



# Sexual Health Forum

## September 2019



Hello.

My name is Pam Ocom.



I am one of the Our Choice  
Learning Disability  
Partnership Board Reps for  
Westminster.



My name is Jessica Thomas.

I support the Learning  
Disability Reps to do their  
job.



We work together with the  
Big Voice Reps for  
Kensington and Chelsea.



We run speaking up  
groups for people with  
learning disabilities in the Bi  
Borough.



We **‘Speak Up’** and **‘Have Our Say’** about the services we get.





We work with people who  
buy or run our services to  
make them better.







We talked to a lot of people  
with learning disabilities  
about their sexual health.



We asked 3 questions.



**Question 1:**

**What stops people from  
using sexual health  
services?**



- People said they were afraid of being judged.
- Some were afraid people would think they had done something bad.



- People said some families and staff do not support them to have relationships.



- They think we are not capable.
- They say it is bad for us and they over protect us.



- This can make some people keep things secret.





- We are worried that we will not be listened to.



- We worry that people will not understand us on the phone.
- Or understand us when we meet with you.





- We are afraid we will not be given enough time to explain.
- Or given time to understand.



- We worry we will be given information we do not understand.

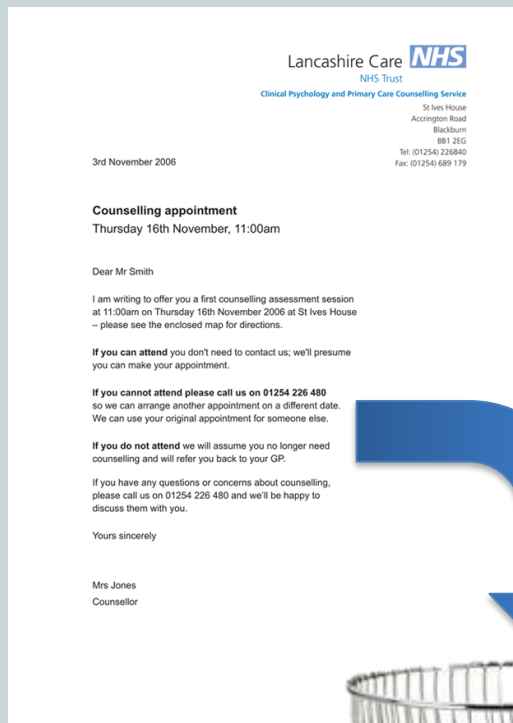
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- Some easy read is not easy to read.



- We get frustrated when we do not understand.
- We feel bad about ourselves.



- We get letters with very small writing and lots of jargon.
- Some people said they just throw the letters away.

Mon Tue Wed Thu Fri Sat Sun

# Monday



- Some of us only get support once a week?





- It is very worrying if you have to wait all week for help to read a letter.



- If we do not understand it how can we use it?



- Some services are out of our area.
- It is difficult to travel to new places without support.



**Question 2:**

**What support do people  
need to use sexual health  
services?**





- We need people who understand us.



Accessible  
Information  
Standard



- We need **‘Accessible Information’** that is easy to understand. It should include:
- A big clear font (the bigger the better)
- Clear pictures that help us to understand the words.
- **NO** Jargon!





- Organisations have to provide information in an accessible format.
- For everyone, including older adults, people who use mental health services and people who use English as a second language.





Our right to accessible information is in the:

- Equality Act 2010.
- Care Act 2014.
- NHS Accessible Information Standard.



Accessible  
Information  
Standard



- Not all easy read is good easy read.
- Good easy read follows the Mencap '**Make it Clear**' guide.

# Questions



1. What do you think about it?

☐

Good

☐

Bad

☒

Not sure



- Services need to ask people how they would like to be supported and how to communicate with us.



- We need help to make appointments.



- We like to speak to someone on the phone or in person.



- Most people can not make appointments on their computers or smart phones.



- We need support to use computers or smart phones.



- Most people use basic pay as you go phones.



## Question 3:

**What services do people want to support their sexual health?**





- It is hard to talk about our bodies and feelings.



- Women's and men's groups would give people a chance to talk and learn together.





- We want to learn about our bodies.
- We want to feel good about our bodies.



- When you fall in love feelings get out of control and you can make bad choices.



- We want to learn about what happens when we have sex.
- We want to talk about sex in relationships.



- We want to learn how to say no.
- We want to learn how to stay safe.



- We want to learn how to keep safe on our computers and on our phones.





**How can YOU help us?**



- We need support to find you.



- Support could be our doctor.



- Our support organisation or community team.



College

- Support could be our college.



Social Club

- Our Social Club.



- Services who provide support to people with learning disabilities need to know and understand the sexual health advice that your organisations can give.



- All professionals in health and social care need **Learning**
- **Disability Awareness** training.



**Name**

- Please ask us how we like to communicate and how we want our information.





- Give us information we can understand.



- When talking to us  
please give us easy read  
to follow and objects to  
look at.



- Please ask us if we understand and take time to explain again if we do not.



- Tell us how to access your service.





- Please
- Slow down.
- Slow down.
- Slow down.
- Slow down.

thank you



Thank you for listening.



# **The Advocacy Project**