

Join our co-production group – supporting people with a learning disability and a mental health condition



We want people to be part of a group to make a new guide that will help social care workers to support people with a learning disability and also a mental health problem.



A mental health problem might be something like ‘depression’ or ‘anxiety’.

This might be;

- being really sad for a long time,
- feeling bad about yourself,
- feeling scared of things,
- feeling like you want to hurt yourself.



The person might have a diagnosis from a doctor or they may just be having problems that they need help with.



The group will think about what social care workers need to know and do to help people to get well and stay well. Then we will write the guide, which needs to be done by March 2019.



We want to work with:

- People who have a learning disability and have had a mental health condition as well. They might have the mental health problem now or they might have had it in the past.



- social care workers who have supported people who have a learning disability and have had or have a mental health condition as well



- employers and managers in services that people might use; family members of people who use these kind of services



- people who work for a community learning disability team, psychiatrists, community psychiatric nurses and/ or other people from community mental health teams



- other people with experience of this situation

We want the group to have people of different genders so we want to hear from women, men and people who are 'non binary'.

Non-binary means people who were born male and are now female or the other way around, and also people who do not think of themselves as either totally male or totally female.





We also want people who have used different types of services. This might mean residential care homes, day centres, housing support, having a social worker or employing personal assistants or other kinds of social care.



If you work in adult social care, we would like you to invite or come along with someone with lived experience.



To make the guide we will meet up two or three times throughout the year - in September and October and possibly also in November. We will probably meet in the north of England, for example in Doncaster or Sheffield.





After the first meeting we will make a draft guide. A draft is our first try and it can be changed to make the final guide.



We will put it online and we can email it to people so they can look at it and tell us how to make it better. You can help with that too if you prefer to look at the draft rather than coming to meetings.



For people who have lived experience and are not paid by an organisation, we have some money to pay for your travel costs and time.



If you are interested in joining the group, please fill in the form by clicking here;

<https://www.skillsforcare.org.uk/Documents/Topics/Learning-disability/Join-our-co-production-group.pdf>



The form asks you things like your name, phone number and email address, what your experience is, when you are available and any requirements that you have. We will only use what you tell us for this project.

Please do this as soon as you can.

Please try and get in touch by Friday 3rd August 2018, but if it takes longer than that don't worry.

If you have a supporter or personal assistant you can give us their details to contact if you want to.



If you have any difficulty with the form or you would like to find out more, please call Claire Dunn on 0113 2410971 or email policy@skillsforcare.org.uk.



Thank you
Marie and the team

