

FROZEN LIGHT

Frozen Light Podcast

Episode Eleven – Interview with Reflect PMLD

- Lucy:** Hello, and welcome to the Frozen Light podcast.
- Amber:** A podcast aimed at staying in touch with the PMLD community in the age of coronavirus.
- Jingle:** *Jazzy piano music*
- Lucy:** So hello. I'm Lucy Garland and I'm one of the Co-Artistic Directors of Frozen Light.
- Amber:** And I'm Amber Onat Gregory, the other Co-Artistic Director of Frozen Light. Frozen Light is a theatre company that tours multi sensory theatre around theatres and art centres across the UK. We're currently not on tour but we are talking about going back into rehearsals in September which is new, nerve racking and exciting and obviously we're not sure exactly how these plans will develop but we will keep you informed.
- Lucy:** And also we're not sure when we'll be able to tour that but if anybody has any thoughts or advice please do get in touch with us at info@frozenlighttheatre.com. So before we introduce our guest there's been some exciting news this week. We were pretty excited. It was announced that a changing places toilet will be made compulsory for new buildings in England from 2021.
- Any new public building. So this means that in building regulations it will become mandatory for there to be changing places. Now if you don't know what a changing place is, it is a large accessible toilet. It has a changing bed, a hoist, it has a privacy area for somebody to have a carer come in and support them, and for many of our audiences standard accessible toilets aren't accessible.
- Because to be able to use an accessible toilet you need to be able to get out of your wheelchair and transfer on to the toilet but a changing places means that everybody can have the right and dignity to access a toilet. So this is really exciting news. Obviously the fight isn't over. We still need changing places in existing buildings but I think this goes some step of the way for the world, well England, to become more accessible to people with disabilities. So we're really excited about that.
- Amber:** Come on Wales and Northern Ireland, you're next because this regulation

is already happening in Scotland.

Lucy: So we are watching you. We are aware that this podcast has gone out several weeks after the changing place announcement, but it felt really important to mention it because for us and for our audience this is really, really super exciting news.

Amber: And also I think it's really important to celebrate any wins really even though everything won't change overnight but there's been so many campaigners like Sarah Brisdion and Laura Moore who have campaigned so hard for this change to happen. They've even done things like sit on toilets all day long. Dressed up like poo on a busy high street. So it's great to see real life campaigning has had an impact.

Lucy: So really exciting.

Amber: In other news Birds of Paradise have started a new podcast and as fellow podcasters we're delivered to share this news. It's called BOP On The Wire. It's a podcast that interviews disabled artists in Scotland and it's hosted by Robert Softly Gale who is the Artistic Director of Birds of Paradise and Jack Hunter who is a Comic and Actor. So please do check it out. BOP On The Wire. It's on all of your usual podcasting apps.

Lucy: So on today's episode we are interviewing Cath, Steve and Mark from Reflect PMLD and Reflect PMLD is a day centre service for people with profound and multiple learning disabilities in Somerset.

Amber: We'll just give them a ring now.

Phone ring: Phone ringing sound effect

Lucy: So hello, welcome to the Frozen Light podcast. We've got Steve. We've got Cath and we've got Mark from Reflect PMLD. So can you introduce yourselves to the listeners?

Steve: Yeah, I'm Steve. I spent many years of my career working with Somerset County Council's learning disability services. I took early retirement about three, three and a half years ago with no intent of getting back into services at that point really but through a whole set of circumstances, and I'm sure we'll talk about those a bit more, got back into working with Cath and Mark, and a group of people about 18 months two years ago now.

Cath: Hi, I'm Cath. I trained as a Speech and Language Therapist and worked as a specialist in adult learning disability services for quite a few years and within that I had a specialism for people with profound and multiple learning disabilities. I left 15 years ago to do some work overseas, voluntary work overseas and that turned into paid work so I've been doing

a mixture of work in the UK, and work for other organisations abroad.

And then this opportunity came up. We started to talk about it about 18 months ago. There was a gap in the service and it was something that I really wanted to get involved in and I knew we could do a good job of.

Mark: Hello and I'm Mark Blaker, I'm 27 years a parent carer. My background really apart from that is, or relevant background is really in campaigning, voluntary organisations, carer support organisations in Somerset and generally making a nuisance of myself.

Lucy: That sounds as if you guys all bring like huge amounts of skills and experience to the table so I'm really excited to hear a bit more about the service.

Amber: And Reflect PMLD is a relatively new service, there are such few organisations specifically for people with PMLD, how did the organisation come about?

Steve: It was really on the back of the closure of a big day service in Taunton, a place called Six Acres. A place [unintelligible 00:06:16] link with a place that Mark and Cath knew very well too and I guess it was around about November two years ago the closure was announced and families basically were left to get on with finding alternatives for themselves.

We realised the three of us sort of were aware of that. I'd been speaking to Mark for a little while about setting up a totally different kind of service based around food and training. Mark knew that Cath was available as well. We became aware that there was a group of families with sons and daughters with PMLD who with two or three weeks to go before the closure had absolutely no alternatives available to them.

And that really prompted us into some fairly swift action. So within two or three weeks we managed to sort some space at a local leisure centre. That was about the only place in Taunton that had an accessible shower and toilet, as everywhere there's a real sort of lack of those, so we saw some space. I'd certainly kept in touch a number of staff who I knew shared our passion for working with people with PMLD.

They were available and came across to work with us. Most amazingly we met with a group of families and although they knew quite a bit about us the most amazing thing was that they were prepared to put their trust in us in setting up this brand new service and taking a chance on entrusting the care of their loved ones to us.

So as I say within a very short space of time we had our first place set up. We started with a very small number of people and have grown from there

really in the space of 18 months to now having two bases, significant number of more people, although we've always said we will keep it small. Never more than six to eight people in any one base and always on the basis of one to one staffing. So we were very clear about the model from the start.

But it was really a matter of necessity. If we hadn't developed and delivered the Reflect PMLD service we're not sure how those families would have coped going forward.

Amber: I'm enjoying the move from food and training to what the service now is, that's quite a bit shift, but what's so great is the fact that you were responding directly to a need in the community which is surely how all local organisations should be set up really.

Mark: I think the common theme between those two things, the desire to set up a service that was based around training and real world employment, and that kind of thing, and the service that we set up with Reflect was that the very simple principle that we knew that things could be better. So we had a look at the world out there and we saw what was being provided across the board and we were very keen to actually do something that was progressive.

But the real big need did emerge as being in this particular point in the spectrum of disability and that's what we had to respond to.

Lucy: And you responded quickly.

Mark: Yes, yes.

Steve: Yeah, we did absolutely including obviously having to buy basic equipment and all sorts of supplies but we got there, and it was amazing. I don't think we ever expected to be able to do anything that quickly, and I think pushed in part as well, and Cath you'll have more to say about this than me, by our realisation and my realisation through all my years in services people with PMLD tended always to get a second best deal.

They always got left behind when it came to developing services and looking at resources. They were always the group of people in a corner of a day centre somewhere. They might have been getting good personal care and good sort of practical input but in terms of development not a lot. And Cath you were one of the first people in Somerset to change that weren't you?

Cath: That's very nice of you say Steve. This is a group of people that I'm really passionate about so had Steve and Mark been setting up a service around food or a cafe I probably wouldn't have got involved with any passion

because it's the group with profound and multiple learning disabilities that do get left behind and yet they have such great potential if you get services right.

Lucy: Absolutely, and that's why we set up Frozen Light, for the exact same reason. I spent a lot of years working in adult social care and seeing that exact same thing, and the same with children. So we really set Frozen Light up to kind of address that but what we've been loving about seeing on Reflect PMLD, and we'd love to hear more about, is how you incorporate intensive interaction and sensory storytelling into your day services because it's something we use in our production so really interested to hear about that.

Cath: I can talk a lot about intensive interaction. The sensory storytelling is always, from my point of view, because I was a Speech and Language Therapist when we started the intensive interaction and interventions, and it was always really arty people who did that and I didn't feel that confident in promoting myself as an arty person. But the intensive interaction is the basis of what we do every day all day and that's one of the reasons why we have one to one staffing, so that we can consistently respond and listen to, and observe and notice people's signals.

The ones that have been overlooked in the past for so long and so intensive interaction, we interaction runs right through our week in the way that we assist people with food or with personal care. The staff spend a lot of time on the floor with people on their mats. We have a real emphasis on being with people and not just doing to people.

And then in both of our centres we have a dedicated intensive interaction session once a week, just for the sake of mentoring new staff, making sure that we get weekly videos so that we can evaluate progress over time. But you could walk into either of our centres, either of our rooms, any day of the week and you would see intensive interaction consistently happening.

And the sensory storytelling we have this great guy who also just set up at the same time as we did. A Special Needs Teacher who has taken early retirement, who also happens to be Mark's brother who comes in to do sensory stories and he is just awesome and the staff have been consistently learning from him about how to be more creative in what they offer on a daily basis.

And the lovely thing about lockdown is that his peripatetic work has really had to stop and so we've had him three days a week. So it's brought a real richness into the service during lockdown which has been fabulous.

Amber: And what's his name?

- Cath:** That's Peter Blaker. His company is called Starfish.
- Amber:** Okay, brilliant. If we can find it online we'll link it to our show notes. And just listening to you talk about how tailored your support is for people with PMLD which I really do think it's so unique and it really shouldn't be that unique, it should just be something that happens, do you provide any training to any other service providers?
- Cath:** We have done. We've offered two lots of intensive interaction and early communication skills to organisations. Really happy to do so and happy to become a South West base for that kind of provision. I think there's not a lot of money been around for other services to access training but it's certainly in our plan for the future. To have training there and provided and to have the resources to do that.
- Steve:** I think I'd add to that as well Cath that there are some organisations big and small, lots of them actually, who still fail to recognise the value of intensive interaction and that approach to working. I've visited providers in the not too distant past who are talking about buying makaton in for the first time for a group of people with PMLD which may be meaningful in some part for one or two but even if they're aware of intensive interaction I think it's partly what you were saying Cath, that necessity of being with people and spending time with them, and as a view I think in some quarters that somehow that's staff being lazy when they should be doing the washing or the ironing, or the cooking.
- Or taking somebody out and about instead of just being there and observing, and understanding somebody well enough to start communicating with them, and opening up the world for them as well. So little by little. And interestingly we've just had an enquiry from one of the big providers in Somerset about delivery some intensive interaction training for them and starting to build a network of people who will champion that within their resources.
- Lucy:** And I think that's absolutely key is that real acknowledgment that being with someone and listening not just verbally, not just in a linguistic way, but listening with your whole being to that person just can increase somebody's life experience like tenfold.
- Cath:** Absolutely. We've seen amazing progress in 15 months that we've been open, really amazing progress because people are freer to express. They've been silenced for years and we're listening and it's just very, very exciting to see how quickly they can make progress once you listen.
- Steve:** What's been amazing is some of the feedback from families about the progress that people have made. Also tinged with an awful lot of regret and sadness at all the lost years that the people they care for have had.

Again getting good physical care perhaps but now they're starting to see things opening up, starting to see people develop and we've had more than a few tears.

People saying "What if this had started 20 or 30 or 40 years ago for my son or daughter" but at least it's happening now.

Amber: And obviously we're talking now during a time of coronavirus and it is now a recording on 22 July, can you talk us through what happened to Reflect PMLD when lockdown began and where you guys are at now?

Mark: We had to, like every other organisation, we had to take some fairly radical and immediate action to actually make sure that the place safe or the service was safe. I think one of the first things we did was talk to families. I think most of the people that use our service live in a family environment and it's absolutely critical to us that those families are fully appreciated and understood, and integrated as part of the overall support package of the service.

So we see our, if you want, for want of a better word our clients as being not just the people who come and use our service on a day to day basis but their families and we recognise the need for excellent communication with them, and support for them where we can. And that extends sometimes, you know, to doing their shopping or just letting them come in and have a cup of tea when they need to because that might be the only opportunity they have a chat during the week.

So it's really important that we understand their concerns as being real and legitimate and particularly at a time like this where they might be looking at their loved ones and thinking they're particularly vulnerable because of their physical frailty or whatever, so it's really important that we understood their concerns.

So if you look at the two sites we've got. We've got one site where we had plenty of space, we can spread out. We hired another room. We had really good support from the host organisation, Hestercombe Gardens in Taunton, and we're able to hire an extra room and create bubbles so that meant that we actually had for every person who was supporting they'd have dedicated staff working with them throughout.

We'd try and arrange transport so that they would be the only people that were actually using the vehicle that they came to our service and went home from it, so we're an early adopter of the bubble model. With our other site it was a little bit more difficult to actually do that so we effectively subcontracted domiciliary care but making sure that it is a consistency of the people that were actually providing the support.

So that actually happened more or less mostly in people's homes. So it's two different models but we got through really successfully so far, and clearly you lose – I mean when our service is operating normally and you've got a room full of people and room full of employed people as well and they kind of work in a ballet. So we don't have anyone particularly assigned to a particular person who has been their supporter through the day.

We just have this heightened awareness of looking out for who needs support, what opportunities are there to actually capitalise on some signal we're getting from a particular person or whatever and it is like a ballet. It's very fluent, people just go from one person to another and work with them. They have really good interactions with them. Can't do that in the bubble scenario but we have been able to maintain the sense of community and the sense of consistency of the kind of support that we give.

And we've been really lucky in some ways in that we've got the enthusiasm of our staff who are absolutely fantastic but we've also got those environments which are very, very accessible. We can just go outside the door of our rooms and we're into beautiful landscape and it really has helped us get through that.

Now we're moving back into a slightly more open society and things are opening up a bit more it presents more challenges. We've still got to maintain that security. But the confidence and the way that we've delivered our service has grown, so the families who perhaps have been a little bit reticent about their loved ones coming to us are relaxing a bit, trusting us and are very happy with the way we're delivering that service.

It's been hard and it's been practically from a business point of view it's meant an awful lot more money being spent and we've maybe had to sacrifice one or two things in order to achieve it but we've been very happy to that because it's a clear priority, and it's worked well.

Lucy: That sounds like you've managed to continue a lot more than some other services but how did you stay in touch with your clients during lockdown?

Steve: It was different for every family. I mean when we knew we were going into lockdown we were in daily contact with every family that we were working with to talk through what our plans, what our risk assessments were, at Hestercombe and our other base in Somerton. That led to some families feeling confident enough to continue with us and their sons and daughters to continue coming to us.

That included discussions not just about the bubbles in house as well but the bubbles each member of the staff team were in as well. So we were very careful to talk to the staff team about what their situation was at

home and a couple of people were furloughed as a result because we knew that their home situation was going to bring a degree of risk.

A couple of the team had childcare responsibilities. So we went from that daily contact with families. Some of them as I say continued coming in with us but we'd still be in at least weekly contact by phone as a group of Directors. We've also got a number of families who bring their loved ones in and transport them in, so they had daily contact. Were able to see what we were doing.

Were able to talk to the team and that gave those families a bit of an outlet as well that they wouldn't have had otherwise and I know for some people that was really important. Some families in that initial period didn't feel safe with their loved ones coming into a day service base we kept closer contact with them via telephone, and that would have been two or three times a week telephone calls.

As Mark said some of the staff from the, the team from the day service then took on a personal assistant role in people's homes with them so there was at least some sort of support for the individual person and some support for families as well. And we've kept that regular contact all through and we're back at the stage now where we're back at the level of sort of operation that we were before with the same number of people coming in for the same number of days which is a major achievement.

I know that we're aware that every other stay service in Somerset went into complete shutdown and we can understand some of the reasons why. I know there have been numbers of calls from other families who were receiving day services, were receiving residential respite care services and were left with absolutely nothing, and some of them have had nothing for the whole of that four months, and in some instances not even a phone call from their providers.

So I think we're justly proud of the way that we kept in touch with people and I know we've had lots of feedback to say how appreciative people were of that, even if it was sometimes just somebody at the end of a telephone.

Amber: It's been so wonderful seeing photos of your clients returning to Reflect PMLD, how has that felt for you guys, how's that been?

Cath: I mean it's great for us to watch the joy in them, it's fantastic. They are so happy to be back which is the most wonderful compliment for our staff team and the experience that we give them at Reflect. It is a real joy to have them back. The staff are very happy to be back, the ones that have been furloughed.

I think this is the point where we really need to have regular discussions

about safety. Somerset hasn't been massively impacted by corona but we need not to be complacent but then we need to maintain the joy in the service that we keep there, so it has been lovely to see them all back and just showing their emotions about how they feel about Reflect and the staff. It's wonderful.

Mark: It is a joy and it's also a sense of relief because the pressure that exists in those households had they been left to manage on their own with the very minimal support that we referred that other families have been getting could have been very critical for them. So it is a great relief to us that we've been able to take that pressure off for the time that we have been and possibly make these few months survivor-able for many people.

Lucy: And a real credit to you guys because we've spoken to a lot of people who kind of everything has been removed and they've felt very forgotten and very on their own so for you to be able to be there, even just to pick up the phone and go "We're still thinking about you, someone still cares" I think that means a lot to families.

Day services for people with PMLD are regular audiences at Frozen Light shows when we're visiting theatre venues nationally, and local to you we go to Tacchi-Morris Arts Centre, but do you guys have plans on how you may be able to approach trips out safely in the future?

Mark: We're to a certain extent following the guidance as it comes out and as Steve said we had to take a fairly cautious approach and make sure that, and Cath reinforced it, that we're assessing those risks as we go. So we will be to a certain extent playing it by ear.

Amber: And are there any changes that you hope will support people with profound and multiple learning disabilities in the future influenced by this time in lockdown?

Steve: Yeah, I mean from my point of view I think a couple of key things that are emerging. One interestingly has been around transport. One of the first things to close down was transport for anybody at all let alone people with PMLD. We've responded to that (1) by buying an accessible car so we can get one young man in on a daily basis.

Families have been incredibly supportive. We've just been allocated a mini bus by the Mencap Society in Glastonbury in the Street, that gives us more capacity but I think what that will help us get away from are the old style transporting systems, sort post any discussions with the local authority and have something a bit more bespoke that fits in with families needs and timings rather than having to get somebody up at 7 o'clock in the morning to wait for a big mini bus that turns up at ten to nine or whatever it might be.

So that's one thing. The other critical thing for me is this period has shown that services can very quickly shutdown and I think you mentioned Lucy that a lot of people end up feeling abandoned and left behind. So I think a move to, not just for people with PMLD but possibly other groups of people as well, much more bespoke specialised services, small groups, small bases. We've shown that it's possible to continue delivering services even through a period like this.

If the model is right and the values, and the approaches are right as well. So I'd hope to see more specialist services coming up especially for people with PMLD.

Amber: And I think the word you used a couple of times there is bespoke and again it's just about the transport needs. Something for one individual as opposed to something that would kind of suit the group. We heard I think it was in episode three of our podcast about Hugh who had to get on a bus very, very early in the morning to get to school and he struggled in the mornings.

So again to kind of, you know, drag someone out when they're still basically asleep is that what's best for each individual. So I think again just looking at people's individual needs is a really, really great thing that we can kind of stop and look at.

Cath: Yeah, and I think one of the challenges for me through lockdown has been seeing the progress that people make when they're one to one with the same member of staff. Now that brings in some challenges in building too much dependency on one person but we've seen in quite a number of people because they feel very safe and secure in that relationship, and that one person has been able to help develop skills consistently over that period.

That we, if this ever comes to an end we need to appreciate the value of consistent staff but also sharing practice, very thorough sharing of practice even down to the fine details that work and things that don't work.

Lucy: I think it's right, and that's interesting, and I think that is the challenge of any kind of care work as such, that it's a job but it's a job where you build really strong relationships with individuals and possibly individuals that maybe aren't going to understand if you suddenly disappear and about managing that, but to ensure that those relationships are able to be built but also that that person's progress and communication doesn't disappear when that one person has to get a new job or something.

Cath: Yeah, exactly.

Steve: I once tracked somebody with PMLD through a day in their life, somebody who was in residential care, and I counted 17 different members of staff who had interaction with that person over the course of a 15 hour period. Anything from 30 seconds. It was frightening to see how many different relationships, interactions and how little sense that must make for somebody over the course of a day.

Mark: I think from my perspective the most important thing that's come out of this, well it's already pre-existed, everyone has known this, is the criticality of the wider support network around that particular person. So families who are abandoned at a time like this or they're not supported, or they're not communicated with, and we do live in the world where even the most enlightened still don't accept that family carers are a critical part or an informed and intelligent part of the support network.

So it's really important that that lesson, that their needs and their insights are really much better understood and acted upon, and not seen as bespoke.

Lucy: And I think that's really important and I've been in services where it's very much like us against the family. The service knows best, mum is a pain in the neck, and that's not the best for someone's life is it and I really like the way that you talk about your service and about how it's about the person with PMLD but it's also about their family.

And it's about if you can support that whole unit then everybody's lives are going to be better and easier, and more fulfilled.

Amber: Well guys it's been such a joy to speak to you and it just, I think what feels so wonderful from my personal perspective is again it's just so rare to speak to people who specifically work with people with profound and multiple learning disabilities, and when we create our work it's never about an add on for people with PMLD.

It's always about thinking about their needs at the beginning of our process and then making a show that's completely accessible from the start and I really feel actually your ethos and everything is just so similar to that, and it's just, sometimes it feels quite lonely in this sector because it can be quite rare. There's a handful of organisations and charities that are specifically set out to work with people with PMLD, so it's just been so so lovely to speak to you so thank you.

Steve: Lovely to get that feedback.

Lucy: Well thank you. Thanks ever so much. Bye

Steve: Take care then.

Cath: Bye.

Amber: Well I have to say as our first episode with lots of different guests I had an absolutely great time there.

Lucy: Yeah, me too. It was really lovely to have so many different voices on the interview.

Amber: I think for me the biggest thing that stuck out which I think I said within the interview itself was just how incredible it was that Reflect PMLD, I mean it's in the name really isn't it, it's just such a bespoke service for individuals with profound and multiple learning disabilities and their families which is just so wonderful to hear and I think there is so many discussions around labels and if you should label groups of people.

Or certain people, however, actually sometimes by labelling groups we are able to then meet their bespoke needs and I think that's something that we can see is really really clearly happening through a service like Reflect PMLD.

Lucy: And especially a group of people as I think it was Steve or Cath said are often in larger settings and larger services for people with learning disabilities, the ones who are forgotten about, and the ones who are kind of parked quietly in the corner to actually have something bespoke to them and their needs run by people who know really innately how to support people with profound and multiple learning disabilities.

That can only be a good thing and you can tell just through their stories, they've only been open 15 months and seeing people really open up and be able to communicate, and have access to a life that they didn't before.

Amber: I also think it's really unique that they want their services to stay really, really small yet there's obviously a clear demand that they grow so that's a really interesting model as well. How they're able to grow their organisation yet offer this very bespoke specialist service and how that will work, and I really look forward to seeing how they develop because I can completely see why people would want to access their services.

And again we see even in really amazing special schools that people with PMLD are the first to be not able to engage with an activity or something like that. So something that is so, so specialist to people with PMLD's needs is really, really great. And again it was amazing hearing from Cath, another Speech and Language Therapist.

We keep coming across incredible Speech and Language Therapists in our work and it's amazing to see the incredible insight and knowledge they

have about communicating with people with PMLD which can often from the outside seem like quite a challenging thing when people are non verbal, and it's about learning new ways of communicating.

Lucy: And it really seems that that's the emphasis on what they embrace at Reflect PMLD about really listening to people to be able to improve their quality of life, and I think going back to the small numbers they support six people, eight people and that's what we do in a Frozen Light show and often by people not in the PMLD world we're asked to increase those audience sizes and fit more people in.

Because it's more cost effective or you meet more people but people who really specialise in working with people with PMLD know is that it has to be individualised. And for it to be individualised it has to be on a one to one and it has to be small groups of people for people to have that opportunity to access things.

Amber: We've also had so much throughout the episodes of this podcast about people who feel isolated and alone, and people with PMLD, and their loved ones just feel forgotten during this time and it was wonderful to hear about even when people that Reflect PMLD support weren't yet coming back into the centre that they were still in phone contact.

Just letting them know that they were thinking of them and letting them know what their plans were and that was the first thing they thought about, how they could communicate with their families and I think that's just so, so crucial.

Lucy: And it really gives me hope. I think it can sometimes seem that for people with complex health needs that it's really challenging to get out there and to leave the house, and Reflect PMLD have managed to create a model, I think through being really supportive and listening where they've enabled their clients, for want of a better word, to be able to continue going to that day centre.

And it kind of gives me hope that we will return to the theatre Amber, and hopefully sooner rather than later.

Amber: Yes, yes, we will and again I think it's just about looking at how we can adapt things to make sure people feel safe and secure which is exactly what they did. So hopefully as more guidance comes out and we learn more and more about the virus at some point that will be possible.

Lucy: Brilliant episode. And up next we are interviewing Christine who has set up a really awesome scheme called Skiggle. Christine is also mum to Will who has profound and multiple learning disabilities and Skiggle was set up as a response to challenges that she felt when trying to access equipment

and provisions for her son to enable them to get out and about, and do things like go on holiday.

So we're really excited to talk to Christine and hear all about Skiggle and what those guys have been up to in lockdown.

Amber: We are so enjoying recording this podcast and the series one is coming to an end. We've only got a few more episodes left. We would love to hear from you. Please do get in touch on info@frozenlighttheatre.com. You can listen to all episodes of the podcast on www.frozenlighttheatre.com/podcast and on all of your usual podcasting apps and devices.

Lucy: Please do rate, review and subscribe. You can also find us on social media, on Facebook at /frozenlighttheatre. On Instagram @frozenlighttheatre and on Twitter @frozentheatre. We look forward to hearing from you.

Amber: Thanks everyone. Bye.

Lucy: Thanks for listening. Bye.

Jingle: *Jazzy piano music with scatting*

Steve: Mark and I didn't forget our interest in a cafe as a training venue and employment, we did set one up but the Brewhouse took over the running at the Brewhouse Theatre in Taunton about three months before lockdown started. We were just building up momentum but it all had to come to a full stop.

Mark: Yes.

Lucy: So you did that as well?

Steve: We did that as well, yeah.