

Together All Are Able – Health and Wellbeing work



Easy Read version of the Research Findings



Jamie Halliwell
Qualitative Insights Researcher



Jen New
Qualitative Insights Analyst



Jon Roberts
Qualitative Insights Researcher



Sam Burgess
Qualitative Insights Project Support Officer



Together All Are Able (TAAA)
Community Interest Company focussing on self-advocacy

**Wirral Council
Qualitative Insights
Research Team
Public Health**

Purpose

1.	 An icon showing a document titled 'report' with a pen pointing to it. The document has a small figure and some text on it.	Help making the Health and Wellbeing strategy.
2.	 An icon showing three people's heads with thought bubbles. One bubble contains a document, another contains a lightbulb, and a third contains the text 'test words with words'.	Design research questions and methods together.
3.	 An icon of a woman in a red top and black headscarf holding a book titled 'easy read' with a green checkmark on the cover.	To help make the research as accessible as possible.
4.	 An icon of a woman's head with a thought bubble containing a road leading to a sun and a signpost.	Help the Research Team with any future research projects with Wirral residents who have disabilities.



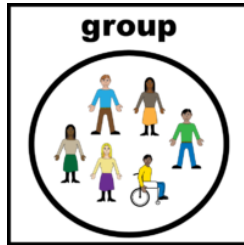
Focus Groups

(Bringing people together to understand their views and experiences).

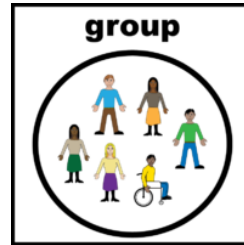


What we did

A



B



- TAAA split up into 2 focus groups
- (Bringing people together to understand their views and experiences).

Led by Jamie and Jon



- They answered 2 Questions:

1. What does **health** mean to you?

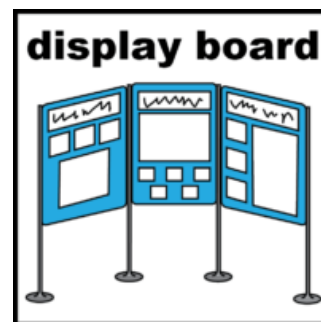
2. What does **wellbeing** mean to you?

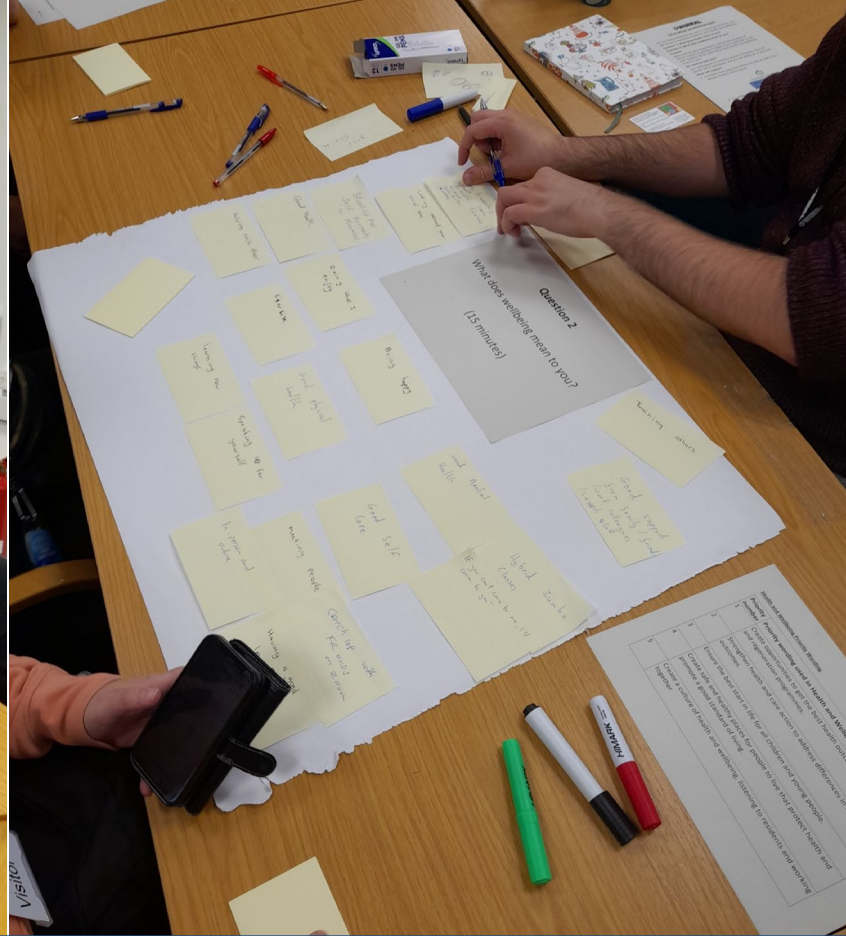


- TAAA thought of answers to each question.



- And stuck them on to a piece of paper.





Photos from the Focus Groups



Health

Health 1



Taking care of my body



- Attend health appointments and to take charge of managing your health.

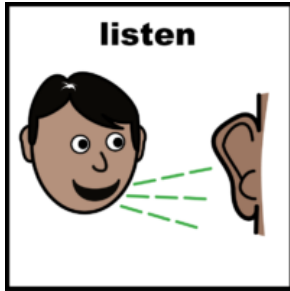


- Being active: doing exercise, walking and getting out and about.



- Sleeping, eating well and managing weight help you to have good peace of mind.

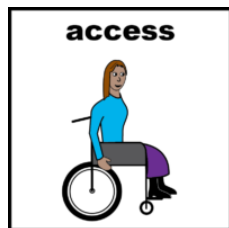
Health 2



Adapting and listening to my needs



- Understand how someone communicates so that you can change care to meet their needs.



- Be able to access services that can make reasonable adjustments.



- In some places, like Day services, it is important to have access to wellbeing activities that relate to individual needs.

Health 3



Less bad experiences



- Tackling Discrimination.



Wellbeing

Wellbeing 1



Having good Mental Health



- Feeling good about yourself.



- Meeting people.



- Taking time out for yourself.

Wellbeing 2



Having something to do



- Taking part in activities that you like and enjoy.



- Having time to rest, reflect and sleep.



- Having fun and learning new things.

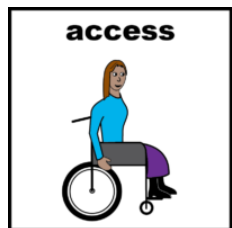
Wellbeing 3



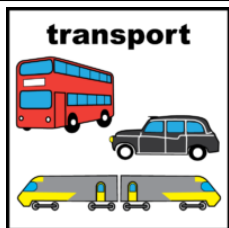
Having good support



- Having help to do things - from family, friends, support workers and people you work with.



- People adapting to your needs is important for your wellbeing.



- Having help from Support Workers to help you travel around.



Health and Wellbeing

Health and Wellbeing 1

being connected



talk to others



Connecting with other people

1 to 1 meeting



video call



- Stay connected, both online and in-person.

comforted
when upset



- People help you to offload your troubles and worries.

having fun

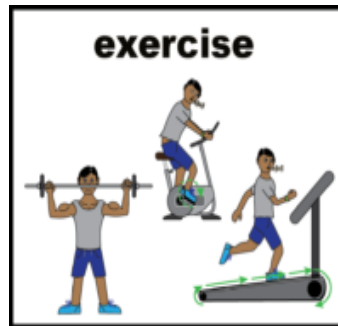


- Having fun and playing games.

Health and Wellbeing 2



Having good physical health



- Going to the park, talking and exercising

Health and Wellbeing 3



Self Advocacy

(Being able to ask for what you need and want

and tell people about your thoughts and feelings)



- Speak up and have your say.

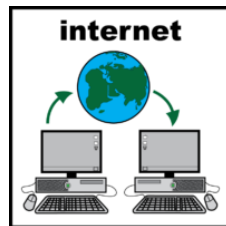


- Raising awareness of issues about learning difficulties to inform decision making.

Health and Wellbeing 4



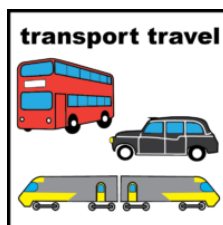
Good foundations and access to resources



- Having support with the right Housing environment and Internet access.



- Having stable finances.



- Access to suitable transport and travel options.

Thank You Together All Are Able!

From the Qualitative
Insight Team

