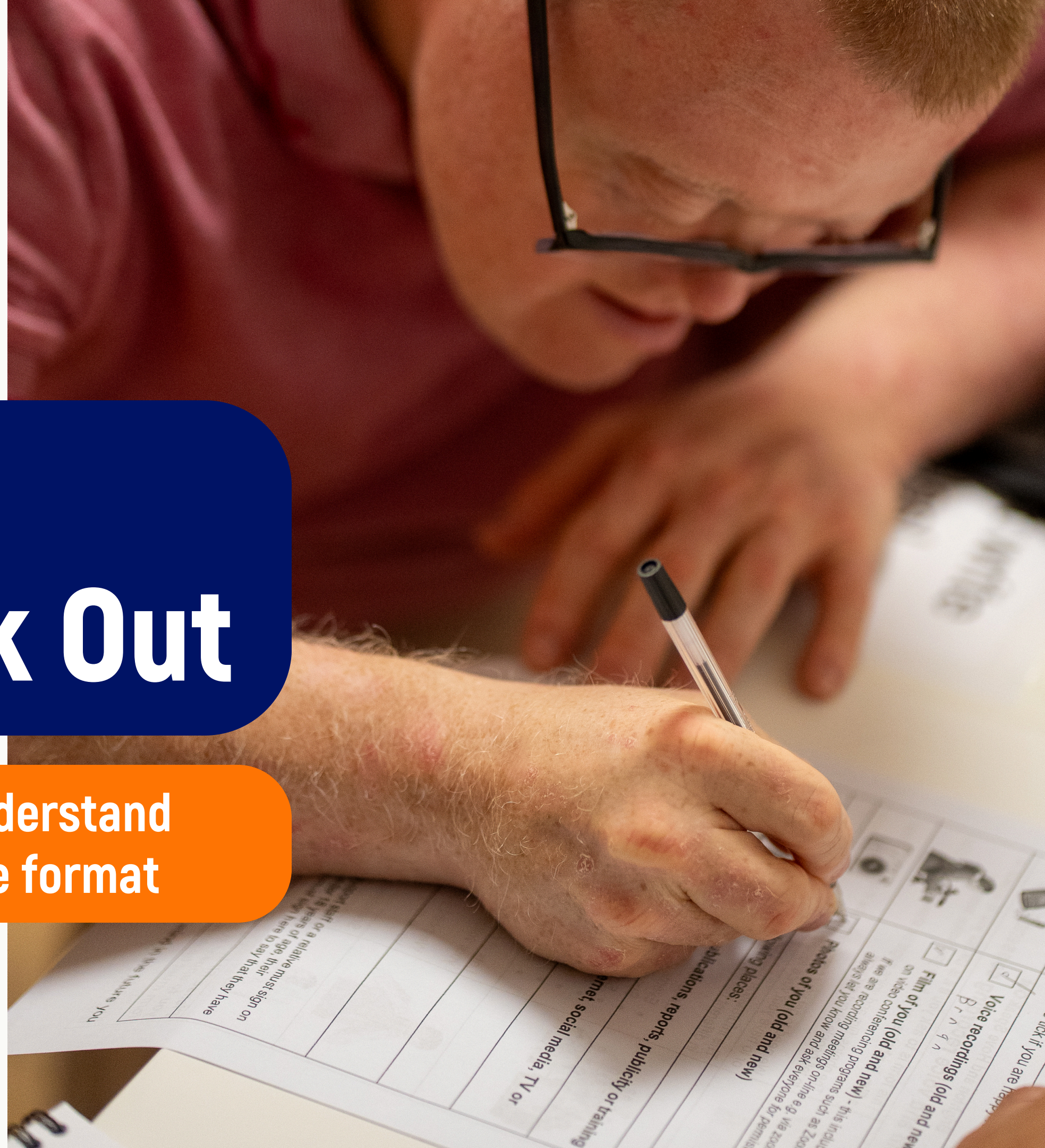




Easy Read with Speak Out

Helping people with learning disabilities understand important information in a more accessible format





About us

At Speak Out, we make sure that people with learning disabilities can speak up and take action about things that matter to them.

Our work is led by listening and responding to the views of people with learning disabilities.

Our service is free for people to use and we are independent from council funded learning disability services.

Easy Read: How it works

Send us your document and we'll translate it into easy read

01 Document review and quote

Send us your document and we'll take a look and discuss time frames and deadlines. We'll then send you a quote.

02 Assign a translator

We'll then put you in touch with one of our trained translators who will keep you updated along the process.

03 User testing

Once the initial draft is completed, we then get it user tested by experts by experience; people with learning disabilities.

04 First draft

We then send the user tested first draft to you, where you can let us know if you'd like any final changes made.

05 Final draft

Once you're happy, we'll then send you a final version in your preferred file format. Our standard is PDF.

Approach

Our approach

Our work is led by listening and responding to the views of people with learning disabilities. Our user testing by experts by experience stage is the most important part of our process. We get each document user tested twice to ensure they understand the information we have translated and make any changes they suggest.



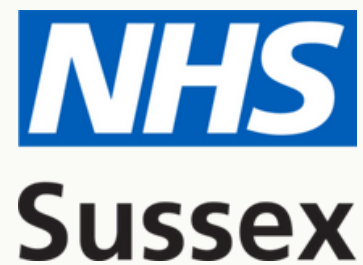
Noteable clients

Our portfolio is extensive and ever growing. We've worked with a number of clients in Brighton & Hove and beyond.



NHS →
Sussex

LeDer reports,
Cardiovascular health
resources and many
more



Nottingham →
University

Research papers and
findings relating to
cognitive impairments
and exploitation



Brighton →
& Hove City Council

Policies, surveys,
strategies, minutes and
many more



Outside →
In Arts

Exhibitions and project
briefs



Health & Adult Social Care Report: BHCC

2022-2023 | Health & Adult Social Care Report

Health & Adult Social Care Report | 2022-2023

Foreword



Rob Persey
Executive Director
Health & Adult Social Care



Councillor Bruno De Oliveira
Chair of Health & Wellbeing
Board



Councillor Tristram Burden
Chair of Adult Social Care
Public Health Sub-committee

The last Health & Adult Social Care Report was published in 2018, and the world now seems like a very different place. After a long period of no overall control, May 2023 saw the election of a new Labour administration with a working majority. We welcome Councillor Bruno De Oliveira as Chair of the Health & Wellbeing Board and Councillor Tristram Burden as Lead Member for Adult Services, both of whom have considerable experience in health, wellbeing and the Adult Social Care sector.

We say a huge thanks to our health and care workforce, carers and volunteers, who have delivered extraordinary service to the city's most vulnerable residents and greatly enhanced the chances of a healthy long life for the local population these past 5 years. Through both a pandemic that presented unprecedented challenges, and the ongoing cost of living crisis, we have seen lasting impacts on the demand and delivery of health and social care in our city. Demand has increased, especially where meeting the mental health needs of our residents and more generally the cost of delivering services has increased, also. Despite this and thanks to our staff, stakeholders, service providers and the partners with whom we work so closely in our communities, we continue to deliver good quality services through even these most challenging times.

It deserves emphasising. We couldn't have done this without you; our partners, within the council, with our care and support providers and with the voluntary sector and NHS. Whether enhancing recovery from alcohol and drug dependency, working with us in multi-disciplinary teams to address multiple compound needs, or providing prescribing and befriending across the city, the partners we work with have risen to these challenging times and worked so hard to continue delivering care and support services, enhancing independence in an inclusive and accessible way. Our thanks to each and every one of you, but there is no room for complacency. Considerable challenges remain and finding solutions becomes even more essential to ensure sustainable good quality Public Health and Adult Social Care support to some of the most vulnerable individuals and communities that we serve.

The future holds a lot in store. Recently, the Care Quality Commission announced that they would start inspecting local authority health and social care departments. We welcome the scrutiny and see it as a valuable opportunity to learn more about what we're doing in the city and where there's room to grow. We present this latest Report as a statement of the progress we have made and equally an acknowledgement of so much more to do and outline the approach for moving forward.

February 2024

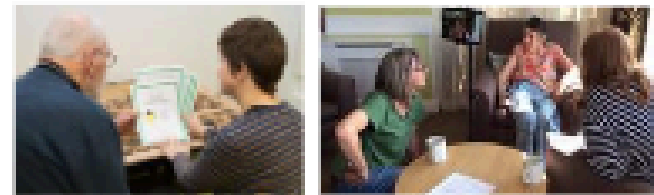
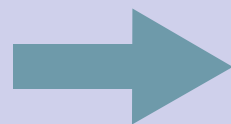
Health & Social Care

Our primary responsibilities include

- improving health, preventing ill health, reducing health inequalities and protecting the health of our residents
- commissioning and providing services to promote independence and improve health and wellbeing
- providing information, advice and advocacy
- producing the Joint Strategic Needs Assessment and providing public health advice
- carrying out individual care needs assessments
- safeguarding adults at risk of abuse or neglect

In 2022-23

- 3,934** people received a long-term adult social care service
 - 511 in nursing homes
 - 736 in residential care
 - 2,687 receive a range of community support options
- 262** people received short-term intensive support
- 18,560** items of daily living equipment were issued
- 2,726** new requests for support
- 3,717** care assessments or reviews took place
 - 1,318 carer assessments undertaken
 - more than 3,700 local people supported by the Healthy Lifestyles Team
 - 780 safeguarding enquiries undertaken (excluding mental health)
 - more than 2,500 people engaged with drug or alcohol treatments
 - 12,950 older people were supported to access advice or activities
 - over 34,000 sexual health appointments provided



Health and Adult Social Care Report 2022 - 2023

What we have done and what we are going to do

An easy read guide



- And it will tell you how you can find advice and support.
- We would like to thank all staff and volunteers working in Adult Social Care.
- We work closely with lots of council departments, the NHS, and other service providers to make sure services are good.
- The Covid 19 pandemic and the cost of living crisis has made it more difficult for services.
- There is less money but more people need services.
- A lot more people need support with their mental health.

Health & Adult Social Care Report: BHCC

2022-2023 | Health & Adult Social Care Report
Health & Adult Social Care Report | 2022-2023

Brighton & Hove

A few facts about our city's population:

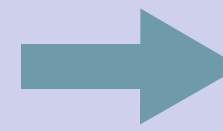
- 276,300** residents
- 19%** of residents are disabled
- High proportion** of adults aged **20-60** years old
- 1 in 12** residents provide unpaid care
- Over a **third** of older people live alone
- 22%** adults aged 20+ with two or more long term physical or mental health conditions
- One in five** residents aged 60 or over are living in income deprivation
- People are living longer in ill health
- Smoking, alcohol & drug dependency, and sexual health are significant issues in the city
- Above average levels of mental health issues

At Brighton & Hove City Council

Adult Social Care staff work alongside Public Health colleagues and partners from the NHS and community and voluntary sector, to support adults with care and support needs to be as safe and independent as possible.

This report is designed around the themes which the people we support have told us matter to them. It highlights the key achievements from Health & Adult Social Care during the period April 2022-March 2023, and summarises some key plans for the future. We have included suggestions on what 'you can' do to help ensure you live as healthily and independently as possible.

- 6-7 Flexible integrated care & support**
Working together with key partners to provide a range of care and support to meet people's needs.
- 8-9 Information & advice**
Providing advice and information to ensure people are aware of their options, so they can get the right help at the right time.
- 10-11 Living well & staying healthy**
Helping people to be as healthy as possible, and managing the impact of long term health conditions.
- 12-13 Staying active & connected**
Supporting people to access their communities, reduce social isolation and maintain an active life.
- 14-15 Feeling safe and in control**
Working with providers to ensure local people receive good quality, safe services, and feel in control.
- 16-17 Carers**
Supporting carers to maintain their caring role and to have a life outside of caring.
- 18-19 Fair and Inclusive city**
Removing barriers that exclude people from services and successful outcomes due to their identity, background or circumstances.



- 22% of people over 20 years old have more than one health issue.

- 20% of 60 year olds do not have enough money.

- More people are living unhealthy lives for longer.

- A lot of people have problems with smoking, drinking, drugs and sexual health issues.

- A lot of people have mental health problems.

6

At Brighton and Hove's City Council

- Adult social care staff, public health and NHS staff and people from community and voluntary organisations work together to make sure that adults who need support are as safe and independent as possible.


7

This report is split into the 7 following parts.

- 9 - 12: Flexible integrated care and support**
- Making sure there are good services that people can choose from and pay for from their direct payments.
- 13 - 16: Information and advice**
- Making sure people can get good information and advice so they can make choices and get the right help.

7

Outside In: Artists Survey



Outside In: Artist Survey 2024

Thank you for taking part in the Outside In Artist Survey 2024. We're reaching out to gather your insights on Outside In's current and future activities, and how we can best support you as an artist.

Your insights are invaluable for shaping the work we do. We'd like to hear from you about topics such as your art, income, challenges, lived experiences, interactions with Outside In's support and opportunities.

All questions are optional, if you would prefer not to say, that is fine. Your answers are confidential. If you would like to talk about anything in the survey please contact independent research consultant Pamela by email pamela@pamelakent.com or you can call Outside In on 01903 898171.

When you complete the survey you have the option to be entered into a draw to win £250 towards arts supplies from Cass Art, to be drawn May 2024.

In partnership with Pamela Kent Consulting Ltd.

You and your art practice:

Outside In would like to hear about you, your art and how you became an artist. We are also asking about your income - this is so we can advocate in parliament for fair pay for artists who receive benefits. We understand this is a sensitive question, and please be reassured your answers are confidential. If you would rather not answer that is completely fine, you can move on to the next question.

1. What type of art do you create?

Please tick all that apply, or tell us more in the 'other' box provided

Digital Art	<input type="radio"/>	Sculpture	<input type="radio"/>	Performance	<input type="radio"/>
Painting	<input type="radio"/>	Textiles	<input type="radio"/>	Print Making	<input type="radio"/>
Mixed Media	<input type="radio"/>	Video / Film	<input type="radio"/>	Other	<input type="radio"/>

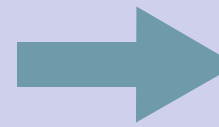

Other, please tell us more here:

2. What path(s) did you follow to become an artist?

Please tick all that apply, or tell us more in the 'other' box provided

Self-taught	<input type="radio"/>	Higher Education College e.g. BTEC	<input type="radio"/>	Supported Studio	<input type="radio"/>
Informal education e.g. life drawing class	<input type="radio"/>	Community Arts Group / Project	<input type="radio"/>	Mentor	<input type="radio"/>
Academic Degree	<input type="radio"/>	Online course	<input type="radio"/>	Other	<input type="radio"/>


Other, please tell us more here:

Outside In: Survey for Artists

easy read An easy read guide

made with photosymbols®



About this questionnaire

This questionnaire is for Outside In artists to fill in.

You do not have to fill in all the questions if you do not want to.

If you want to talk to someone about the questionnaire you can talk to **Pamela**, who is independent and does not work for Outside In.

01903 898171

pamela@pamelakent.com

We want to hear about our artist's experiences, and ways we can help our artists in the best way possible.

Outside In: Artists Survey

7. How often do you update your artist online gallery?

Daily Weekly Monthly

Every few months Yearly Never

8. What do you think would improve the online galleries for you as an artist?

Outside In's Programme and Support: Artist Development

Outside In's team provide tailored support and advice regarding your artwork and artistic practice, we would like to hear about your experience and how we can support you as an artist.

37. How well has Outside In helped you access the art world?

Not at all Extremely Well

← 0 1 2 3 4 5 6 7 8 9 10 →

Please circle the number you feel most closely describes your experience

38. Please tell us more about why you selected your rating and what more Outside In can do

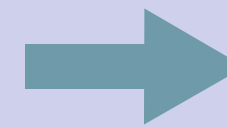
39. Has being a part of Outside In helped you maintain your mental health, physical health and wellbeing?

Not at all Significantly

← 0 1 2 3 4 5 6 7 8 9 10 →

Please circle the number you feel most closely describes your experience

40. Please tell us more about why you selected your rating and what more Outside In can do



The prize is a **£250 voucher** which you can spend on things from **Cass Art**.

Please write your details below:

Your name:

Telephone number:

Email address:

3

The Questions

1. How has Outside In supported you?
Please write below

2. How does Outside In make you feel?
You can circle a picture and write in the box

Consistency



Consistency is key to not only making an easy to read document, but also helps to give a more professional finish. We use an **in-house designer** to design check all our easy read documents in our Speak Out specific branding, at **no extra cost** to you.

Aa
Bb
Cc

We use a large, simple font, with **bold phrases** to highlight key bits of information. Each sentence is placed inside a coloured box, helping to improve across the page readability whilst making it visually engaging.



We'll work with you every step of the way to ensure our translators convey your key messages. We also happy to incorporate any changes you have where appropriate.

Design



User Testing



Please think about:



- if the words and sentences make sense



- if the pictures make sense



- if there is too much information, or not enough

Our user testing stage is one of the most important stages of our easy read translation process.

We work with people with learning disabilities who are experts by experience to carefully review the document and make any changes they suggest to help make it more accessible.

We do this **up to 3 times** with different people to make sure each document is thoroughly user tested.

PHOTO SYMBOLS[®]



Image bank

We use Photosymbols for all our images used in our easy read documents. Each image is a high quality JPEG, making your files print ready to a high standard.



Inclusivity

Photosymbols provide unique pictures to use, specifically designed to reflect the lives of people with learning disabilities.



Training

Our team of translators are easy read trained with Photosymbols.

Contact us



01273 421 921



info@bhspeakout.org.uk



Brighton & Hove Speak Out
The Brighthelm Centre
North Road
BN1 1YD
Brighton

Send us your document and we'll give you a quote

