



Foundation Stones Newsletter



A newsletter from the Foundation for People with Learning Disabilities.



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**Newsletter: 4
May 2014**



Easy read information on our website



See the new easy read pages on our website telling you about our work.



We believe it is important to make information easy to understand.



We have lots of information on our website about our work and we wanted to make our work easy for everyone to read about.



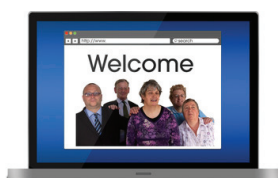
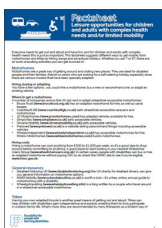
We have made new easy read pages which tell you about our work.



You can find all of these on our website: www.learningdisabilities.org.uk/easyread.



For more information please get in touch with us at: fpld@learningdisabilities.org.uk



Living an ordinary life

Helping children and young people with long term health problems to live better lives.

Some people have a lot of health problems which make it hard for them to go out and do the things they enjoy.

We wanted to help families who have children with lots of health problems to get the best support they can.

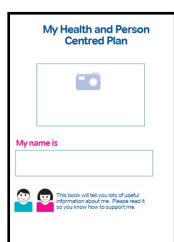
We have written a guide for families 'Children and Young People with Complex Health Needs; a one-stop booklet for families'.

We have also written some factsheets about leisure, travel and finance to help families and some information on how to make services better.

You can find these on our website.
www.learningdisabilities.org.uk/anordinarylife

For more information or to get in touch with us contact:

Jill Davies
jdavies@learningdisabilities.org.uk



Person centred planning

Helping people who have health problems to make good plans for the future.

Some people need help to make good plans so that they can lead full and happy lives. This is called person centred planning.

If someone has a lot of health problems it is really important that these are a part of any plans they make.

We have written a one page profile and an example of what this could look like.

We have also written a booklet for families and people with health problems to fill out to help them plan their lives called 'My Health and Person Centred Plan'.

You can find these on our website. They are part of the An Ordinary Life project.
www.learningdisabilities.org.uk/anordinarylife

For more information or to get in touch with us contact:

Jill Davies

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The mental health of people with learning disabilities

Looking at how good mental health services are for people with learning disabilities.

People with learning disabilities feel down and unhappy just like everyone else.

When these feelings get too much for us to cope with we may need to ask for help to feel better.

We wrote an easy read guide called 'Feeling Down: Looking after my mental health'. This gives information about how to keep healthy.

We also wrote a report about this called 'Feeling Down: Improving mental health services for people with learning disabilities'.

You can find these on our website www.learningdisabilities.org.uk

For more information please get in touch with:

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mental
health
foundation



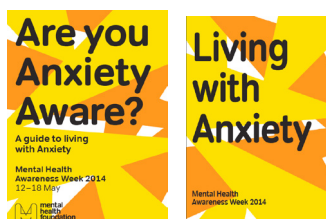
Mental Health Awareness Week



A campaign to raise awareness about mental health.



This year the Mental Health Foundation looked at anxiety and how it affects us.



The Foundation have written a report about anxiety 'Living with Anxiety?' and a booklet to help people with anxious feelings 'How Anxiety Aware Are You?'.



The Foundation for People with Learning Disabilities is part of the Mental Health Foundation.



We have written an easy read summary of this report 'A Report About Anxiety'. and booklet 'An Easy Read Guide to Anxiety'.



You can find all of these on our websites
www.mentalhealth.org.uk
www.learningdisabilities.org.uk



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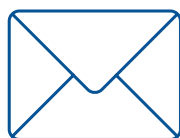


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Get in touch with us



If you do not want to get any more of these newsletters, please let us know by Phone, Email, or Post.



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Found out more
about our work on:
www.fpld.org.uk



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