



What is Springwell?

**Springwell** is a project that supports people with a learning disability to have a say about their specialist health services.

Services like:

- Psychiatry
- Psychology
- Counselling
- Behavioural specialists
- Speech & language therapy
- Learning disability nursing
- Occupational therapy
- Physiotherapy

## Springwell



**Team Springwell** is a group of people with a learning disability.

They are **experts by experience** in specialist learning disability health services.

The team did lots of work to tell Sussex Partnership NHS Foundation Trust (SPFT) what learning disability health services are like for them.

They have worked out how SPFT can make services work better for people who use them.



Team Springwell has made a list of actions that will help these services to support people with a learning disability to be a part of their care.

The list is called the **Springwell Standards**.

SPFT have promised to do the actions on the list.

**Springwell**



Team Springwell have made **films** about SPFT learning disability services.

The films will help **people who use services** and their families and carers to be prepared to be involved in their care.

**Springwell**



The films will also help **staff** working with people who have a learning disability to be prepared to support people to be involved.

Team Springwell shows the film at **workshop sessions** to tell SPFT staff about the Standards.



If you want to know more you can ask Lucy Westcott, Service User Participation Lead for Learning Disability.

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Team Springwell is now a part of Sussex Partnership NHS Foundation Trust