

Programme Update

Easy Read Version

 January 2026

What is this about?

This news is from Kent and Medway Mental Health (KMMH).
KMMH is part of the NHS.
We help people with their mental health.

We are working to make things better for:

-  Autistic people
-  People with a learning disability

This news tells you what we are doing.

What is the Delivery Group?

The Delivery Group is a meeting.
It happens every month.

Who comes to the meeting:

-  Doctors and nurses



Managers



Autistic people



People with a learning disability

We all work together.

We plan how to make NHS care better.



The 3 types of work we do



We have split our work into 3 groups.

1 Help people in crisis

This means helping people who are very unwell.

2 Make health fairer

This means making sure everyone gets good care.

3 Make small helpful changes

This means things like quiet rooms and easy information.

If we do groups 2 and 3 well...

...fewer people will have a crisis! 

Some important numbers



393

Things we need to do



155

About making helpful changes



3,840

Staff who did training



40

Special nurses at KMMH



A new person joined us



Tim Chapman came to our meeting.

Tim is Autistic.

Tim also has ADHD.

What Tim does:



Tim trains NHS staff



Tim plays guitar and sings



Tim tells his story

Tim helps staff understand Autistic people.

Tim helps staff understand learning disability.

We want more people like Tim at our meetings.

Training for NHS staff

This training has a special name.

It is called Oliver McGowan Training.

Oliver was a young man.

He died because the NHS did not understand him.

The training helps this not happen again.

How the training is going:

-  3,840 staff have done the training
-  We want 30 out of 100 staff trained by April
-  We are on track to do this

Autistic people teach the training.

People with a learning disability teach too.



We need more special nurses



There is a problem.

Learning disability nurses are very important.

They know how to help people with a learning disability.

The problem:

-  No university near us trains these nurses
-  When nurses retire, we cannot replace them
-  There will be very few left soon

Good news:

-  We found we have 40 of these nurses
-  We thought we only had 10!

There is a meeting on 17 February.

We will talk about what to do.



New computer screen for staff



Holly is making something new.

It is a screen on the computer.

It will show staff important things.

What the screen will show:

-  Which patients are Autistic
-  Which patients have a learning disability

This will help staff give the right support.

It should be ready by 27 January. 

Easy Read information

The NHS can now make Easy Read.

Easy Read uses:

-  Simple words
-  Pictures and symbols
-  Short sentences

Easy Read helps everyone understand.

Not just people with a learning disability.

It helps anyone who finds reading hard.

New research idea

We want to learn about something.

Some Autistic people do things called stimming.

Stimming can be things like:

-  Flapping hands
-  Rocking back and forth
-  Making sounds

Stimming usually helps people feel calm.

Sometimes stimming can hurt.

This is different from self-harm.

But staff do not always know the difference.

We want to do research to help staff understand.

What happens next?

These things will happen soon:

-  Workshops in February

Autistic people will help us decide what to do first.

 Children's services joining

We will hear about services for children.

 Talking to the government

We will tell them what people need.

 More training for staff

University is making new courses.

 **Next meeting** 

10 February 2026

Jodie will tell us about children's services.

 **What we believe** 

"We want Autistic people to get good healthcare.

We want people with a learning disability to get good healthcare.

We want the same good care that everyone else gets.

We will change the NHS to make this happen."

— Dr Chloe Farahar

Programme Manager

Get involved

We want to hear from you!

You can get involved with the programme work if you are:

-  An Autistic person
-  A person with a learning disability
-  A family member or carer
-  Anyone who wants to help

We have a website where you can keep up to date:

 Visit: www.neuroconnecthub.co.uk/

And if you have questions, you can email us:

 KMMH.Idaprogramme@nhs.net

Do you need this in a different way?

We can give you:

-  Large print
-  Audio (someone reading it)
-  Different Easy Read

Just ask us!

