



# Exhibition: Humanising Healthcare

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Barod, Sheffield Voices Speakup Self-advocacy, Sunderland People First are organisations that are actively involved in the promotion of humanising healthcare in the lives of people with learning disabilities including those with autism. Our Exhibition page celebrates their transformative work and reminds us that that these organisations are creating forms of research and innovation.



Spreading the News (Loan Sharks)v2.pdf

## **Writing a letter to your MP against possible changes to benefits for disabled people Easy Read explanation**

see our Easy Read guidance below







# Self-advocacy and Workers Co-operative organisations leading humanising healthcare and public health

Barod, Speakup Self-advocacy, Sheffield Voices and Sunderland People First are sector leaders in their approach to improving the healthcare of people with learning disabilities. This Exhibition page captures some of their ground-breaking work

## Speakup Self-advocacy, Rotherham Spread the News

Speakup is committed to spreading key health messages to people with learning disabilities and autism through EasyRead newsletters







## IQ and testing times



Matt Prothero and Sarah Marks

12 October 2023 — [Autumn 2023](#)

An installation and event on IQ tests sparked a wide-ranging discussion from their use in eugenics and in diagnosis to how much stress they could cause, say Matt Prothero and Sarah Marks



## IQ and testing times

An installation and event on IQ tests sparked a wide-ranging discussion from their use in eugenics and in diagnosis to how much stress they could cause, say Matt Prothero and Sarah Marks from Sunderland People First - [read here](#)



# Employment is for **Everyone**

## Employment is for everyone

Speakup have developed some exciting work related to [inclusive employment](#)





Spreading the News 6th May 2024.pdf

May 2024 Keeping safe in hot weather





Spreading the News August 2024.pdf

August 2024 About Asylum Speakers





Spreading the News October 2024.pdf

October 2024 Stopping hate crime

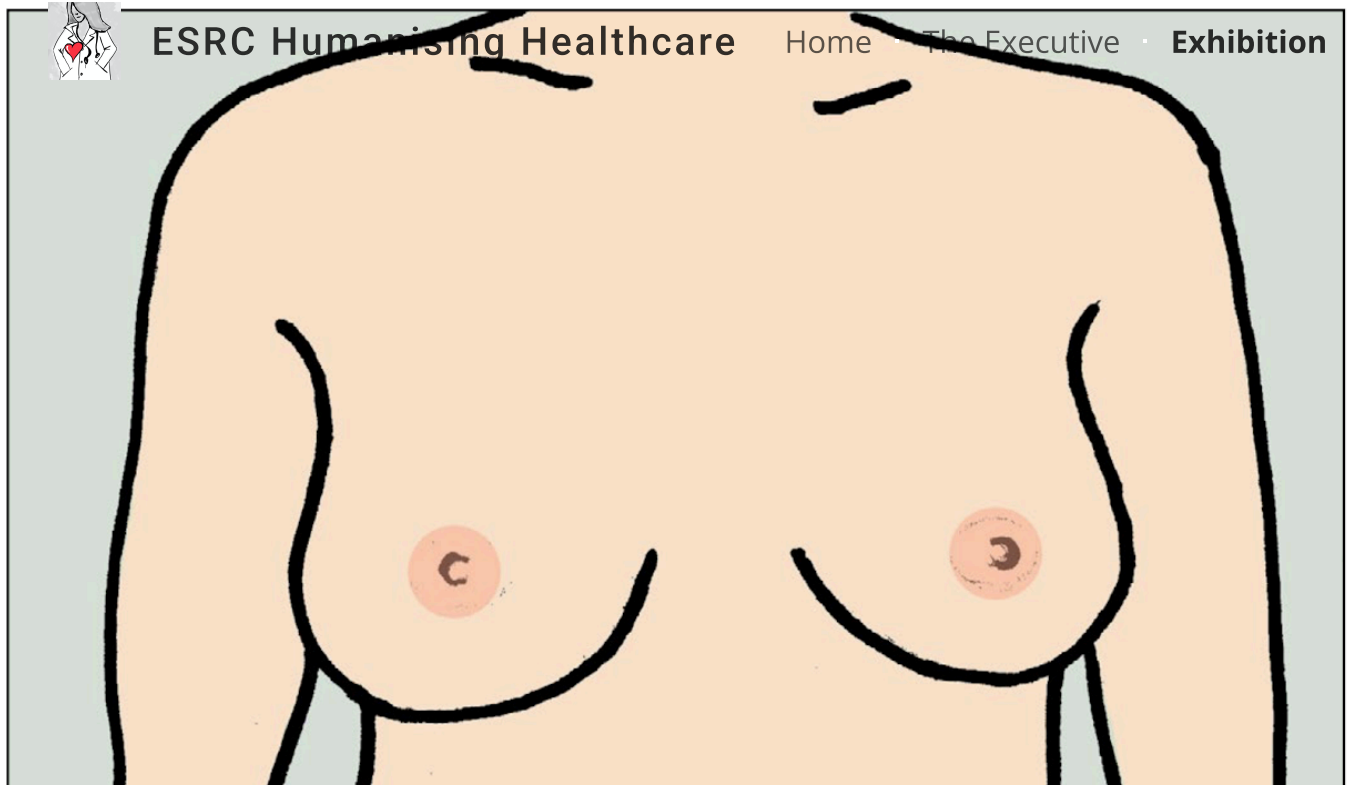




 [Spreading the News 11th November 2024.pdf](#)

November 2024 Getting ready for winter





## Breast cancer screening

**An Easy Read Guide about a health test** for women aged 50 or over by Sunderland People First



Spreading the News (Loan Sharks)v2.pdf

May 2025 Beware of Loan Sharks






Spreading the News 9th Dec 2024.pdf

December 2024 At this time of year







 Spreading the News 21st January 2025 (1).pdf

January 2025 Dealing with Bad Weather





Spreading the News April 2025 Autistic People Employment Opportunities.pdf

April 2025 About World Autism Acceptance Month and Independent Advocacy





Spreading the News April 2025 Autistic People Employment Opportunities.pdf

April 2025 Supporting Autistic People into Employment





Spreading the News April 2025 Autistic People Success Stories[2].pdf

April 2025 Autistic People - Success Stories





Spreading the News April 2025v4.pdf

April 2025 What is Autism?

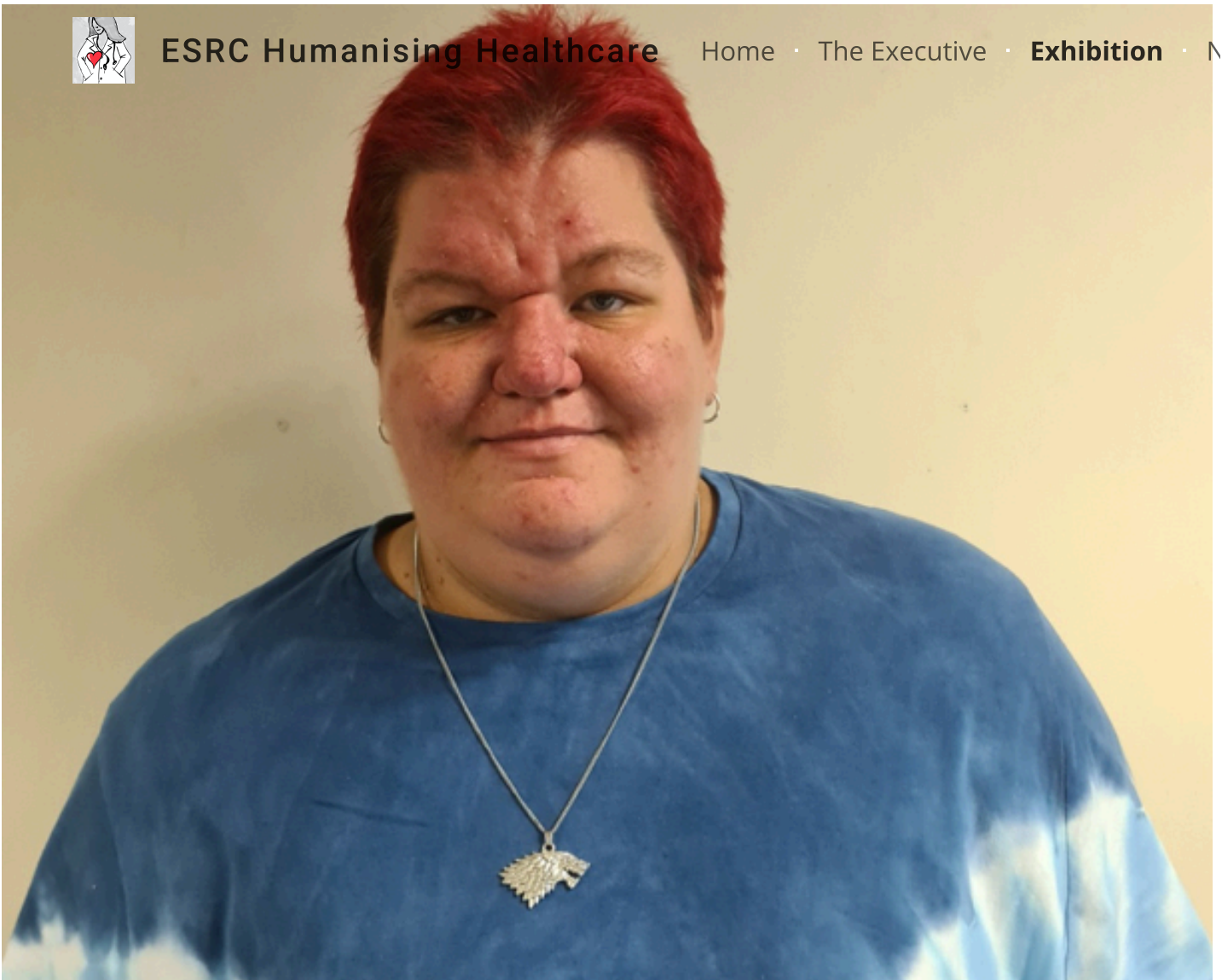




Spreading the News March 2025v3.pdf

March 2025 Our multi-cultural society





## What is a disability? A poem by Phoenix

What is a disability?

A person says you have a disability and you can't do anything.

I say.... You say that but, I don't have a disability... YOU DO!

You don't understand things..... Maybe not but, I understand things in my own way.

You can't work..... I have skills that you don't know that come in handy in my way.

You have a disability.... Maybe I do but, I don't see it as a DISability more like an ABILITY and that is how I show it in my way.

YOU have the disability for not seeing how I do things my way.





Disability Matters\_Be Cancer Aware\_V7.mp4

## Be Cancer Aware

This film - funded by Humanising Healthcare and Disability Matter projects - captures some of the research and innovation work of Sunderland People First as they develop cancer prevention and understanding with and for people with learning disabilities





ORIGINAL ARTICLE | [Open Access](#) | 

## Big ideas that changed the world of disability: Exploring theory with self-advocates

Nicola Grove , Simon Richards, Simon Rice, Claudia Magwood, Bryan Collis, Steffen Martick, Saskia Schuppener, Gertraud Kremsner, Elizabeth Tilley, Jan Walmsley

First published: 17 July 2024 | <https://doi.org/10.1111/bld.12611>

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# Big ideas that changed the world of disability: Exploring theory with self-advocates

In this paper members of Barod - Simon Richards, Simon Rice, Claudia Magwood, Bryan Collis - argue that by making theories accessible and discussing how they relate to lived experience, we aimed to inform self-advocates and activist researchers about key concepts in disability, deepen their capacity for research and campaigning, and better equip them to activate for change.

**Gold Open Access**





# HUMANISING HEALTHCARE PROJECT

*By Mary Bottomley*





# ESRC Humanising Healthcare project

The Executive

Exhibition



by Mary Bottomley

21-09-2027

H stands for hearing each other

U stands understanding each other and where we come from

M stands for making sure everyone has a chance to share their experiences

A stands accepting everyone for who they are

N stands for nurturing everyone

I stands for information gathered

S stands for sharing our ideas in safe environment

I stands for involvement of everyone working together

N stands for niceness of everyone

G stands for group supporting each other

H stands for helping each other

E stands for encouraging each other

A stands for adapting to each other needs

L stands for loving the work we are doing

T stands for taking time to listening to everyone opinions

H stands for happiness of coming together

C stands for caring for each other

A stands for ability of everyone to bring themselves to the table

R stands for responding to each other in positive way

E stands for enjoyment of coming together to make difference

P stands for patience we have for each other

R stands for resources we each bring to the group

O stands for overcoming our differences to work together

J stands for joy we share working on the project

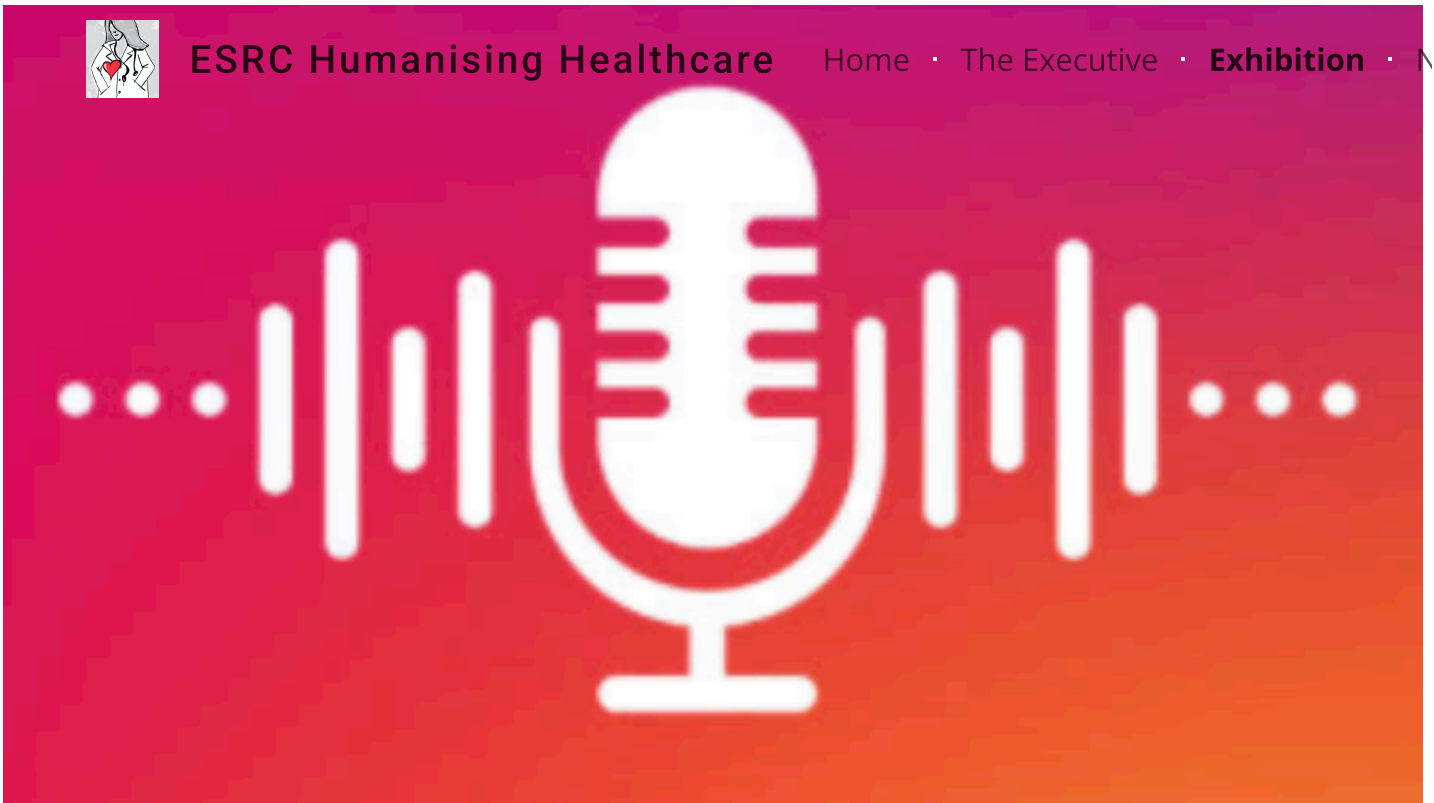
E stands for excitement of making difference for people with learning disabilities and autism

C stands for chattering and building relationships in the group

T stands for teamwork

This is why I love being part of humanising healthcare project





A podcast image

Podcast Series '**The Art of Medicine: Love of Humanity**' available [here](#). In this podcast series we talk to activists and researchers with learning disabilities who tell us about the ways in which they have tried to push for humanising healthcare





## Photo of Alison Owen

Alison Owen and Vicky Farnsworth of Speakup Self-advocacy share their two stories of healthcare







## Photo of Vicky Farnsworth

One which is an inhumane story and the other speaks of Good humanity. Please see a link to their powerpoint below

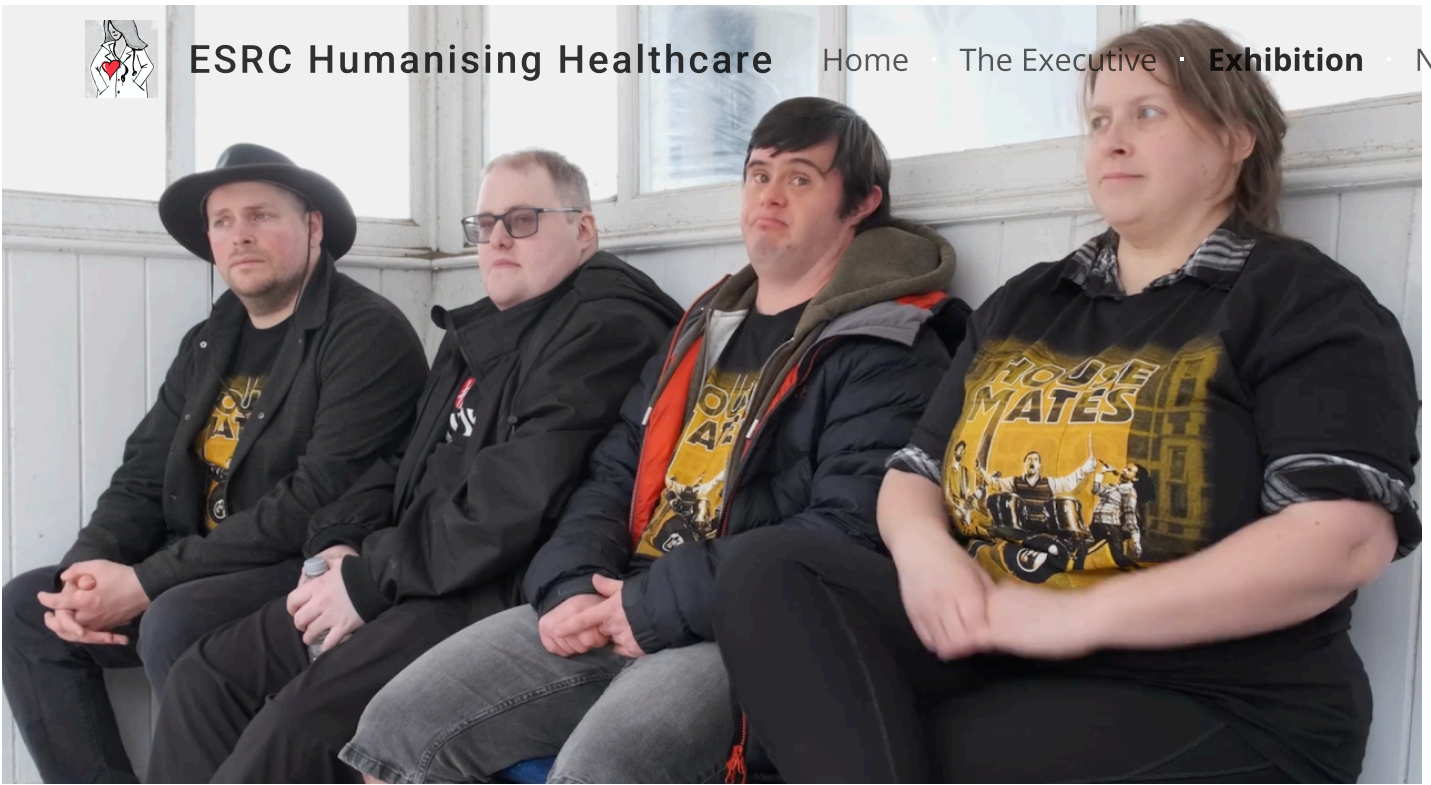


My inHumane appointment

## My inhumane appointment







## Meet the Housemates cast

Housemates is a moving, funny, sad and at the same time uplifting play that really should be seen by everyone!

**Barod Media met the cast on Aberystwyth sea front just before a rehearsal.**

Forgive the occasional seagull and enjoy the interview.

From the press release:

In the 1960s, institutionalised care for many learning disabled people was the norm and went largely unchallenged. Many learning disabled people spent their lives in institutions, rarely seeing or encountering the world outside. But then, in the early 70s, something monumental happened in a Cardiff house, a street away from the Sherman, that became a new model for the way learning disabled people are supported.

Housemates was borne of Tim Green's short audio play of the same name, which was commissioned by Sherman Theatre for its Heart of Cardiff lockdown series.

This deeply moving play is filled with classic 70s hits played live and is performed by a cast of neurodivergent and neurotypical actor-musicians including members of the Hijinx Academy, one of whom, Gareth John, was nominated for the Best Performer in a Play award in The Stage Debut Awards 2024. Housemates is co-directed by Sherman Artistic Director Joe Murphy and Hijinx Artistic Director Ben Pettitt-Wade.





**We are a group of people with a learning disability,**

Image from the Stop People Dying Too Young film

# Why we need humanising healthcare

**\*\*Trigger Warning \*\*** Some people may find the topics upsetting. This powerful video that was made by members of the Stop People Dying Too Young team of which SPF are part of: *“We are all equal. We are all unique. We are not a diagnosis or a label.”* Some thoughts from our Stop People Dying Too Young Group on the Leder Annual Report. Watch their video <https://www.youtube.com/watch?v=bJaoDEmOsXg>



An image from the launch of the new Changing Place Facility

Phil's story about his amazing campaigning work opening a new Changing Place facility at our local hospital in our last Newsletter (attached). Here is [a link](#) to Phil's opening speech.

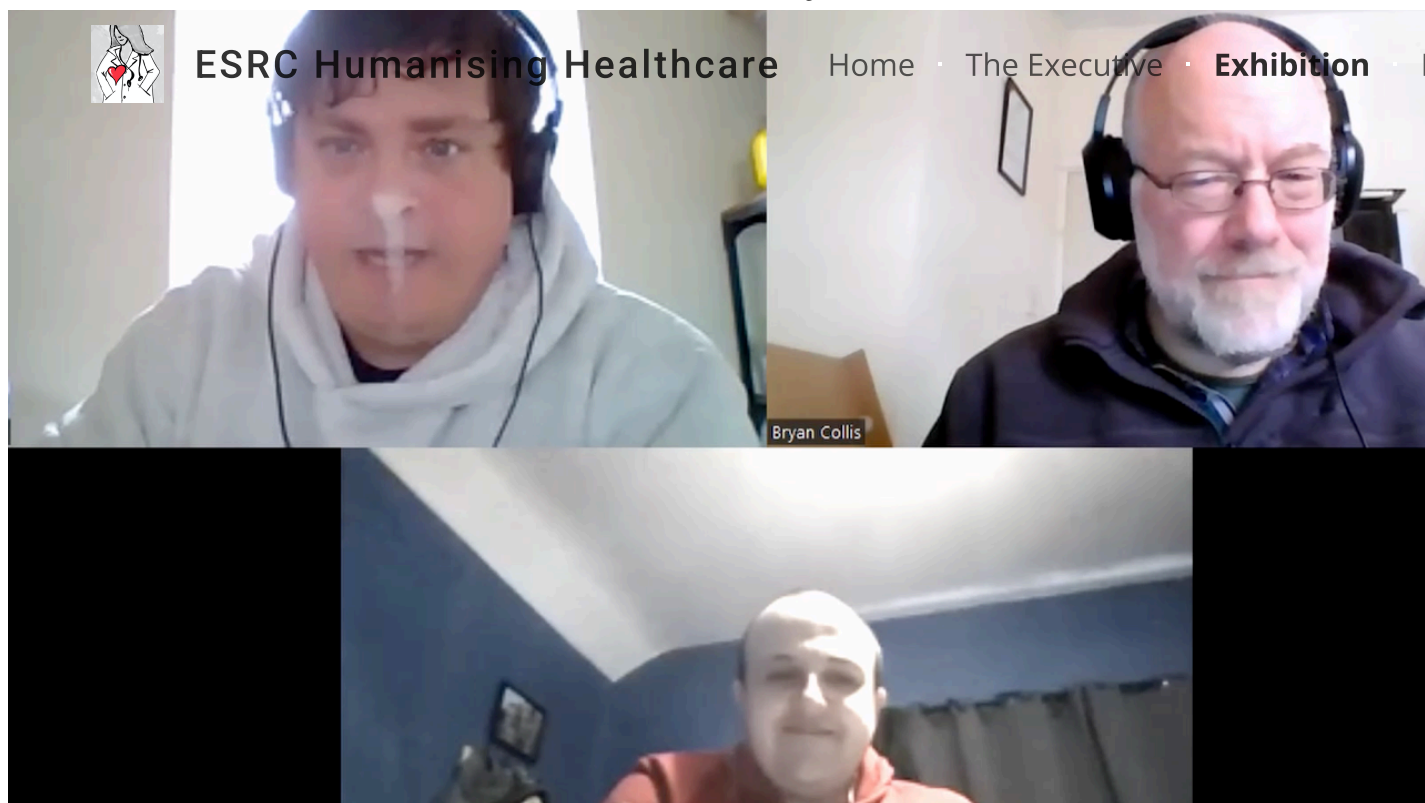




An image of two women holding leaflets and smiling in the sun

## **Making healthcare information truly accessible**

Easy read breast screening recall letters now available for all patients who require them nationally.



A still from Barod's film Humanising Healthcare - Two Scenes

## Humanising Healthcare - Two Scenes

Barod have been thinking about humanising healthcare. They have come up with two scripts of an online consultation between a doctor and a patient. Please check out [their film](#) They will leave it up to you to decide which of the two consultations you think is the best.





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## Hijinx

Hijinx are a theatre company from Wales. All the actors working with Hijinx have learning disabilities and/or Autism. Disability is always present in the plays Hijinx make because the people who make them are disabled. This does not mean that the plays are always about disability. Instead, they begin with disability to ask questions about what it means to be human.





*Medical student Mameh Bockarie reflects on the Humanising Healthcare theory workshop given by Dr Nikita Hayden at the National Student Psychiatry Conference, hosted at the University of Sheffield on Saturday 13th January 2024.*

I attended this workshop at the National Student Psychiatry Conference in Sheffield earlier this month and found it to be a great companion to the theme of the conference that held it: 'Me, myself, and I'. In about an hour, we were introduced to many thought-provoking ideas surrounding what it means to be a human being, to what extent has it been constructed, and what are the limits of its definition in a time of great ecological and economic acceleration.

What I found to be particularly fascinating was the discussion around subjectivity and how it relates to poststructuralist thought. It resonated with me as it provoked ideas surrounding the enlightenment concepts of sanity and rationality, its role in the scientific and biomedical approach, and its historical ugliness in psychiatry; as seen with the concept of drapetomania (1). As someone who looks to pursue a career in the aforementioned field, I believe that these are core ideas that need to be acknowledged in order to ensure compassionate care. My interest with the workshop was further explored with the introduction to posthumanist philosophy. I was challenged with an idea that rejected the exceptionalism of humans within our ecosystem, an idea that challenged the objectivity of an insular and meticulously defined human being. This had enabled me to become more empathetic to different perspectives, and as it relates to psychiatric practice has encouraged me to think is a more biopsychosocial way.

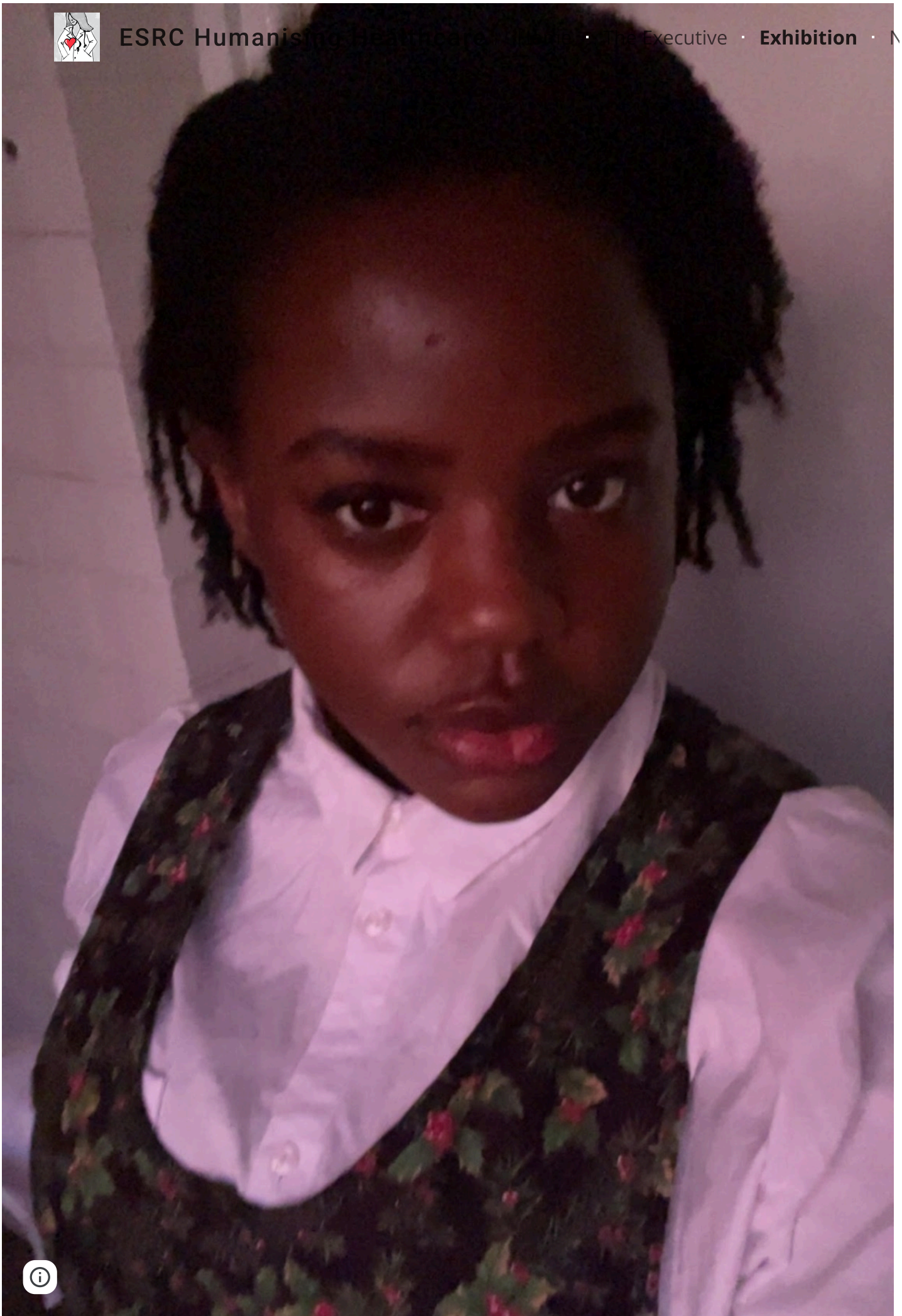
Though, most importantly, this workshop has validated the importance of the arts and humanities within psychiatry, and medicine as a whole. With the general focus on the biomedical aspects of psychiatry in clinical practice, it can sometimes feel as if more conventionally objective practices are paramount to subjective ones. At times, it feels like my interest in the humanities is to be treated as a hobby, rather than something integrated into future clinical work. This workshop has proved the opposite to be true, as the ideas discussed here have much overlap with contemporary healthcare dilemmas around biohacking, 'mad' and disability pride, transgender healthcare, and many more.

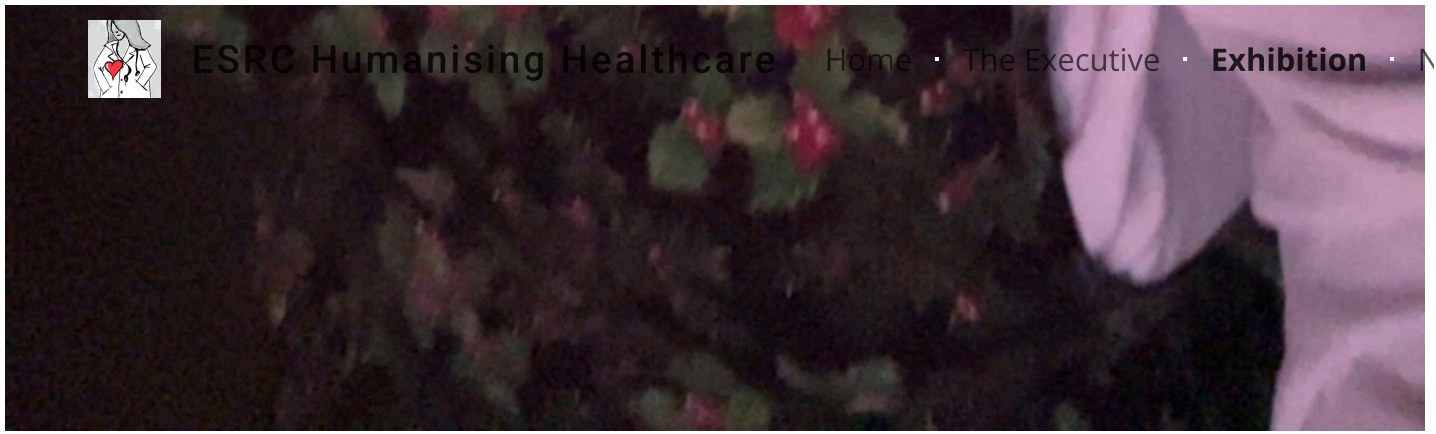


(1) Dystopia was a "mental illness" theorised by the American physician Samuel Cartwright in 1851, which was used to explain why American slaves would want to run away from their masters. This was based on the assumption that slaves were happy with their role and the conditions on the plantation, thus it being irrational for them to want to leave.



ESRC Humanising Healthcare - Exhibition • The Executive • Exhibition • N





Mameh Bockarie is a third year medical student at the Hull York Medical School, with an interest in psychiatry and the humanities.

*Medical student Elizabeth Mullins reflects on the Humanising Healthcare theory workshop given by Dr Nikita Hayden at the National Student Psychiatry Conference, hosted at the University of Sheffield on Saturday 13th January 2024.*

I had the privilege of attending the Humanising Healthcare Workshop at the 2024 National Student Psychiatry Conference. This workshop highlighted to me the sheer number of barriers in the way of providing holistic and humane healthcare to patients with chronic illness and disabilities, specifically those with mental illness and learning disability. The talk introduced me to interesting emerging concepts, such as post humanism and postmodern thinking, and their potential impacts on healthcare provision, specifically within the current late-stage capitalist climate, and the precipice of change we now stand on. This talk made it clear to me we have a clear choice in the direction we go with our practice; we could choose to value resources over patient care provision or reassess the whole model of healthcare to make it fit to provide for everyone. The talk also made interesting points about in group/out group theory and where you draw the line of humanity, and it really drove home the impact it has on both societal and personal ideas about disabled people. Also, the opportunity to discuss these ideas with other attendees of the session led to fascinating discussions regarding societal expectations of healthcare, how healthcare ideas have changed over time (somewhat rapidly over the last half century, I'd say), and leading to discussions about the current political landscape. This session led me to research these concepts further, has made me more interested in the subspecialty of Psychiatry and Learning Disabilities, and has made me more conscious of how societal attitudes, politics and philosophical theory impact healthcare provision – specifically for the most vulnerable in society. Relating to the principles of the Royal College of Psychiatrists, this session has given me the courage to advocate for my patients in the face of resource restriction in healthcare, which is the main reason used today to deny vulnerable people the care excellence they need and deserve.





*Elizabeth is a fourth-year medical student at the University of Nottingham, currently undergoing placement training in Derbyshire. She has a strong interest in psychiatry, psychiatric research and the cross over of physical disability and mental illness.*

