

## Feedback from Aspens

### **Daily Zoom support meetings ---Monday to Friday.**

We've continued with our daily zoom support calls and helped people to connect virtually.

Some people who had felt very lonely have been given the use of ipads donated by Aspens and the NHS, this has helped people with their mental health and they look forward to the daily chats.



#### **We've been talking about:**

- **Friendships**
- **Relationships**
- **Good touch,bad touch.**
- **Scams**

We've been holding our Wednesday Workshops and have been joined by people who work for our local NHS trust and our community support team. We've spoken about any health concerns that shouldn't be ignored because of the Coronavirus.

We have also spoken about health and the importance of still attending appointments they may have:



#### **Topics of conversations:**

- **Dental health**
- **Sepsis**
- **Importance of taking vitamin D for those who have been shielding.**
- **Bowel screening**



We are still creating the easy read leaflets for our local NHS trust via Zoom.

In the New Year our group will be in regular contact with a hospital volunteer who will come and speak to our group around any concerns or feedback/ ideas around our local hospitals. It's great for the group to have the chance to have their voices heard.

This was suggested by the Patient Experience Lead after she came to one of our workshops.



We've worked on a lot of easy read information for the people we support and for our group members, we also speak about the news headlines.



- **Wearing masks**
- **Lockdown/ restrictions /tiers**
- **Symptoms of coronavirus**
- **How to stay safe**
- **Vaccinations**
- **Flu jab and the annual health checks.**

**We are also going to start a campaign called 'My life is just as important as yours.'**

People are still being discriminated around their health and care needs.



**Feedback from the good health group—**

We are promoting the 'Annual Health Checks' and the importance of having the Flu Jabs, some GP surgeries haven't been offering the checks to people with a learning disability.

We have started a campaign called #25years later.

It has been 25 years since the Disability Discrimination Act came into place to promote rights for people with a disability and to protect them from discrimination.

We also discussed the Learning Disability Mortality review ( LeDeR) reports and gave our feedback as a group.

**Message from Sam and Xan**

*A lot of people completed the survey that was shared about the Covid Vaccine, thanks to those of you who completed this. I have just had a good talk with Sam about it and she wanted this to be fed back to the group please: **Sam's view is that we shouldn't tell people to have it because it's about choice. She thinks it too soon to tell people it's a good idea because we don't know about the long term effects.***

*Sam said it's different with the flu vaccination because we know the effects, but we don't know about this with the Covid vaccine as we are just starting on that. I'd rather make up my own mind at the time.*

Hopefully the below is helpful.

Interesting reply from one person about **How do you feel about flu vaccination?**

looks like the reasonable adjustment isn't actually helpful... *"Would have much preferred an injection rather than nose squirt due to nasal sensory issues (with ASD)"*

and one person was refused the flu vaccine: *"I feel ok about it and I would have one if it was offered. They wouldn't let me have one this year."*

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mostly people said they know about it being made, that's it's coming. A few people said they thought it was dangerous, or that they didn't want it.

**Where have you heard or read about a vaccination for COVID-19?**

Most people said they heard about the vaccine in the news, on TV and radio, and some from carers, family and friends.

**How do you feel about having a vaccination for COVID-19?**

Most people said they felt ok and would have it, but some people said they were worried about how safe it is.

75% of people said they thought it was a good idea for people with learning Disability to have the Covid Vaccination.

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75% of people said they thought it was a good idea for people with a learning Disability to have the Covid Vaccination.

Almost 90% said they want KCC to give easy read information about the Covid Vaccine.

80% of people said that they want KCC to and providers to advise people to have the Covid vaccination. (We already do this for Flu so it would be the same)

**Aspens would like to wish everyone a Merry Christmas and hopefully 2021 will be a better year.**

