



May						
Sat	Sun	Mon	Tue	Wed	Thu	Fri
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Link Group update for May

19



We have done 5 visits checking in with groups and telling them about updates from the Partnership Board. We met with 19 different people.



We met with Ambito and Downsview College again and heard about what works for them. We talked about changing places and accessibility in town. We also talked about how some people have to leave their personalised communication supports that get left behind at college.



Link Group visited the Brighton Centre with Jenny Cain to review how accessible it is.



Thumbs Up has started a new project to support more of our members to access and understand their annual health checks and their rights connected to that.



Speak Out Open Meetings – Robert and Gordon from the Steering Group



Hello – we are from the Steering Group. We help organise events for people with learning disabilities on topics they find interesting.

Recently, we have organised meetings on:

1. Relationships
2. Transport
3. Mental Health
4. Employment and Benefits



We are here to help you understand what we have done so far and what we have learnt and hopefully encourage you (or people you know) to come to one of the next ones.



The next meeting is on the 1st of August. It will be about climate change.



What we have learnt – Transport



Lots of people with learning disabilities have issues with public transport. Public transport is an important way to be connected in a community.



Speak Out members have told us the main issues are:

- Difficult to use journey-planning apps
- Timetables are hard to understand
- Drivers and other passengers being rude or impatient
- Nowhere to sit during busy times



We had presenters to help us learn more about buses and the bus system, as well as the Grace Eyre Travel Buddies system.

We also made some suggestions about how to improve the bus service.



What we have learnt – Relationships

Lots of people with learning disabilities said that they wanted to talk about having relationships, both romantic and friendships. Only 3% live with a partner in the UK.

There are barriers that stop people with learning disabilities from having a romantic relationship, such as:

- ☐ Nowhere to meet people
- ☐ Lack of education about relationships and sex
- ☐ Lack of privacy at home



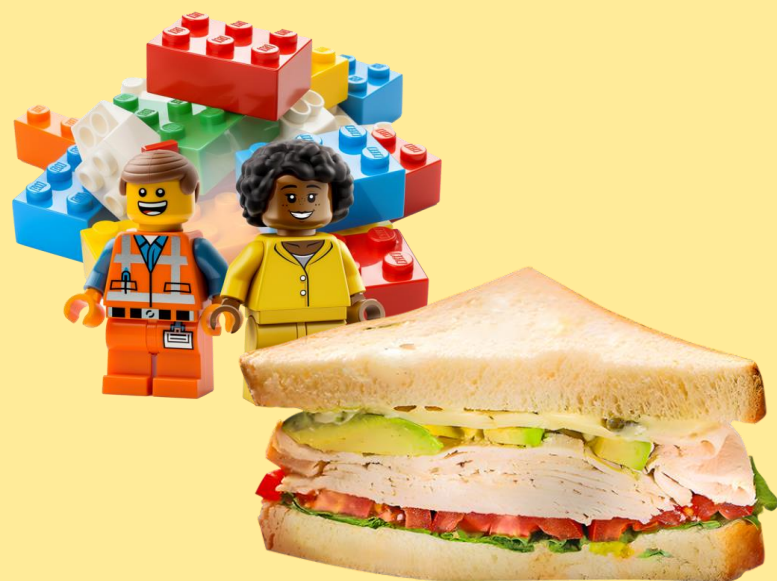
We learnt a lot about different types of relationships and talked about how they might look and feel. We also had a Q and A with a therapist.

We talked a lot about LGBTQ+ relationships too and particularly what gender means to each of us.





Come along to the next one



We hope that by sharing some of what we do we have convinced you to come and try an open meeting. We always make sure to include a fun and interactive activity to balance the day, as well as a yum free lunch!



We would be happy to come and present at the provider forum too, or anywhere else.

Doing this work has helped us learn more about what is accessible and about what my rights are as a person with a learning disability.



Frances and the Link Group also use the feedback we get for their engagement and consultation work.