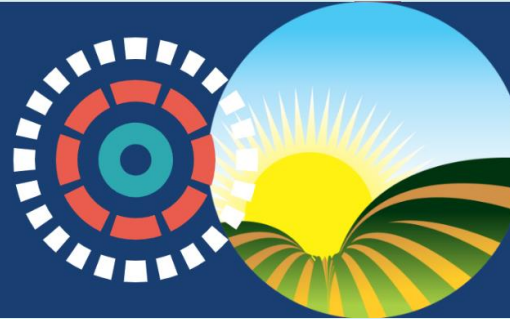
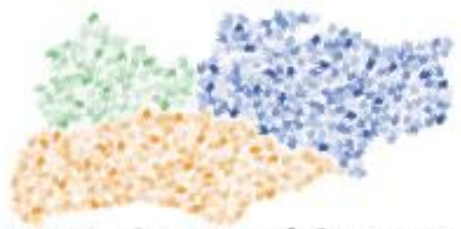


ARC KSS Research Week 2023



Good Lives Research Network

Working together towards good lives for people with learning disabilities



Kent, Surrey & Sussex
Learning Disability
Community of Practice



- The community of practice is a **group** set up by **local people** who care about people with learning disabilities experiencing good health and wellbeing, and good health services.
- The community aims to enable people with learning disabilities and their allies to live **Healthy, Safe and Fulfilled Lives**.
- The community is **supporting the Good Lives Research Network**.



The Steering group meets monthly, get in touch to see how you can get involved:

Daniel Marsden: daniel.marsden@canterbury.ac.uk

Lisa Richardson: L.J.Richardson-29@kent.ac.uk



KSSSLDCOP

3,963 Tweets



Kent, Surrey & Sussex
Learning Disability
Community of Practice



Following

KSSSLDCOP

@kssldcop Follows you

Kent, Surrey & Sussex Learning Disability Community of Practice seeks to eradicate health inequalities & enable person centred care & support established 2013.

📍 Kent Surrey Sussex, UK 🔗 ldcop.org.uk 📅 Joined March 2014

Website:

Subscribe to the blog for news!

www.ldcop.org.uk

Twitter:

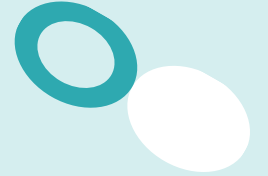
@kssldcop

Facebook:

www.facebook.com/groups/KSSCoP

Good Lives Research Network

What is next?



- Action is needed as well as talking!
- Understand what research is needed to support people with learning disabilities in Kent, Surrey and Sussex to have good lives.
- Help people develop skills to be part of research.
- Research together- put network members in touch to start planning and doing research to support good lives.
- Next step- survey to network members to help with planning.



Join us and be part of research!

Network joining form:

<https://bit.ly/3JyzQBp>

Contact: goodlivesnetwork@kent.ac.uk



RECOVERY COLLEGES & PEER SUPPORT FOR PEOPLE WITH LEARNING DISABILITIES

Tony Levitan, SPFT
Shalim Ali, Choice Support
19th June 2023

RECOVERY COLLEGE AND PEER SUPPORT (T)

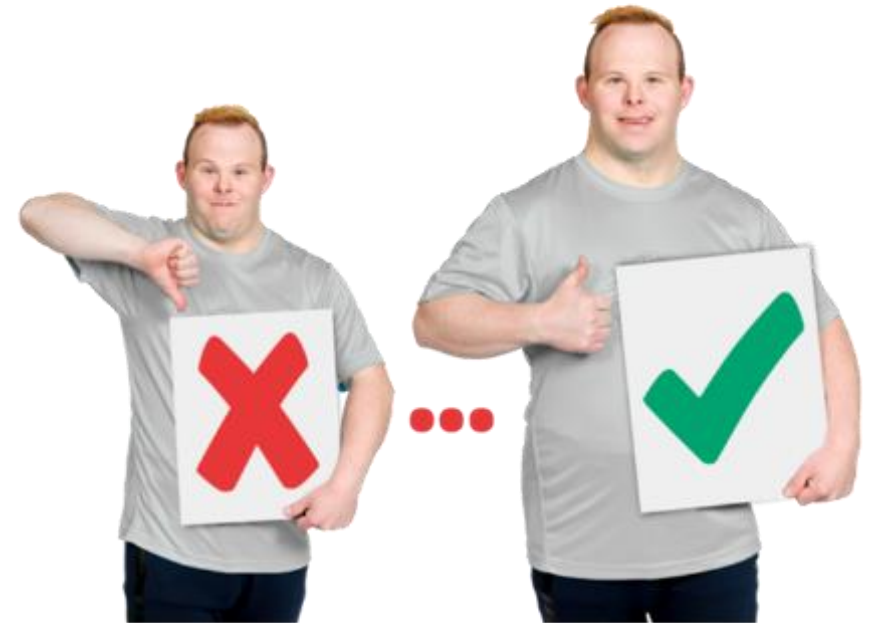
Peer Support is when you help people who are the same as you

Recovery Colleges – Mental Health Education, Co-produced

“Recovery” – feeling better and living a good life alongside mental health difficulties

My experience of doing a Recovery College Course

Can we make Recovery Colleges work for people with learning disabilities?



SHALIM — MY EXPERIENCE OF PEER SUPPORT (S)

I have been a peer supporter in lots of different ways.

Research — feeling at home project — expert by experience

Travel buddy - reassurance and guidance

Self-advocate

Have written articles.



WHAT WE HAVE DONE SO FAR.

PPIE Sessions

We met with two other peer supporters

4 x 1 hour sessions – online

Key questions:

- What is mental health and recovery?
- How does peer support work?
- What do peer supporters need?
- How can we research improving access to Recovery Colleges?



MENTAL HEALTH

Mental health is about how you're feeling in your mind... are you happy, anxious?

It can also mean having some experiences that aren't good.



RECOVERY?

- Living alongside mental health difficulties
- Learning, helping yourself and coping
- Connecting with others
- Feeling hopeful and proud of who you are



HOW DOES PEER SUPPORT WORK?

Lived experience

- Giving examples from your own life
- Giving advice
- Showing people by doing it yourself.



HOW DOES PEER SUPPORT WORK?

Empowering and professional approach

- Supporting people's strengths
- Respecting people's choices Skills
- Communication
- Problem solving
- Working with groups



WHAT DO PEER SUPPORTERS NEED?

Supporters

- Supervision and one to ones
- Encouragement to talk

Inclusive teams

- Feeling part of the team
- Everyone knowing what people need and check they understand



CHALLENGES FOR PEER SUPPORTERS

When people talk to the non-disabled supporter more?

Time pressure

Difficult feelings

Working with groups



RESEARCHING RECOVERY COLLEGE

Co-researchers – “nothing about us without us”.

Research Question:

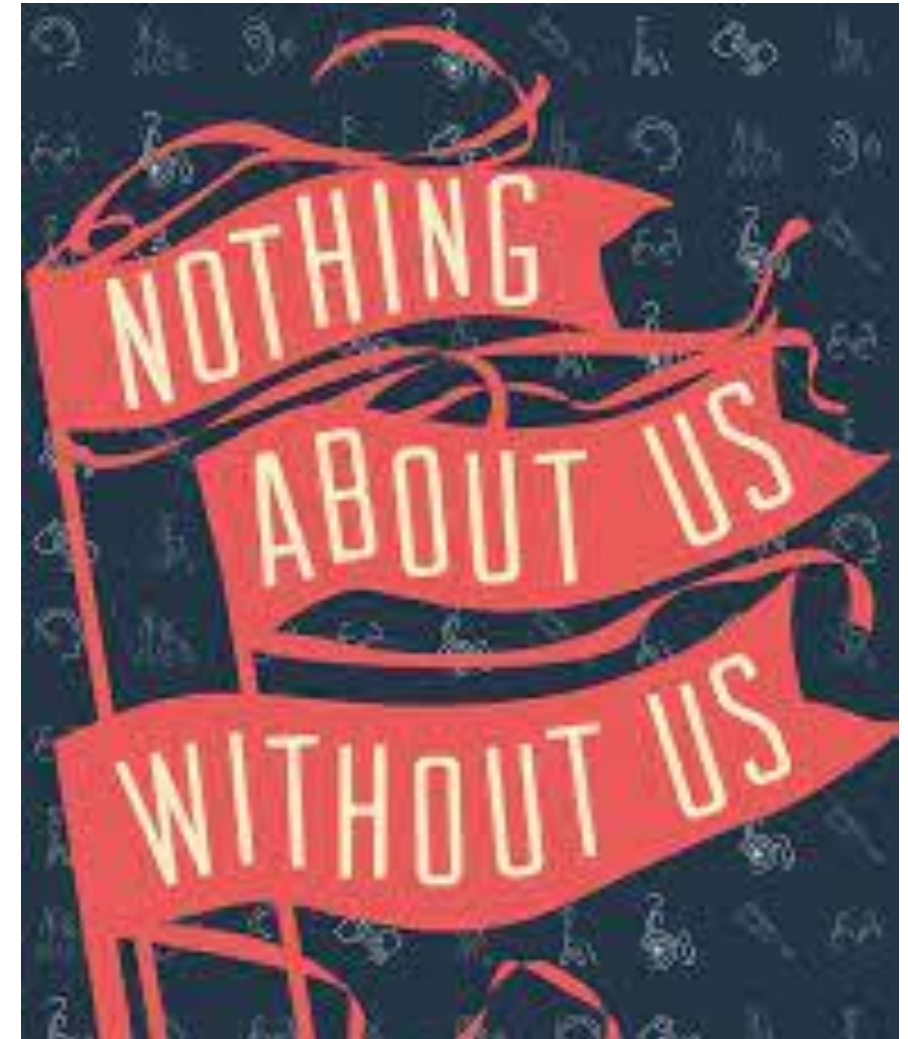
How can we improve access to Recovery College for people with learning disabilities?

Methods

- Observations
- Interviews with professionals, peer supporters and Recovery College Students
- Co-design events

Outcomes

- Resources to support Recovery Colleges to include people with learning disabilities





Feeling at Home

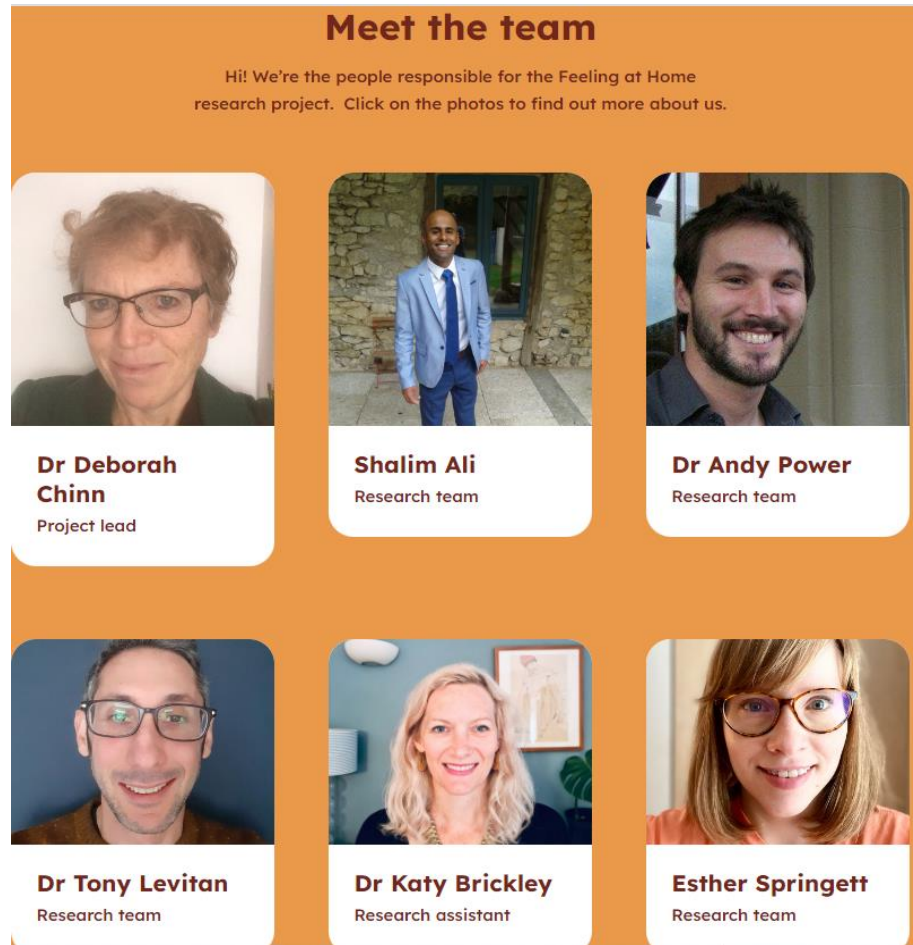
Good Lives Network conference

January 2020-September 2023

Tony Levitan

Shalim Ali

Feeling at Home (S)



Feeling at Home project

www.feelingathome.org.uk

@Researchinghome

Research team:

- Learning disability clinical practitioners
- Geographer
- Experts by experience
- Disability arts

Home v Institution (T)

Home

Private

Personalised

Individual
standards

Autonomy

Personal
responsibility



Institution

Public

Impersonal

Rules and
regulations

Public
accountability

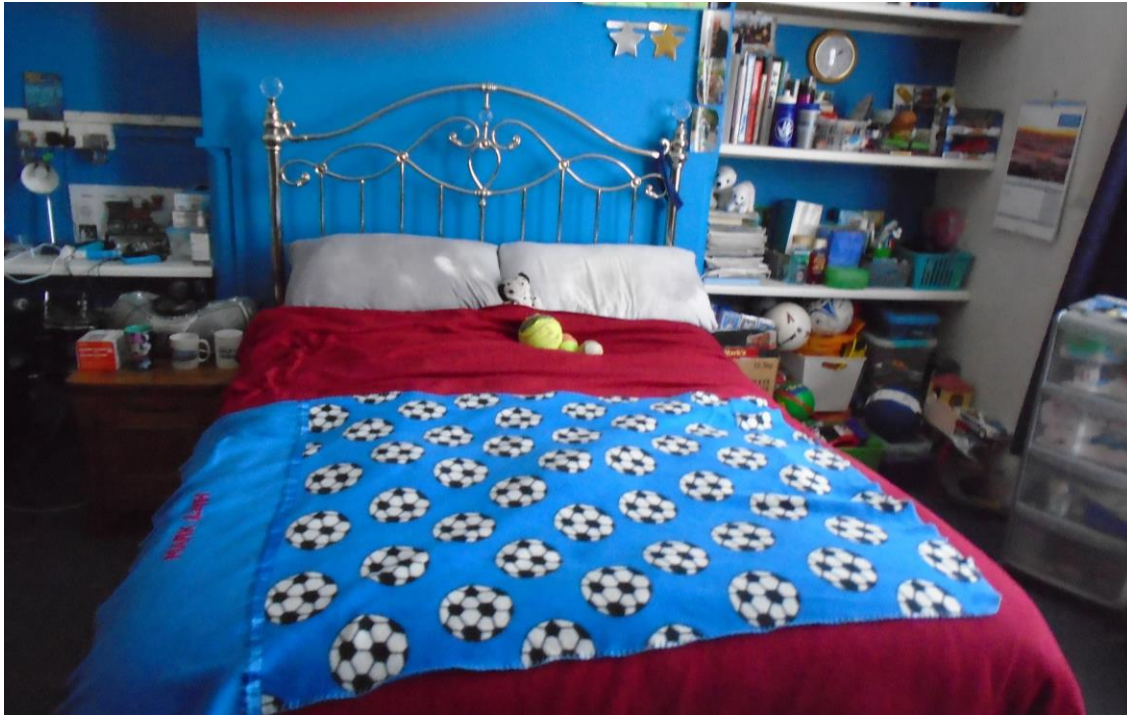


Our Research (S)

- Question:
 - What helps people with learning disabilities living in group homes to feel at home where they live and what gets in the way?
- Methods:
 - Photovoice with 20 residents living in group homes: focus on what residents think
 - Interviews with 25 staff and family members



Self expression (T)



RB03



RT05

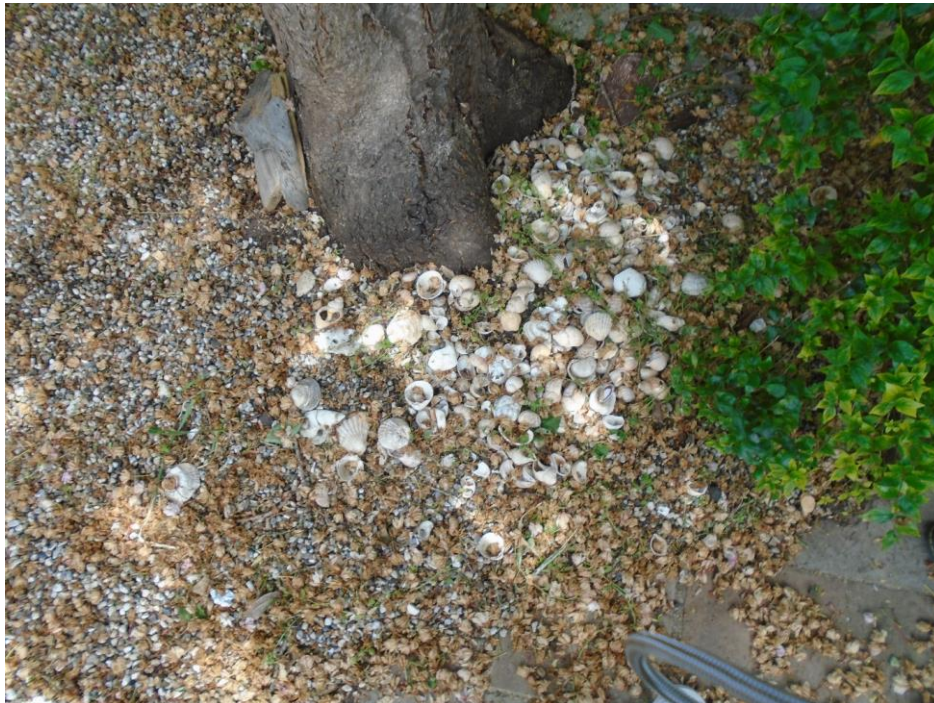
Connection –family and friends (T)



I call my mum, my brother, my sister and my dad. My mum's number is *****. My mum lives at home with my sister. On a Friday and on a Saturday and on a Sunday I want my mummy and my sister to come to my house to take me home (ResidentRT02)

We have a routine we're going to see him every every Saturday afternoon now. But like we could just, we could just turn up if we want to. (FamilyF06)

Relationships with staff (T)



Me and [staff] magical adventures at the beach, collecting shells and driftwood

RB02



Julia

It's important to have to a good house manager because it makes my life easier. I think Julia is a good manager because she speaks to me nicely. She helps me to have independence. I can have a joke with her - this is really important to me.

RW 04

Community and Belonging (T)

You walk to the shop with him and you're probably gonna bump into someone that he knows loosely like he, he says hello to people a lot and he knows quite a lot of people in the local area. (StaffS05)



RB03

Moving Homes (T) – security



Speaker 1: Oh, so then the house closed down. So you didn't want to leave that house?

Speaker 2: I didn't want to.

Speaker 1: Were you happy there?

Speaker 2: Yes. It was my home.

Participant rw 06

Speaker 1: Cool. So, you know when you came to live here? Did you choose to live in here?

Speaker 2: No I didn't choose to live here. [Inaudible] they put me in here.

Speaker 1: What did you think about it?

Speaker 2: I wasn't I wasn't too keen of it. But it's a place innit to live.

Speaker 1: Yeah.

Speaker 2: Got a roof on my head now. Got a roof over my head don't I.

Participant RB04

Space and ownership



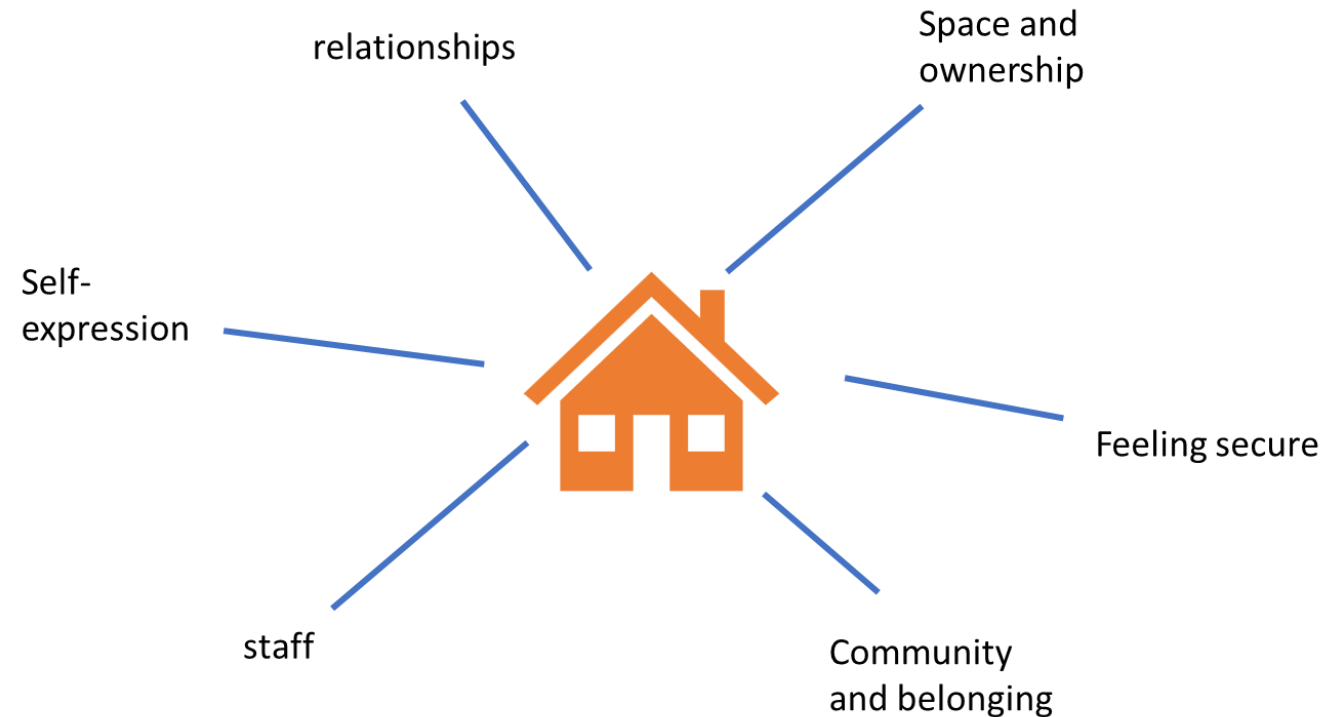
It's the staff office. And it's got confidential stuff, if you know what I mean....It's got all private stuff that they write and stuff, and yeah, it's not for us (ResidentRB05)




Non-space and workspace

Conclusions

- People showed us that home is made up of different experiences.
- These were supported or undermined the objects, spaces and how staff work was organised.
- We have made a checklist so that people can think about what they would like to change.



- Feeling at Home project
- www.feelingathome.org.uk
- @Researchinghome



Participatory Research and People with Learning Disabilities Project

Cathy Bernal, Ben Constable,
Vanessa Cowley, Karen Hammond
and Daniel Marsden



What we did

This project worked with the University's

- Learning Disability and Autism Education Group
- LOUD Group
- Aim : To develop a shared purpose for working together on research.





Results

- The groups said that the outcome of participatory research is to work together to:-
- “find new ways to enable people to live happy, healthy lives, with whom and where they want to, doing the things they want to do and not be abused.”



Outcomes

- Some research ideas
- Research is included as part of the LOUD meeting agenda
- Learnt about paying experts by experience
- LOUD linked to Expert by Experience Strategy Group



Any questions?

Contact Details



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