

LC is 30 years old and has been with the Hub for a number of years. She has severe non-verbal Autism, ADHD, OCD and anxiety. LC had funding for attending the Hub two days per week from the Local Authority. LC was one of seven children, all autistic and she has a younger brother with very complex needs. This is a huge strain on Leigh's mum who has minimal respite.

If LC becomes frustrated or dysregulated, then she may begin to scream loudly whilst pulling her lower jaw down, bouncing and rocking. On rare occasions she has injured a member of staff. Her OCD can take many forms, but is typically getting up, running down corridors, switching lights on and off and opening and shutting doors several times. Her behaviour can distress and trigger other adults with learning disabilities and autism. One person, in particular, will shout and thump their desk or bang their head against the desk when LC is screaming and running around. Others may feel uncomfortable being in a group with her and ask to change to another session.

Before we had a Wellbeing Co-ordinator LC would have probably continued coming to the Hub two days per week and would have made some progress but certainly would not have reached her full potential. Having this new post has meant we have greater capacity to make a real difference to people like LC.

As a result, working alongside LC's mum we have persuaded:

- the Local Authority to fund LC for 4 days per week at the Hub, giving mum invaluable additional respite
- the Local Authority to fund, a much-needed and long overdue 1:1 Support for LC and the Hub has created and appointed this new post
- the Local Authority to allocate a Social Worker re LC

This has then resulted in a Learning Disability NHS Specialist Nurse visiting LC at the Hub to advise what interventions LC's mum and the Hub can put in place to lessen her anxiety, extreme behaviors and OCD etc. In addition, representatives from the NHS Learning Disabilities Occupational Therapist and NHS Learning Disability Psychology Team are now visiting LC to observe her and to recommend future interventions.

These specialists have in the past extremely rarely visited the Hub. Now we have a much better relationship supporting parents and working with specialist teams for the benefit of our trainees. This has only been made possible with the introduction of a full-time Wellbeing Co-ordinator. With LC it is still work-in-progress but by working alongside parents and specialists we are confident that we will be able to lessen LC's behavior incidents, anxiety and OCD.

LC now has access to things she was unable to before. Her favorite new activity is riding therapy horses which is fantastic for her mental wellbeing.