

Learning Disabilities

Valuing People in Southampton



What is a learning disability?

- A learning disability means that someone since a child needs extra help to do everyday things.
- A learning disability can range from mild to severe, where a person needs a lot of help with everyday tasks such as washing, dressing or shopping.

Learning disabilities and black and minority ethnic communities (BME)

- People who have learning disabilities often face discrimination in everyday life and find it difficult to access services.
- People may treat them differently because they have a learning difficulty.
- People who come from BME communities also often face discrimination. If they have a learning disability they face double discrimination.

How many people from BME Communities have a learning disability?

- There are around 16 000 people in Southampton who come from a black or minority ethnic background.
- Nationally it is estimated that 3% of the general population have a learning disability.
- So there are over 400 people from BME backgrounds who have a learning disability in Southampton.

Labels

- People who need extra help to do everyday things are sometimes labelled as having a learning disability.
- But people with a learning disability also have other labels that describe them better; they are someone's son or daughter, brother or sister, mother or father.
- Different types of learning disability can include Down Syndrome, Fragile X Syndrome as well as other causes.



Children

Pre-School

- Before children go to school there are lots of play groups who have lots of fun activities.
- Sure Start brings together services such as Early Education, Health and Family Support so that each child gets the best possible start in life.

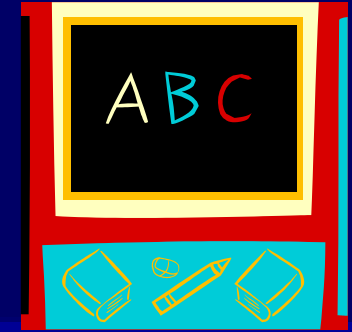


Starting School

- With the right support, many children with learning disabilities go to mainstream schools.
- School can help a child gain confidence through greater independence, and offers the chance to make friends.

Leaving School

- Leaving school and becoming an adult can be a difficult and exciting time.
- People with learning disabilities are no different than anyone else in experiencing change in their bodies, feelings and lives.
- Like other teenagers, people with learning disabilities look forward to new opportunities and greater independence – they just may need more support to achieve this.



Living and Learning

After School

- Some people with learning difficulties want to go to college to learn new things.



Mencap 2007

Going Out

- People with learning disabilities like to go out just like everyone else.
- Some people with learning disabilities go to a day centre to learn new skills and have fun.



New Skills

- Some centres can give people the chance to learn new activities like making food.





Somewhere to Live

Living at Home

- Some people with learning disabilities live at home with their family.
- Others may live in care homes with other people who have learning disabilities.
- But some people want to live independently in a home that they rent or buy.

What Rajinder did

- Rajinder lives by himself in a flat that he bought through shared ownership with a housing association.
- The flat has two bedrooms so that Rajinder could have support from his sisters when he first moved in.
- Now Rajinder has learnt to live independently and only needs a little help to sort out his bills and benefits.



Housing Options

What Paul did

- Paul used to live with his mum in Leeds. Now Paul rents his own flat from a housing organisation.
- Paul lives with other people who have learning disabilities. With the help of a support worker, they help each other to live independently.
- Paul enjoys living in his flat but still sees his mum regularly for some tea and to get help with his washing.



Housing Options



Employment

Jobs

- Some people with learning difficulties want to work.
- Different types of work can include voluntary work, work experience to try out a job, and work where someone gets paid.

What Clifford does

- Clifford works as a full-time Gallery Assistant at the Tate Modern Art Gallery.
- Clifford makes sure that all visitors and works of art are safe.
- Clifford really enjoys his new job:

"I like having more responsibility in this job. I guard the artwork and make sure nobody touches it. If people can't find the artwork they want to see, I tell them where to find it."





Free Time

Free Time

- Free Time is time to have fun, make friends and do things that are enjoyable.
- Asim likes to paint and draw



Going out for the evening

- Andrew likes to go out in the evening and meet his friends.





Relationships

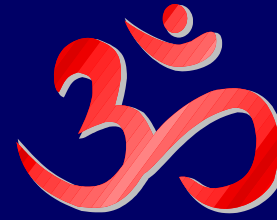
Relationships

- Just like other people, friendships and relationships are very important to people with learning disabilities.
- Everyone has the right to form relationships, whether make friends, date or even get married and have children.

Getting Married

- Some people with learning disabilities choose to get married as a sign of their commitment to each other.
- Both bride and groom here have Down Syndrome.





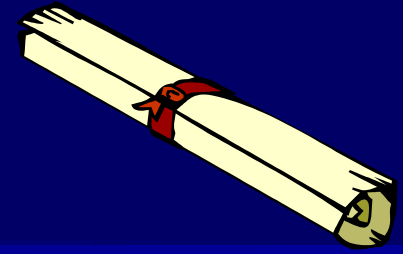
Religion and Spirituality

Religion

- Everyone has the right to follow a particular religion and this is very important for many people who have learning disabilities.
- Religion can give hope and purpose and help people feel that they belong to a community.
- Celebrating religious festivals and occasions together are just as important for people with learning disabilities as any other person in the community.

Spirituality

- Some people do not follow any organised religion, but it is still important for them to be spiritual.
- Being spiritual can mean taking time to enjoy nature, spending time with friends or being creative through music or art.
- Each person has a different way of finding meaning to their lives.



Achievement

Achievement

- Many people assume that someone with learning disabilities will not achieve as much as someone who does not have learning disabilities.
- People may think that having learning disabilities means that you will not be able to live a normal life.
- If you think this is true...meet Sujeet

Sujeet Desai

- Sujeet Desai is 25 years old and lives in New York.
- He is a talented musician and plays six instruments; the piano, saxophone, clarinet, alto, violin and drums.
- He graduated from High School with Honors.
- In 2003 he graduated from college with a music and human studies diploma.



Image credit www.sujeet.com

Sujeet's Work

- Sujeet works in a library and also tours the world giving music performances.
- Sujeet also has a black belt in Tae Kwon Do and has won awards
- Surjeet is also a motivational speaker and attends conferences all over the world.



Marriage

- In July 2006 Sujeet married his fiancé Carrie Bergeron



Hobbies

- Sujeet loves power boating on his motorboat 'Waverunner'
- He also enjoys going out alone fishing with his dog, in his rowing boat.
- Oh, and Sujeet also has Down Syndrome



Raana Salman

- Raana Salman is 17 and likes to go shopping with her friends
- She goes to college in Sussex and her favourite subject is gardening
- Raana has Fragile X Syndrome and has a learning disability



Image credit Saba Salmon

What Raana does

- Fragile X Syndrome means that Raana has a learning difficulty and finds new situations and meeting strange people very stressful.
- Since starting a four year college course her confidence has grown and she now enjoys going out with her friends and sister.
- Raana is proud of her gardening ability and likes to tell her sister what she is growing.

If you would like to find out more about learning disabilities, here is some information that you may find useful:

Southampton Learning Disability Partnership Board
Hilary Linssen 023 80834854
hilary.linssen@southampton.gov.uk

Foundation for people with learning disabilities:
www.learningdisabilities.org.uk

Website for young people with learning disabilities from an ethnic minority background: www.movingonup.info

Association of Real Change www.arcuk.org.uk

Valuing People: www.valuingpeople.gov.uk