will meet the last date set of the 1st October. The handover should occur before the end of this year, by which time the projects will have been running successfully for 27th months and will be well established in the local pattern of services.

CUSS's involvement in setting up the house in Arfon has been much appreciated in the area and the stability of continuing management has benefited both the people who come to stay at the house and the staff team. The fact that the service is running well is reflected in its popularity with users, as we will (probably) not be with CUSS next year I would like to take this opportunity to thank everyone for their support over the last three years.

SHORT TERM CARE

Ynys Mon.

The CUSS short stay house in Benllech Ynys Mon has now been functioning for two years. As we enter our third year we can look back on twelve months when the house has been fully booked for the whole period. The only closure was for a period over Christmas. By popular demand we reopened in time for New Year when we had visitors who would otherwise have spent the whole of the festive season alone.

Staff.

There have only been two changes of staff over the past year and they unfortunately occurred concurrently. At the end of June one member of staff commenced maternity leave and she has just had a baby daughter. In August a male member of staff who had been with us almost from the start of the project left to develop his career in social work, even though he continues to work in relief capacity. His replacement has just been appointed.

Administration

The negotiations to acquire an office within the Ynys Mon Community Mental Handicap Team at Llanfairpwllgwyngyll were completed early this year and both the Arfon and Ynys Mon Short Stay Organisers subsequently moved into greatly improved office accommodation. This new arrangement has facilitated the organisers access to social workers and other members of the team.

Social Events

We have held several social events throughout the year. In early December we organised a disco in a local village hall. One of the main elements of this

function was the degree of support and participation we received from the local community. The spring coffee evening in March to which all parents and carers were invited enabled the people who use "Casita" and prospective new clients to talk informally with members of staff in what was a very relaxed and friendly atmosphere. The beautiful summer weather encouraged us to have a barbecue and disco in the garden of the house in late July. Despite an unexpected downpour during the morning and afternoon of the appointed day the skies cleared by 4pm which meant the whole event which had taken so much time and planning by both visitors and staff was a great success.

Development

It has been most encouraging to see individuals who have been coming to stay since the project started gaining in confidence and independence. We have also welcomed several newcomers to the area who have been introduced to the service and we

continue to receive new referrals from the Community Mental Handicap Team. A year ago we had anticipated that the administration of the two short stay houses in North Wales would have been transferred from CUSS to Cartrefi Cymru. At the time of writing this process has not yet been completed though it seems probable that this report will be the last to be presented under the management of CUSS.

The Future

1990 has witnessed an expansion in the number of people who use the facility and in the range of activities on offer for those who come to stay.

As the range of provision for people with learning difficulties on Ynys Mon expands we hope that "Casita" will continue to offer individual care and support for the members of the community who make use of and benefit from the service we provide.



COMMUNITY TEACHING

COMMUNITY

TEACHING SERVICE.

The Community Teaching Service provides a service for people with learning difficulties living in the east of Cardiff.

The aim is that people with learning difficulties should become more independent by being integrated into the community, with support from the Community Teaching Service.

The project has two community teachers and an organiser; Lisa Tucker joined the team in March, 1990.

REFERRALS.

Referrals are received on a regular basis and are received from a variety of sources i.e.

Day Centres Special Schools Ely Hospital - Resettlement Team University of Wales Hospital Community Mental Handicap Teams Employment Agencies People with Learning Difficulties Social Workers.

The criteria for acceptance is that the person is over 16 years of age and lives in the east of Cardiff.

A referral will only be accepted where there is a definite skill to be taught. The goal should ideally come via an I.P.P. where feasible. The organiser and teachers will be invited to I.P.P. meetings.

Priorities will be given to :-

People with no day-time service.

People who have recently moved to independent living accommodation, or who may do so in the near future.

To people where the identified skill can be utilized in their day to day lives.

TEACHING

Team meetings are a very important part of the Community Teaching Service, these are held on a weekly basis when referrals and any other matters which may arise can be discussed.

Initially a meeting is set up between the service user and his/her family to discuss where and how the skill will be taught. We try to ensure that skills are always taught where they are going to be used. The duration of the teaching is always set in advance and is part of the contract with the user. Carers are also made aware of the duration of the contract to ensure that there is no false expectations of the nature of the service offered. We are keen to avoid the service developing in such a way as to mask deficiencies in day activities or other domiciliary services. The normal maximum contract is for six

months although in some cases we do carry on longer.

Some of the teaching skills required are as follows:-

Bus Training, Budgeting, Shopping, Road Crossing, Cookery, Community Classes and Telephone skills.

DEVELOPMENTS

Sub-Groups have been formed for all CUSS projects. The function of the Community Teaching Service Sub-Group is to develop an overall direction for the service. In addition the Sub-Group are responsible for monitoring the quality of the project.

In the past year the Sub-Group has reviewed and modified the Operational Policy to reflect changing needs, and work is continuing on a new referral system.

NEWSLETTER.

This year Community Teaching



COMMUNITY TEACHING

Staff decided to put together our first Newsletter. The contents were:-

Community Teaching Service
History Staff News with Photographs
Summer Days Out
Contact Information
Client News

The Newsletter, which will be produced quarterly, was given out to parents and professionals at our Open Morning.

PARENTS INFORMATION MORNING.

In September this year an Infor-

mation Morning was held at Plasnewydd Community Centre. The aim of the day was that parents could get together with Community Teaching Staff and find out more about the service which we offer.

Staff worked hard preparing for the morning. The CUSS video was shown, photographic displays of clients' work and general information was presented. The morning was beneficial and parents welcomed the opportunity to meet other parents and professionals.

With the success of our 'Open Morning' this year, we plan to organise a similar presentation early next year.

CONCLUSION.

The service has continued to maintain links with a number of agencies, i.e. C.M.H.T.'s, Local Planning Groups, Student Volunteers and our aim is that we shall continue to monitor progress in the coming year, so that people with learning difficulties can maintain higher levels of independence and improve

VOLUNTEER PROJECTS

VOLUNTEER PROJECT

After 21 years of the volunteer project how do you start a report which heralds the beginning?

How do we equate the large organisation we are all part of today?

We must recognise the importance of that foresight which created CUSS. It is hard to imagine what the lives of those people with learning difficulties would have been like without the opportunities CUSS has provided and the use of volunteers enabling this.

The Sub-Group has played a major role with the developments of the Volunteer Projects.

CUSS volunteer projects exist to unite the student community in understanding, learning and working together and also to bridge those huge divides between "Ability" and "Disability".

Wednesday Project

The coming of age of the Wednesday project which still provides a break and an opportunity for people with learning difficulties who are in Ely Hospital to be part of the community. It also enables them to gain more independence and form friendships. Over the last year the working party was evaluated and here are some comments which people have said:-

" Very enjoyable, rewarding and educational". " Achieves its aims in that it enables people with learning difficulties to take part in activities they want to ". " Integration" " Gives student a broader outlook". " Its non Statutory" " Sharing experiences" " Getting to learn about Communicating" " I enjoyed it"

The Wednesday Project has now developed a Job Description and has become more professional after 21 years.

JOB DESCRIPTION

WEDNESDAY PROJECT VOLUNTEER

Purpose: To enable people with learning difficulties from Ely Hospital to gain more independence and to form friendships.

RESPONSIBILITIES:

To encourage people to make decisions and choices and enable them to put them into practice.

Provide a range of varied activities.

Give feedback to the Volunteer Organiser on your work

Tell the Volunteer Organiser if your level of commitment changes.

YOUR RIGHTS AS A VOLUNTEER

Choose the level of commitment you want to give.

To have adequate training to cope with the demands of the project.

To have support from the Volunteer Organiser as and when required.

VOLUNTEER PROJECTS

THURSDAY PROJECT

From the early 70's to the early 90's we have seen a dramatic transformation from segregation to integration at the Thursday Youth Club which is held at Plasnewydd Community Centre now. An outside Arts based team have now come in to the centre to develop a programme for personal development but one which also ensures that members join in because they like what is on offer and which reflects their abilities. The student volunteers enables the children to participate with the activities such as ceramics, printing, sports etc.

There are now between 30-60 children who attend youth club. The volunteers at this project took over the running of it completely. Thus the volunteers enable the children attending the club to have fun and they provide a safe place where children can meet and develop their own interests. Provision is made for a variety of activities to be enjoyed. Integration is encouraged between local youths and young people with learning difficulties and also encouragement is given for self determination and participation amongst them. Volunteers also try

to enable young people to take accept and handle responsibility in the participative process. Volunteers are also made aware of listening skills and try to stimulate individuals attention and to support them where and when necessary.

A volunteer has been known to say " I found it very 'educational' and have had a great time in the process- Thank You!"

BEFRIENDERS

The aim is to enable a Person with learning difficulties to develop recreation interests and to give them real opportunities to make friends and enjoy leisure pursuits.

During the period of time in question CUSS has seen a number of people becoming involved in befriending schemes throughout Wales. This project is very much in demand, however there is a small number of committed volunteers who regularly "befriend" someone. A befriender in Llanelli wrote:

My Right

I am you,
You are me,
Help me find humanity,

Out in the community,
I accept you,
Now you accept me,
Help me keep my dignity,
Out in the community.
I could be you,
You could be me,
I am you,
You are me,
We are the community.

Helen Emmanuel St John Lloyds School.

One of the CUSS volunteers got, " A tremendous amount of satisfaction and feels a lot more confident as a result of it and all my preconceptions about people with learning difficulties have disappeared. I have got experience, enjoyment and awareness".

HOLIDAY PROJECT

Due to the lack of funding only one holiday took place during 1989. A diary kept by one of the 5 intrepid explorers, was written and is available from Angela Ross.

PERSONNEL

TRUSTEES

D. Greensmith
M. Hibbs
C. Horrocks
S. Cox

EXECUTIVE

G. Evans Chairperson
M. Pendlebury Treasurer
B. Gregory
N. Host
N. Taylor
J. Noble
T. Newman
D. Felce

STAFF

J.H. Gilkes Director
P. Ling Administrator

L. Ivory Community Living Organiser
S. Pearse Support Workers
L. Bray
K. Donaghue
T. Wyatt
R. Elward
H. Laity Short Term Care Organisers
M. Williams
R. Cowper Support Workers
P. O'Neill
N. Syngajewska
P. Davies
L. Milza
L. Donovan Community Teaching Service Organiser
K. Eccleston Community Teachers
L. Tucker

C. McNeill Short Term Care Organiser (Ty Gwyn)
K. Deacon Support Workers
S. Donnelly
M. Edwards Short Term Care Organiser (Arfon)
T. Roberts Support Workers
E. Richards
S. Gallagher
A. Roberts
N. Jones
S. Williams Short Term Care Organiser (Ynys Mon)
M. Gallagher Support Workers
N. Butler
E. Denley
G. Williams
A. Ross Volunteer Projects Organiser.