



People's Parliament Workshop

No Health Without Mental Health

On the 17th November 2022 SpeakEasy N.O.W. People's Parliament held a workshop to gather the thoughts and experiences of people with learning disabilities.

45 people came to the workshop. Including members of SpeakEasy N.O.W. and people from Our Way and Wild Goose.



The information will be included in our report.

We had group discussion with members of People's Parliament facilitating at each table.



We asked everyone 3 questions:



1. How has poor mental health affected your life?



2. What help and support did you get?



3. How could things have been better?



We then had a big group discussion to expand on answers and share experiences.



We know that there is a backlog in health services for appointments, treatment or operations for everyone.

However, everyone agreed that people with learning disabilities are more vulnerable and more likely to experience poor health outcomes. Especially if they are not diagnosed and treated as quickly as possible.



People are worried about the impact Covid has had on services and waiting times.

Some people have had difficulties getting the support they need for their mental health.



Some of the comments that were made at the workshop include -

“I never used the word lonely before Covid”

“Sometimes the Doctor put the phone down on me”

“Video appointment link from Doctor didn’t work”

“Over 6 months for Healthy Minds to contact me in the first place, then they said they couldn’t help”

“They say it is the same for everyone but it is not”

“People with learning disability don’t get the quality of care, this can affect mental health”



We will be sharing our report of the information we gathered. We will be talking to people about the changes needed. This includes talking to the Mental Health Partnership Board and the Community Learning Disability Team.