



Easy read newsletter



Hello



NHS England and NHS Improvement



We are NHS England and NHS Improvement and we help improve healthcare.



Welcome to our newsletter.



It is for people with a learning disability and autistic people.



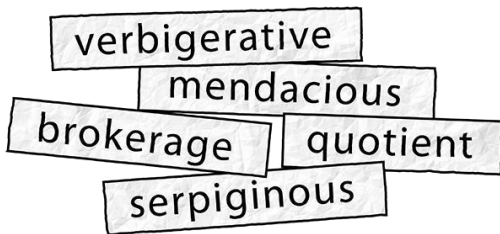
In this newsletter we just say people.

Issue 11 2020



There is lots of information in this newsletter.

We have tried to make it easy to read.



We have put hard words in **bold** and we have explained them.

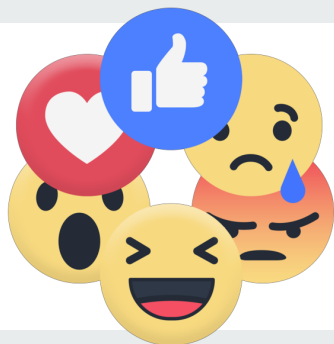


Sometimes you will see [blue web links](#) and emails to find out more. You can click on these if you're reading this on your computer.



You can email us your ideas to make the newsletter better at engage@nhs.net

In this issue...



Getting help with difficult feelings

5

Help when you're feeling sad, angry, worried or confused.



Support for children and young people in crisis

12

Spotting signs you're in crisis and how to get help.



Mental Capacity Act

23

Getting the right support to make decisions.

Getting help with difficult feelings



Everyone has feelings.
Sometimes our feelings can be difficult.

These feelings might be:



- Feeling upset



- Feeling angry



- Feeling confused



- Feeling worried



When we have these feelings a lot of the time it can be a problem.

We sometimes call this a **mental health problem**.



You can get help with mental health problems. The help you can get is called **psychological therapy**.

There are lots of different types of help you can get.



Often you will start by talking to someone about your thoughts and feelings.

This is called **talking therapy**.

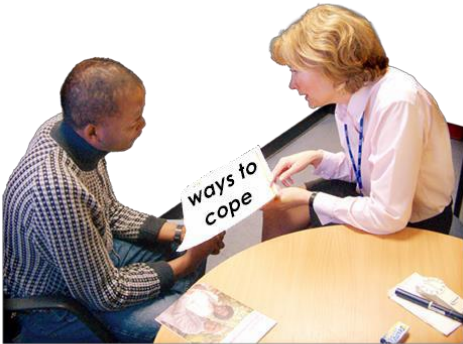


Talking therapy can help you with

- coping with difficult things like someone close to you dying



- coping with difficult feelings like being sad or angry



- coping with long-term health problems, by helping you learn how to cope with how it makes you feel



- dealing with feeling very worried or anxious



- other mental health problems.



Talking therapy isn't right for everyone.

Some other therapies include:

- Medicine – this would be prescribed by your doctor



- Using music, art, dance or drama – this is called art therapy.



- Spending time outside, in the park or the countryside. This is called **ecotherapy**



- Learning to settle your mind and relax. This is called **mindfulness**. You can read more about mindfulness in our last newsletter.





You can get psychological therapy through the NHS.

One way to get therapy is to ask your GP (family doctor).



They can contact a person or organisation for you who will help with your mental health.

This is called getting a **referral**.



Anyone can ask to get psychological therapy.



Psychological therapy can be changed to suit you better if you have a learning disability, if you are autistic or both.

This is called making reasonable adjustments.



A person or organisation that provides support is sometimes called a **service**. You can also contact a service directly.

This is called **self-referral**.



You could ask a friend, family member or support worker to help you do a self-referral.



You can use the NHS website to find out which services you can refer yourself to that are near where you live.



Visit [nhs.uk/service-search](https://www.nhs.uk/service-search) to find out what services you can refer yourself to.

Help with feelings word match



Can you match the words to the pictures?



Mindfulness



Ecotherapy



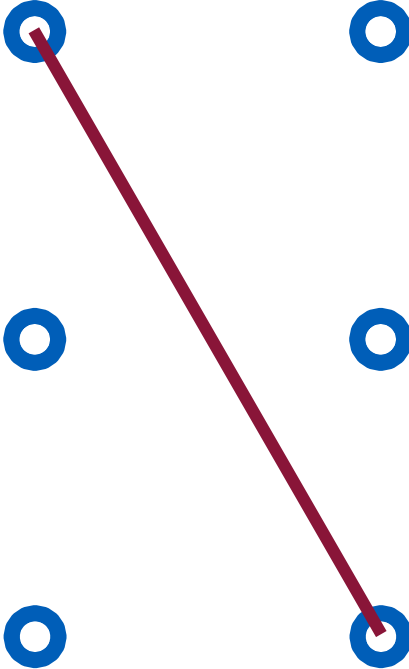
Medicine



Art therapy



Talking therapy



Support for children and young people in crisis



We want to make sure children and young people stay well and can live in the place they choose.



Sometimes it can feel like there is too much going on and you or your family feel like you can't cope. This is sometimes called a **crisis**.



If you or your family feel like things are too much, you might need some extra support to stay where you want to live.



When there is a crisis, you might be at risk of harming yourself or someone else.

These are some signs that there might be a crisis:



- Things not working well at school or college



- Getting poorly from eating only a few types of foods



- Finding weekends or holidays difficult



- Often feeling that you need to go to A&E or call the police for help



- Finding it hard to get anyone to listen to you



- Wanting to hurt yourself or other people, or break things around you.



Sometimes a stay in a learning disability or a mental health hospital might be suggested.



This would be if there is a big risk of hurting yourself or others.



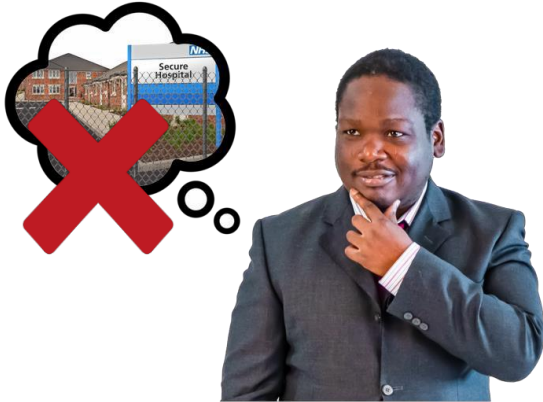
Or if you need a type of care or treatment you can't get close to home.



If this happens, you should have a care education and treatment review (**CETR**).



A CETR will help make sure this only happens if there is no other choice.



It will look at how a hospital stay could be avoided.



The CETR is a meeting for:

- You - it is your meeting and you can take part however you want to



- Your family (if they are involved) and any other carers



- The person who pays for your care – they are called a **commissioner**. They will run the meeting.



- Someone who knows a lot about learning disability or autism from their own experience. They are called an independent **expert by experience**.



- Someone who knows about working with people with a learning disability and autistic people. They are called an independent **clinical expert**.

In the CETR meeting, there will be questions about:



- How to keep you and other people safe



- Your care and treatment now



- Your health and wellbeing, including your mental health



- Your medicine (if you take any)



- Your support at school or college



- Any plans to support you as you become an adult



- Where you live now and where you would like to live



- What plans there are to help you stay well in the future, and what you want for the future.



The CETR will say what support you need to help you stay well.



Sometimes that might be going into a learning disability and mental health hospital.

This should only be if there's no other choice.



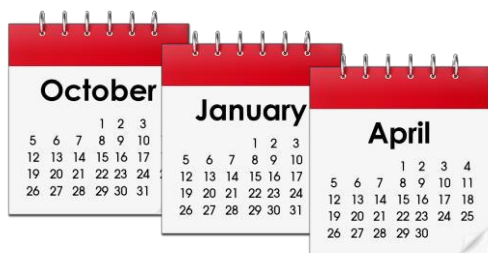
You should be in hospital for the shortest time possible.



Sometimes you might go into a learning disability and mental health hospital before you've had a CETR.



If this happens, you should have one within 2 weeks.



You should have a CETR every 3 months.



If you think you need to have a CeTR, you should talk to your care coordinator.



Or you can talk to someone who works for the local organisation that pays for your care.

This is called a clinical commissioning group (CCG).

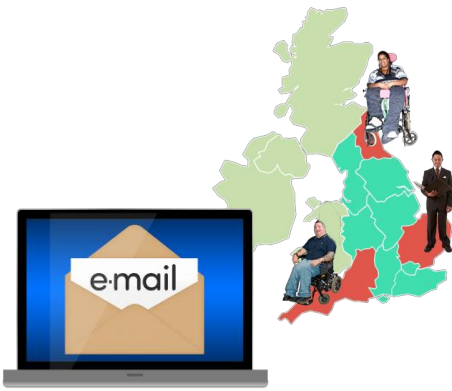


There is a list of all the CCGs in England on the NHS website -

tinyurl.com/LocalCCGs



If you are not sure who you should talk to, and you don't have a care coordinator, you can contact your regional children and young people team.



The leads for children and young people for each region, and email addresses for each region, are listed below.



North

Kelly Taylor and Siobhan Gorry

england.fastracknorth@nhs.net



Midlands

Tonita Whittier

england.midlandslda@nhs.net



[@nhs.net](mailto:england.midlandslda@nhs.net)



East of England

Hannah Mann

ENGLAND.EastTC@nhs.net



London

Adanna Williams

england.wvlondon@nhs.net



South East

Cindy Mukombegumi

england.ldandasd-se@nhs.net



South West

Graham Carr

[england.learningdisabilityand
autism-SW@nhs.net](mailto:england.learningdisabilityandautism-SW@nhs.net)



Because of coronavirus, we can't carry out CeTRs in person right now.



But it is still important you have a CeTR if you need one.



Visit tinyurl.com/CeTRsCovid to find out more about getting a CeTR during coronavirus.



Everyone over the age of 16 has the right to make decisions about their care and treatment.



There are some decisions you might make by yourself, like what foods you eat.



There might be some other decisions that you need help to make – like whether to go to the hospital when you have a health problem.



There is a law that says when you should be able to make decisions for yourself and when you might need help.

This law is called the **Mental Capacity Act.**



The reasons for the Mental Capacity Act are:



- to protect your rights by making sure professionals or carers are thinking about what you want around your own care



- to make sure staff are thinking about what you want for your own care.



- to make sure your health conditions are treated in the right way.



- to make sure professionals like doctors and nurses are caring for you well.



Sometimes health and care staff think disabled people can't make their own decisions.



Sometimes disabled people don't get the information or time they need to make their own decisions.



This means disabled people don't get good care.



We want to help health staff understand the Mental Capacity Act better and know how to help you make your own decisions.



For example, there are things your family doctor (sometimes called a **GP**) should do when you go for your **Annual Health Check** (a health check that happens once a year with your doctor). They should:



- Make you feel comfortable



- Give you all the information you need to make decisions, in the way that is best for you – like easy read information or pictures



- Help you to understand the things that might happen because of the decisions you make



- Give you the right support to make decisions.
For example, helping you decide whether to have an operation, or whether you should do more exercise.



Professionals should always start by thinking that you are able to make your own decisions.

This is called having **capacity**.



You might have the capacity to make some decisions and not others.



If you need help making decisions you can ask for someone to help you. This might be an **advocate**.

Mental Capacity Act and coronavirus

The Mental Capacity Act has not changed because of coronavirus.

But coronavirus might mean you are working with different staff from usual, who don't know you as well.

This means it is even more important that you get the right support to make decisions.

Make sure the people who support you know what is important for you.





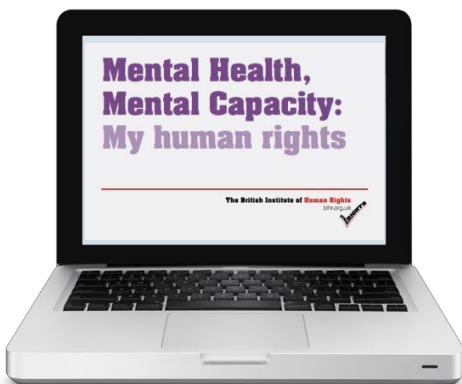
They should know how to help you look after your feelings and your body.



People who support you need to understand how you communicate.

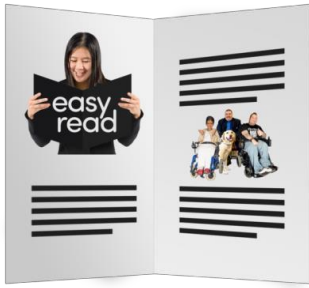


This should be written down and will help staff work with you to make decisions.



You can find out more about mental health and mental capacity by reading an easy read document from the British Institute of Human Rights

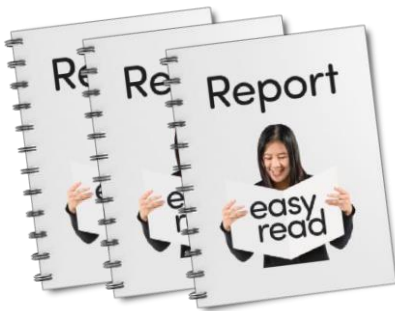
[https://tinyurl.com/
MentalHealthMentalCapacity](https://tinyurl.com/MentalHealthMentalCapacity)



We want to make some more easy read information to help you understand the Mental Capacity Act. We would like to know about:



- things you would like to know about the Mental Capacity Act



- any good easy read resources you know about that talk about the Mental Capacity Act



- What you think health and care staff need to know about the Mental Capacity Act.



You can email engage@nhs.net to let us know what you think.

Thank you



That's the end of our easy read newsletter.



Please get in touch if you would like a printed copy, or if you would like us to send you newsletters in the future.



We would like to thank Bury People First – who told us what they thought about the newsletter.



If you want to tell us about something that's important to you – please phone or email.

This newsletter was made with Photosymbols®

Contact us

The NHS England
learning disability and
autism engagement team

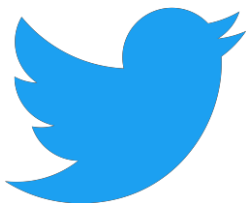


Web: <http://tinyurl.com/NHSGetInvolved>



Phone: 0113 824 9686

Email: engage@nhs.net



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learning disability and
autism engagement**

Twitter: [@NHSability](https://twitter.com/NHSability)



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NHS England and
NHS Improvement.