

# Improving Mental Health for Adults with Learning Disabilities in Haringey



**Vibrance and Haringey Circle working together**

Hello!

We are the team that want people with learning disabilities and/or Autism in Haringey have more happiness, be healthy and feel less lonely



Teon- getting people dancing makes me happy. Lockdown and losing my job makes me sad



Lydia- being with friends and family and long walks make me happy. People not caring makes me sad



James- nature and books make me happy. People laughing at me makes me sad



Apu- travelling makes me happy. Staff leaving makes me sad

# What we want

## Aims

We will be a membership organisation linked to Haringey Circle. Sharing activities and connecting with Haringey Circle but also recognising the specific needs of adults with learning disabilities/Autism. We will be open to all adults in Haringey with learning disabilities but will target those who are post 40

Our key aims for the learning disability/Autistic community in Haringey :

**1. To reduce the impact of chronic physical and mental health conditions in adults with learning disabilities:**

- Providing activities which promote a healthier lifestyle
- Targeting specific high-risk illnesses such as diabetes, obesity, depression in a way which engages with members
- Creating volunteer opportunities or placements for student social workers/psychologists.
- Working collaboratively with a member's existing support circle to make a positive change.

**2. Addressing and reducing social exclusion:**

- To have a varied and exciting range of accessible activities which provide fun and friendship opportunities
- To reduce isolation of adults with learning disabilities/autism and support them to build and maintain safe and positive friendships.
- Provide a safe environment with appropriate levels of support.
- Collaborating with Haringey Circle, local authority, charities and organisations for the benefit of our members and the wider learning disability community.
- Supporting members (who are able) to take a lead in planning and organising the activities.