

Greater Manchester Mental Wellbeing and Disability Report



Easy Read

Introduction

Who we are, what we are doing, what this report is about?



We are Greater Manchester Health and Social Care Partnership. We bring councils and the NHS together to make health and social care services better in Greater Manchester.



This is the easy read version of our Greater Manchester Mental Wellbeing and Disability Report.

BIG words

Some of the words we use may be hard to understand, so we have tried to say what they mean. **We do this in Blue Bold letters like this.**



Greater Manchester is made up of 10 different council areas.



Disability is when your body or mind work differently, society should change so you are included.



Wellbeing is when a person is happy, healthy and comfortable with their life and what they do.



Mental Wellbeing is when a person feels they can cope with the normal stresses of life, do things with their life, and be part of their community.

What we wanted to do.



Find out from people in Greater Manchester about their **mental wellbeing**, to learn how they feel, what worries them, and what they think can be done to make a difference to where they live.

What we did to find things out.



We did this in 2020. We called it the 'Greater Manchester's Big Mental Wellbeing **Conversation**'.



Conversation means talking to someone.



Also in 2020, Greater Manchester Deaf and Disabled People's Panel worked with the Independent Mental Health Network and held 2 focus group meetings with Deaf and disabled people to ask them about what helped and what harmed their mental wellbeing.





The Independent Mental Health Network

Their members have used mental health services.



Focus group is when people who are doing research get a group of people together to look closely at something and then tell the researchers what they think.



Greater Manchester Deaf and Disabled People's Panel is made up of 14 Deaf and Disabled people's organisations. It is run by Greater Manchester Coalition of Deaf and Disabled People. The Panel tells the Mayor of Greater Manchester what Deaf and disabled people think is important to them.



Deaf and Disabled People's Organisation is a group that is mostly run by Deaf and disabled people.



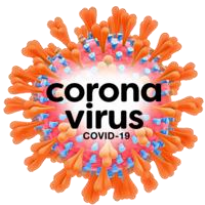
What we found out.



- Nearly everyone thinks mental wellbeing is very important. This is the same for people who are Deaf and disabled and people who are not Deaf and disabled.



- Deaf and disabled people have a worse feeling of wellbeing than people who are not Deaf and disabled.



- The Coronavirus Pandemic had a bigger effect on Deaf and disabled people's mental wellbeing than people who were not Deaf and Disabled.



They had more problems with isolation, getting food, medicines and information.





Deaf and disabled people were not happy with the way the government treated them during the pandemic.



Deaf and disabled people in Greater Manchester are:

- Less happy.
- Less satisfied with life.
- Feel things are not worthwhile.
- Less likely to feel part of their community.
- More anxious than people who are not Deaf and disabled.



If a Deaf or disabled person also has a mental health condition, this can be even worse.



Mental health condition is medical issue that can be diagnosed.

Diagnosed is when a doctor has looked at a person's health and found they have a condition.

Things Deaf and disabled people say make their feeling of mental wellbeing worse are:



- Anxiety or mental health conditions such as depression
Anxiety is feeling very worried



- Work or college worries.
- Not knowing what services can help.
- Not having enough money.



- Dealing with services and a lack of funding for services.

- Lack of **inclusion**.

Inclusion is feeling you able to take part in the life going on around you and are able to do things in your community.



- **Digital exclusion**

Digital exclusion is when people are not able to get online. This can be because they do not have the equipment such as a computer or smart phone. Or they are not able to use them, or they cannot afford to pay for a broadband internet service.





- Not being **accessible**.
Accessible is when things are made so everyone can use them or done in a way that everyone can take part in them. It can be things such as buildings having ramps and lifts, so wheelchair users can go in them. Or having a sign language interpreter at a meeting, so Deaf people can take part, or having easy read information.

- **Consultation Fatigue** – Some people said they had been asked before what they thought and then nothing was done about it.
- **Consultation** is when you get asked what you think about something.
Fatigue is when you get tired.

What people did to make their mental wellbeing better.



- Exercise – More likely to be done on their own than in groups.



- Being with family and friends.



- Walking.



- Activities and hobbies such as cooking, shopping – But less likely to do sports.



- Eating nice food.



- 'Me' time.

- Doing things such as **mindfulness**, meditation, or breathing exercises.



Mindfulness is when you pay attention about what is going on right now. Noticing how your body feels, what you see, sounds you hear, smells and tastes. Spending time being mindful can help people feel good.

These are the same sort of things people who are not Deaf and disabled said helped them.



A lot of Deaf and disabled people were not sure, or did not know what to do to make themselves feel better.



Deaf and disabled people were a lot more likely to think of getting professional help than people who were not Deaf and disabled. But they did not always know how to do this.

Things in the community that can help wellbeing.



- Green open spaces.



- Nice surroundings – clean, no pollution, less traffic.

Things that can help people feel more part of their community.



- Places where they can do things such as parks and sports centres.



- Social groups and support groups.

- Knowing neighbours and people in the community better.



A community is not just where you live. It can be a group, such as Deaf or disabled people's groups, or a political movement someone belongs to.

Recommendations - what we think should be done.



Individuals

- Give support **holistically**
This means looking at the 'big picture', all the things that make up a person and their support needs.



- To do this we need **joined up services.**
This is where people do not have to go to lots of different services. Services work together to give the support a person needs.



Not have **one size fits all** services
This is where the service is the same for everyone. But people are different. Support should be available in different ways to suit what each person wants and needs. We should not try to do things the same way for everyone. We should change what we do, the person should not have to change to suit us.



- Listen to Deaf and disabled people and work together with them. When plans are being made, Deaf and disabled people should be asked for their real-life experiences.

To take part, information needs to be **accessible** to Deaf and disabled people.

Accessible means given in a way that the person can understand.



- Training, advice and information for Deaf and disabled people to give them the skills and experience to run their own lives.



Community



- Support should be given in ways that help Deaf and disabled people be part of their community. We should do things that give people more chances to meet and so build up their place in the community.



- Disability training in workplaces. This would help make sure there is the right support and Deaf and disabled people do not feel they are a problem.



- Disability action and equality training for family members given by people like themselves. Some of it should be about the **social model of disability**.

This is a way of looking at disability as a problem with the way society is, not seeing the problem as someone's impairment. For example, if a wheelchair user cannot get into a



building because it has stairs, the problem is not having a lift or a ramp, not that the person uses a wheelchair.

All over Greater Manchester



- Put on events that change the way Deaf and disabled people are seen. They should be seen as having a full place in society.



- Do more to make sports and leisure more inclusive.



- More professional services.



- More activities that are not sports.



- More community groups.



- More **peer support**.

Peer support is when people use their own experiences to help each other. This can mean Deaf and disabled people help each other.



- More greener, cleaner, accessible spaces.

The 5 Ways to Wellbeing.



When we make plans, we should make sure they help people follow the **5 Ways to Wellbeing**. This is research that says what we can do to make us feel better. The 5 Ways are:



1. Connect – Stay in touch with family and friends, talk to people you see in your community.



2. Be Active – Do things that keep you moving.



3. Take Notice – Pay attention to things around you such as nature.



4. Keep Learning – Find out about new things.



5. Give – Do something good for someone else.

What We Need to Talk About?



The Five Ways to Wellbeing is a good way to help people, but there are things we must do to make sure it is right for Deaf and disabled people.

We should think about:



A peer-led and community approach to supporting mental wellbeing.



Person-centred planning.



Support should be cheap and long-term.



Deaf and disabled people said accessibility is a barrier to services and support.

A [Health Impact Assessment \(HIA\) or Health Equity Assessment \(HEA\)](#) can help make services and support fair.

You can find out more about Health Equity Assessment Tools here



Information about health and well-being and **social prescribing** can help Deaf and disabled people find out about peer support and Deaf and disabled people's organisations.



Social prescribing is when health professionals refer people to support in the community, in order to improve their health and wellbeing.



Services and support are usually provided, controlled and led by health and social care professionals who are not usually Deaf and disabled people.

What Deaf and disabled people need can be missed.



The words used to talk about Deaf and disabled people can stop chances from happening.



Funding for things like sign language interpreters, accessible places and Deaf and disabled people led groups is important so that Deaf and disabled people can take part in the 5 Ways to wellbeing.



Co-produced and co-designed services and support would be important to getting person-centred services and support right for Deaf and disabled people.

Co-produced and co-design means everyone working together from the start of a plan all the way to the end.



Doing so would mean that more Deaf and disabled people can improve and have good mental wellbeing.



Lastly, the mental wellbeing of Deaf and disabled people is best supported by giving lots of choices.



It will not be enough to offer Deaf and disabled people a few activities. Instead, they should be offered information about lots of services and groups from which they can choose depending on their wants and needs.