

# Improving the Physical and Mental Health of People with a Learning Disability

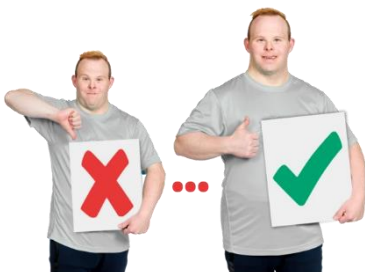
## Focus Group Information Sheet



People with a learning disability experience poorer health than people without a learning disability.



One reason for this is that it can be harder for people with a learning disability to access healthcare services.



We have been asked by NHS England and Improvement to help them understand how to improve healthcare services for people with a learning disability and or autism.



In this research project, we will try to find out:

- Why people with a learning disability have poorer health?
- Why it can be harder for people with a learning disability to access healthcare services?
- What services can do to improve the health and experiences of people with a learning disability?



We will learn this by speaking with people with a learning disability and their carers.

We will also collect information from healthcare services and healthcare professionals.



Our project will also try to understand why autistic people experience poorer health.

We will speak with autistic people and the people who support them too.

## Why am I being contacted?



We want to work together with people with a learning disability to help us make the recommendations that will make the most difference to them and their health.

# What am I being invited to do?



We are inviting you to an online meeting with other people with a learning disability to talk about what matters to your health and wellbeing.



We will ask about your ideas for improving health services for people with a learning disability.



It is a chance for you to tell us what you think.  
There are no right or wrong answers.



**When:**  
The meeting will be held on Friday 14<sup>th</sup>  
January 2022



**Time: 10 am to 12 pm with breaks**



Microsoft Teams

**Where: Online, using Microsoft Teams**



We will send you the questions before the meeting so that you will know what we are going to ask you.



If you are not a member of NHS staff, we will send you a voucher for £50 after the meeting to thank you for your time.



The meeting has been organised by an organisation called [The Strategy Unit](#).

The Strategy Unit is part of the NHS and its job is to help NHS services to learn and improve.

We will work together with other people to run the focus group.

## Who will be at the meeting?



**Jodie Williams**

Jodie is a Learning Disability and Autism Network Manager at NHS England and Improvement.



**Fiona Ritchie**

Fiona works with people with a learning disability to help their voices to be heard.



**Ellie Moore**

Ellie is a researcher from the Strategy Unit.



Other people with a learning disability will also be sharing their views.

# What we will do with the information



Before the meeting we will check that you and the other group members are happy to have the discussion recorded.



We will record the discussion to help us remember what you have said.

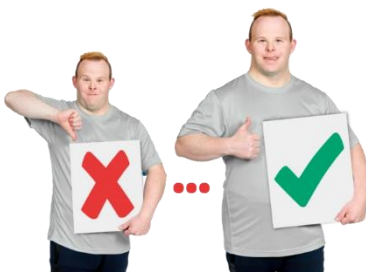


The recording will be kept in a safe place.

Only the project team and transcriber will be able to listen to the recording.



We will write down what you have told us, but we will not use your name.



We will use what we have learned from the discussion to make recommendations to the NHS about how to improve health services for people with a learning disability.

## Important Information



You do not have to take part in the discussion if you do not want to.

You can ask us questions if you are unsure.



You can change your mind about taking part at any time.

You do not need to tell us why.

# Who can I contact if I have a question?



If you have any questions about the focus group, please contact **Ellie Moore - Researcher**



**Mobile number – 07423 794371**



**Email: [ellie.moore9@nhs.net](mailto:ellie.moore9@nhs.net)**












# Consent Form



If you would like to take part in the focus group discussion, please read the information below and tick **YES** or **NO**:

		YES	NO
	<p>I have read the information sheet about this project.</p>	<input type="checkbox"/>	<input type="checkbox"/>
	<p>I understand the information and would like to take part.</p>	<input type="checkbox"/>	<input type="checkbox"/>

		YES	NO
	<p>I understand I can ask questions at any time.</p>	<input type="checkbox"/>	<input type="checkbox"/>
	<p>I understand that I can change my mind about taking part at any time.</p>	<input type="checkbox"/>	<input type="checkbox"/>
	<p>I am happy for my voice to be recorded.</p>	<input type="checkbox"/>	<input type="checkbox"/>
	<p>I understand that if I stop taking part my support will not be affected.</p>	<input type="checkbox"/>	<input type="checkbox"/>
	<p>I understand that the Strategy Unit will keep my information in a safe place.</p>	<input type="checkbox"/>	<input type="checkbox"/>
	<p>I understand that the things I say might be included in a report, but that my name will not be used.</p>	<input type="checkbox"/>	<input type="checkbox"/>
	<p>I understand that if the people I talk to think someone is at risk of harm they might have to tell someone else what I have said.</p>	<input type="checkbox"/>	<input type="checkbox"/>

# Contact information



My name is .....



I would like to be sent a reminder about the focus group

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

**Text**



I prefer to be contacted by: **Phone call**

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



**Email**



Please let us have the telephone number or email address you would like the reminder to be sent to .....

S Yourname 

Signature .....

**DD/MM/YY**

Date .....

## If you need help filling in this form



If you need help filling in this form, please call Ellie (Researcher) on 07423 794371

When you have completed this form please email it to [ellie.moore9@nhs.net](mailto:ellie.moore9@nhs.net) by **Friday 7<sup>th</sup> January 2022**

