

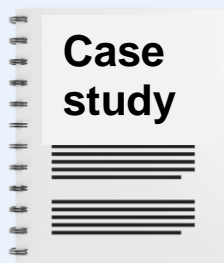
What did we do?



NDTi are doing some work about the training hospital staff get to support people with learning disabilities.



This work is being paid for by the South Regional Health Education England Intellectual Disabilities programme.



We wanted to look at good examples of learning disability awareness training.

We call these examples Case Studies.



We asked an organisation called **Grapevine** about their learning disability awareness training course.

They cover the area of Coventry and Warwickshire.



Grapevine's 'Health Team' are a team of people with lived experience of a learning disability.

They have run training for NHS staff for over 10 years.



One NDTi researcher and one NDTi trainee with lived experience worked together on this project.

They did an online interview with some of the Grapevine Health team members to find out more about the training they do.

What did we find out?



Grapevine's training course is called 'Disable the Label'.



The training helps people understand more about learning disabilities.

They also hear about the experiences of people with a learning disability in health care and other services.



The training is for nurses and doctors, students, council workers and other people such as nursery nurses.



Grapevine's Health Team plan and deliver the training with support.

They are also paid for their time as experts by experience.



The voice of the people with lived experience of a learning disability is the most important part of this training.

Family carers are asked for their views on topics to cover.

What happens in the 'Disable the Label' Training course?



The training lasts 2.5 hours.

It is fun, and there are lots of different activities to do.



The focus is on health but the trainers also talk about people's family, social and community life.



One exercise is called 'Scaredy Pants'. Everybody writes down their worries about meeting people with a learning disability.

The paper they write on is shaped like pants which then get pegged out on a line.



The trainers act out some real-life situations and ask what went wrong.

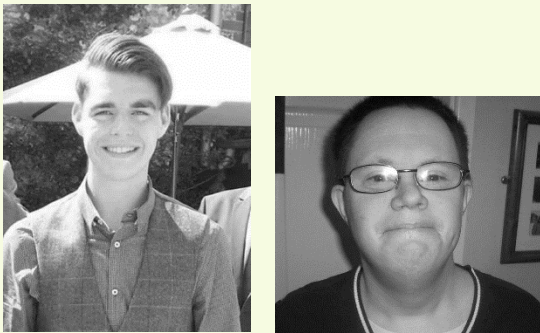
For example, somebody is ignored by a doctor who talks to their mum as if they were not there.



Everybody is given a label at the start of the session and people are asked to call each other by the label.

They talk about how it feels to have a negative label.

Then people say what positive label they would choose, for example, “Actor” or “Singer”.



The trainers talk about what happened to Oliver McGowan and Richard Handley.

This can be upsetting.

They ask what could be done better and how small things can make a big difference.



They end with a quiz.



‘The quiz was really informative and interactive. Many of the statistics were quite shocking. It was a session that allowed me to reflect on how to improve within my role.’

What difference does the training make?



All the participants say that the Grapevine training has changed their ideas about people with a learning disability.



Training participants say that the training has helped them think and behave differently.

This may help improve the experiences of people with a learning disability in health care.



One nurse said that since the training they use hospital passports more.

They have also improved the way they communicate.



‘We all think we are aware of what people are going through, but we are not and we need to hear from others to help us look at the situation differently.’



‘Training is fantastic. I’ve learnt more information about learning disabilities and feel more confident to put into practice the knowledge and share with colleagues.’

The Future



Grapevine tried to offer this training online during the Covid-19 pandemic.

But it didn’t work as well as face to face sessions.



They now do this training face to face but can offer a shorter session online.



Grapevine are looking for new members of their Health Team.

They want more trainers with lived experience to deliver this training.



Grapevine want their 'Disable the Label' training to continue and grow.

They hope to run the training for other healthcare organisations soon.



With thanks to Joanne, John, Susie, Molly from Grapevine for sharing information and photos about their training.

Thanks also to Jane from University Hospital Coventry & Warwickshire.



To contact Grapevine's Health Team, please email:

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To find out more about Grapevine's work you can visit their **website**:

<https://www.grapevinecovandwarks.org/>



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