

Learning Disabilities Action Plan

2022 to 2025



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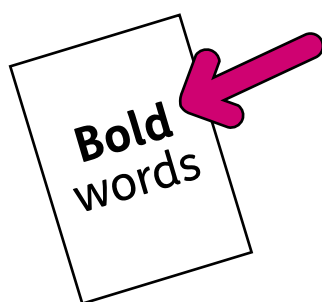
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In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are [blue and underlined](#). These are links which will go to another website which has more information.

Introduction



This is a plan from Newham Council and Newham NHS.



It is about making life better for people with learning disabilities.



We made this plan after speaking to people with learning disabilities and the people who support them.

Why we wrote this plan



There are about 6591 adults with learning disabilities who live in Newham and they are all important.



They have many skills and lots that they can do for other people.

We want people with learning disabilities to:



- Have a good life.



- Be healthy.



- Take part in things they want to do.



- Be part of the local area where they live.

Our plan



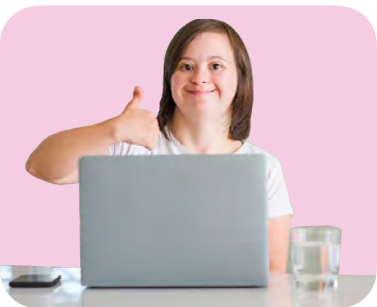
There are 6 main parts of the plan:

1. Being heard and understood

We will make sure people with learning disabilities:



- Are treated with respect.



- Can get the information they need and understand their choices.



- Can say what they think and are listened to.

2. Housing

We will make sure people with learning disabilities:



- Have a choice about where they live.



- Have good housing.

3. Being part of the local area

We will make sure that people with learning disabilities:



- Are accepted by other people in their local area.



- Have good and supportive relationships with other people.



- Aren't **abused** or harmed.

Being **abused** is when someone hurts you or treats you badly.

4. Working and enjoying life

We will make sure people with learning disabilities:



- Are helped to learn new skills.



- Have a chance to do activities, like working.



- Have time and support to rest and relax.

5. Health and social care

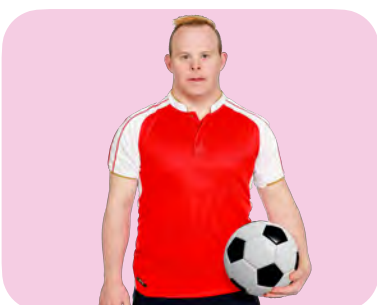


Social care is the extra support some people need with everyday things such as personal care.



We will make sure people with learning disabilities:

- Can get the help that they need on time and from the right staff.
- Have staff around them who know their needs.
- Have a plan about their support that was written by themselves and staff.
- Can stay healthy and live a good life.



6. Carers



We will make sure people who are carers of people with learning disabilities:



- Are supported to have a life while they are being a carer.



- Are supported to have a life when they are not caring for someone.

Be part of our plan



If you want to help make life better for people with learning disabilities in Newham, please email:

co-productionteam@newham.gov.uk



You can find out about new projects and be part of making decisions by signing up to **Co-Create**.



Co-Create is a website for everyone who lives or works in Newham.

The website is:

www.newhamco-create.co.uk

For more information



You can look at our website here:

www.newham.gov.uk/health-adult-social-care/learning-disabilities

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