






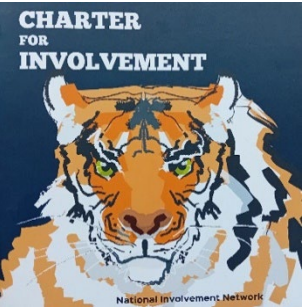


About Local Citizen Panels







About Local Citizen Panels

	<p>This document is for anyone with a learning disability who is interested in the Local Citizens Panels (LCPs) in Scottish Borders.</p> <p>It is also for their family carers.</p>
	<p>It tells you:</p> <ul style="list-style-type: none">• what the LCPs are• why they are important• how they work.

What are Local Citizen Panels (LCPs)?

 <p>Scottish Borders Health and Social Care PARTNERSHIP</p>	<p>LCPs support people to be involved in the help that they get, in the organisations that provide their services and in the wider community.</p>
	<p>Scottish Borders Council and NHS Borders support the Charter for Involvement.</p> <p>The Charter sets out why it is important for people to have a say about services.</p>
	<p>Health and social care services must listen to the LCPs. They must answer questions and explain what they are going to do to make things better.</p>
	<p>Panel members can get involved in other groups and meetings with Scottish Borders Council and NHS Borders if they want to.</p>

How LCPs work

	<p>There are five LCPs in the Borders</p> <ul style="list-style-type: none">• Berwickshire• Kelso and Coldstream• Hawick and Jedburgh• Galashiels and Selkirk• Tweeddale <p>They meet 4 times a year.</p>
	<p>You can join your local LCP if you</p> <ul style="list-style-type: none">• live in Scottish Borders• have a learning disability• are 18 or over (or 14+ if you are working on a plan for leaving school)• you are a family carer for someone who has a learning disability.
	<p>Each LCP has a Chairperson and a Vice Chair.</p> <p>Their job is to help the meetings run well.</p> <p>All the Chairpersons and Vice Chairs will have a chance to meet and share news and views.</p>
	<p>Support workers can come to meetings to help the person they support.</p> <p>They are not members. They cannot take part or say what they think.</p>

About LCP Meetings



Meetings last for 2 hours with a break for tea and coffee.

Every member will have the chance to speak about the things in the agenda.

They can suggest what they would like to talk about next time.









At each meeting, the LCP will decide what will be on the agenda for the next meeting.

Members might agree they would like someone to come to the next meeting so you can ask questions or get more information.



Minutes of the meeting are sent out afterwards.

Taking Part – what you need to know

  	<p>More than three people have to be there for meetings to happen.</p> <p>Members should try to come to each meeting and bring information they have been sent.</p> <p>Contact us If you cannot come or need help.</p> <p>We can help with travel if you need it.</p>
 	<p>Members at each meeting will have a red card and a green card to help them.</p> <ul style="list-style-type: none">• red means I have a question. It also means I do not understand.• green means I want to speak. The card can also be used to vote on something.
	<p>The Chairperson makes sure everyone who wants to speak gets a chance to.</p> <p>Members will take turns to speak and to listen.</p> <p>Not everyone will agree, but that is OK!</p>

Here to help



The LCP Development Worker Eileen is here to help. She will

- keep in touch with LCP members.
- organise meetings with the Chairpersons and Vice Chairs.
- send letters, agendas and notes.
- contact people you want to speak to and ask them to come to meetings.
- find new members.
- support members as much as possible
- organise training for members.
- spread the news about the LCPs.
- help get the answers to your questions.

Get in touch!



If you want to know more about the Local Citizen Panels, please contact Nicola.



Call Nicola on 01896 757290



Email lcp@borderscarevoice.org.uk



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