

## East Kent Mencap Feedback to Kent Partnership Board meeting 14<sup>th</sup> April 2021



DGP film shared with all contacts in December and has had 129 views. Topics included:



- Why do you need a flu jab?



- How to wear and look after your face mask



- Deep breathing to help keep you calm



- Kent Libraries show you how to access Books Beyond Words online with the 'Libby App'.



10 learning disabled people were part of student nurses training sessions online at Canterbury Christ Church University.



3 people took part in 2 Workshops to help KCC. The workshops were about being in control of your life and Making Decisions.



Our easy read group have helped Kent Community Health Trust turn their flyers into easy read:



- Epilepsy



- Diabetes.

We have started another easy read group working with East Kent Hospitals Trust.



We are taking part in a workshop with Engaging Kent about East Kent Hospitals Trusts Communications Strategy.



We are working with Foreland Fields School on a virtual Pupils Voice 'What's Next event' happening after Easter.



Our Carers Group wanted to talk to a solicitor about peoples benefits that were not being spent, and building up because of Covid-19. A solicitor came online to answer questions and advise them on how to avoid putting too much into savings.



We have been sharing information on the Covid Vaccinations programme and supporting people to get their vaccine.



East Kent Mencap used their Ramsgate venue as a pop- up vaccination centre so that people would be in a place that was familiar to them.



Lots of people were not being contacted by their GPs as they were not on their Learning Disability Register.





Some GPs would not add people unless they had an official name for their disability. Many people have missed getting the vaccination sooner.



Also some people are not getting other health support like an annual health check.

Update from the 'What I do group;



We want to give more people the chance to join the 'what I do group' To have a say about the kind of things you want to change or make Better for people with a learning difficulty



So we have drawn up a list of the different organisations in the Folkestone, Canterbury and Ashford districts.



Although this will be sent out Kent wide, we would like to ask you to also forward it out to any other groups in your district.



We know at the moment people are getting confused by the number of dates we need to remember to lead us out of lockdown! So we sent out the 'Roadmap' from the KPB website as a reminder of What's happening next?



We have attached the results from the survey we sent to you all last year to help refresh your memories

Things people said would worry them about going back into the community after lockdown:



Included feeling nervous;

Plan your first time out and ask for support if you need it, remember there are many more people who will be feeling the same.

Talk to people close to you about your worries

Take little steps and know its ok to feel like this



Remember your 5 calm breathes in and out.

There is support and information to help you understand and cope with your feelings and recognise if your mental health is being affected.



Keep your 'Quick look check list' on the wall if you need information in a hurry which we sent out last year.