



REDBRIDGE FORUM FOR CARERS OF ADULTS WITH LEARNING DISABILITIES

Date: Monday 21st December 2020

To be held virtually on Zoom

Meeting ID: 426 583 8313

Passcode: Rforum

Time: 18:30 to 20:00

(The Zoom session will be open from 18:15)

What is this about? The ongoing pandemic has been challenging for everyone, and it has been particularly challenging for informal carers. Redbridge Forum in Partnership with Redbridge Council will be hosting a forum for carers who support people with learning disabilities within the London Borough of Redbridge.

Who is the event open to? This event is open to all people who provide informal care for adults with learning disabilities within the London Borough of Redbridge.

What will the event cover? We will be providing information, advice and guidance on the pandemic including the arrangements of the holiday period, support and services available, how to support your own mental health and wellbeing with an open question and answer session at the end.

Who will be speaking? Speakers will be from the local Public Health and Adults Social Care Teams.

For support in attending or further information please contact Redbridge Forum on the following details:

Via Email: Nandhini@redbridgeforum.co.uk
chris@redbridgeforum.co.uk

Telephone: 07879 513798 if you are having problems on the day.

REDBRIDGE FORUM FOR CARERS OF ADULTS WITH LEARNING DISABILITIES

Date: Monday 21st December 2020
To be held virtually on Zoom
Meeting ID: 426 583 8313
Passcode: Rforum
Time: 18:30 to 20:00
(The Zoom session will be open from 18:15)

Item No.	Time	Topic	Lead
1	18:30 – 18:40	Welcome and Introduction	Bradley Ramsey, Strategic Commissioner for Learning Disabilities, Mental Health and Autism
2	18:40 – 19:00	Public Health Updates	Abbie Imakumbili, Principal Officer for Health Protection
3	19:00 - 19:30	Services and Support for people with learning disabilities and their carers	Bradley Ramsey, Strategic Commissioner for Learning Disabilities, Mental Health and Autism
4	19:30 – 19:45	Supporting your Mental Health and Wellbeing	Pamela Nyki, Public Health Principal and Lead for Mental Health
5	19:45 – 20:00	Question & Answer Session and closing	Bradley Ramsey, Strategic Commissioner for Learning Disabilities, Mental Health and Autism

For support in attending or further information please contact Redbridge Forum on the following details:

Via Email: Nandhini@redbridgeforum.co.uk
chris@redbridgeforum.co.uk

Telephone: 07879 513798 if you are having problems on the day.

