



Scottish

Learning Disabilities

Observatory



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EASY READ

**Scottish Learning Disabilities Observatory
Newsletter Volume 4, May 2017**

Welcome



Message from Professor Sally-Ann Cooper, the Director



I hope you like our newsletter



In this issue we will talk about:

- Mental Health



- New guidelines for doctors and nurses to help them support people with learning disabilities who have mental health problems



- A project on the mental health of people with learning disabilities



We hope you enjoy reading the newsletter

What is Mental Health?



Mental Health describes how we cope with things that happen in our lives and how things can affect our emotions.

Mental health can be good or bad



Good mental health is when you feel happy, relaxed or calm



Bad mental health is when you feel sad, worried or afraid



Everyone can feel this way sometimes



For some people, these feelings can be very bad



They can stop people from doing things



This is when they need extra help to make them feel better

New NICE Guidelines



We do not know much about the mental health of people with learning disabilities



New guidance has been written for Doctors and nurses about helping people with learning disabilities who have mental health problems



The guidance was written by the National Institute of Health and Care Excellence (NICE)



It tells us that:

- Mental health is a big problem for people with learning disabilities



- People with learning disabilities are not getting the right treatment



- Some people with learning disabilities are getting the wrong treatment



- People with learning disabilities do not always have access to services that can help them



The new document gives a number of recommendations:



- People with learning disabilities should have a key worker



- Staff who work with people with learning disabilities should get trained to learn more about mental health problems



- People with learning disabilities should get health checks every year

The mental health of people with learning disabilities



Laura is a researcher at the Observatory



Laura is looking at health information for people with learning disabilities living in Glasgow in Scotland



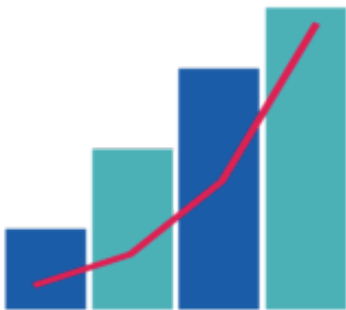
This study finds out about care of the mental health of people with learning disabilities in their community



This information was collected at two times (in 2007 and in 2014)



We found that people with learning disabilities did not get as good mental health care as other people



The results also show people with learning disabilities got better care for mental health problems over time



Laura will write about what she finds in a report



You can contact Laura by
Phone: 0141 232 2054



Email: Laura.Hughes-Mccormack@gla.ac.uk

Welcome to new team members



Marian Okon is a researcher at the Observatory



She is interested in helping people with learning disabilities live a healthy life



She wants to find out about drugs that are used for mental health in young people with learning disabilities in Scotland



She wants to find out about spending on learning disabilities services for adults in Scotland

Welcome to new team members



Kirsty has been working as a researcher for the Observatory



Now she is a Doctoral student.

She is studying the mental health of fathers who care for their child with learning disabilities



This project is important as more fathers are now caring for their children



We need to find out more about the mental health of father carers and their experiences of support services



This information may help services and the government learn how they can better support fathers

News and Reviews

Learning Disability week (15th - 21st May 2017)



Find out what is happening across Scotland during Learning Disability Week (15th-21st May 2017) by visiting the SCLD webpage: <https://www.sclld.org.uk/learning-disability-week-events/>

Some events include:



Living Golf Thinking Back, Looking Forward Tournament

Covesea Golf Links, Moray

Moray Learning Disability Provider Forum & Living Golf International invite all ages & abilities to join the Living Golf Tournament on 17th May to celebrate Learning Disability Week. Have a question? Email letsplay@livinggolf.com or call 07570139657.



The Smile Project Presents; A trio of Scenarios

An Lanntair, Stornoway

On Wednesday 17th May (2-4pm) The SMILE Project will perform 3 theatrical pieces to increase awareness of issues around communication and learning disability. Email office@advocacywi.co.uk or call 01851 701755 to find out more and to book your place at this interactive event!



The Star Ball, Newton Stewart

Friday 19th May 2017 From 7.30pm at Douglas Ewart High School. Live band, special guest entertainment, a red carpet, evening buffet, licensed bar and more. Tickets cost £10.



Get involved!

Take a photo of yourself posing with Learning Disability Week flags at landmarks across the country.

People can either email the photos to The Scottish Commission for Learning Disability, or use #LDWeek2017 in their social media posts to help us to see and share them.

Get Involved

Name	
Address	
Email Address	
Telephone Number	

We will store your information safely and make sure that we follow the rules of the Data Protection Act 1998. Please get in touch with us at any time if you want us to stop sending you information about the Scottish Learning Disabilities Observatory



Please add my name to your database.

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Signature



Your views are important to us.
Please use this page to tell us what you think the priorities of the Scottish Learning Disabilities Observatory should be.

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Get Involved

Please return any comments
and contact details



FREEPOST SCO3907
Scottish Learning Disabilities Observatory
Mental Health and Wellbeing
1st Floor, Administration Building
Gartnavel Royal Hospital
1055 Great Western Road
GLASGOW G12 0XH



You can email us at:
sldo-info@glasgow.ac.uk



You can phone us on:
0141 211 0688



University
of Glasgow



Easy read version prepared with the aid of Photo Symbols 3

Scottish Learning Disabilities Observatory,

Mental Health and Wellbeing, University of Glasgow, 1st Floor, Admin Building,
Gartnavel Royal Hospital, 1055 Great Western Road, Glasgow G12 0XH
Email: sldo-info@glasgow.ac.uk Telephone: 0141 211 0688