

SPOTLIGHT REPORT:

Health and Emotional Wellbeing of Young People with Learning Disabilities in Worcestershire, Spring 2024.



Making sure that everyone in Worcestershire is able to have a say about health and social care services.



This year **95 young people** (aged 13-25) with learning disabilities have told us about their **health and emotional wellbeing**.



In March and April 16 workshops took place at SpeakEasy events all over Worcestershire.



At the workshops we asked about their **physical health**.

Most of the young people were positive about their physical health.



We asked about their **emotional wellbeing**.

A lot of the young people described their emotional wellbeing, or mental health, as "just ok".



We asked how they find out **information about health?**

Most young people said they would ask their support worker, or a medical professional for information about health and emotional wellbeing.



Family, friends, and the internet are all important sources of information too.

We asked what topics the young people would like more information about.

They said:



healthy eating, diets



stopping smoking or vaping



managing anxiety or low mood, self-esteem



Sexual health and relationships



We asked what fun things they do to relax?

The top relaxing activity was watching TV, Netflix, listening to or playing music.



Exercising or taking part in sport was not so popular.



We asked if they have stopped doing any of these things in the past year? – and why?

“Go swimming less – more expensive and a shorter time”



“I gave up going to the gym because if my support worker wasn’t available I struggled to get there on public transport”



We asked **who would they turn to for support** if there was something worrying them?

They told us all about their **friends, family and support workers**



We asked what kind of professional support they would prefer if they needed help with their emotional wellbeing or mental health.

Most of the young people said they would prefer a support group.



Our report makes these recommendations:

1. Make more printed Easy Read health information available to young people with learning disabilities.



Topics should include:

healthy eating, diets

stopping smoking or vaping

managing anxiety or low mood, self-esteem

Sexual health and relationships



2. Provide **low-cost swimming and exercising options** so that the health benefits can be enjoyed by young people with learning disabilities.



3. When commissioning or providing **emotional wellbeing support** for young people with learning disabilities, prioritise **in-person support groups**

Our full report, Worcestershire Young People's Health and Emotional Wellbeing 2024 will be published soon on our website:

<https://www.healthwatchworcestershire.co.uk/our-work/our-reports-responses-and-feedback/>