Mental Health Promotion group for people with learning disabilities

DARG 12/06/2024

Screen shared by presenters with page from the participants’ workbook

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| Group member 1 (Phil) | Group member 2  (John) | Co-facilitator/staff  (Belinda) | Group member 3  (?) | Programme manager  (Pete) | Co-facilitator/self-advocate  (Sheila) | Group member 4  (Mark) |

Sheila has been reading from the manual which introduces the topic of offering support to friends or family who might be feeling ‘down, worried or depressed’. She reads out examples from the manual (call them, give them a hug etc).

Sheila: So I’ll go round the group (0.2) and see if you have got some ideas

(0.7)

Sheila: How we could help (0.4) other people.

(1.2)

Sheila: So my one i::s (1.2) um (0.9) give ‘em a call, (1.0) er::m I call my parents every nigh- day

(0.8)

Sheila: They do get fed up with me but-

(0.7) ((soft laughter from group members))

Belinda: I’m sure they do:n’t

Sheila: Heh heh but it’s nice see how they a:re

(0.6)

Sheila: Erm

(1.3)

Sheila: Also

(0.9)

Sheila: I erm f- facetime on my (0.6) Echo (0.3) so:: I can see ‘em and they can see me

(1.8)

Mark: Yeah yeah=

Sheila: =and

(0.8)

Sheila: And hopefully (0.2) I could go down and see ‘em next week

(0.9)

Sheila: So::

(1.0)

Sheila: So it breaks up their day as well

(1.4)

Belinda: Mmm

(1.8)

Sheila: So has anyone else got any ideas?

(1.0)((John raises his hand))

Sheila: Yeah John?

(0.7)

John: I’d erm (0.9) sit (0.2) sit down, talk to ‘em, (0.6) support ‘em

(0.7)

John: Just help ‘em, (1.0) and cheer ‘em up

(1.6)

Belinda: Yeah

(2.1)

Belinda: Yeah

(4.8)

Sheila: [( )

Belinda: [Can anyone else think of anything?

(0.3)

Belinda: .H::hh so what would you do if someone was feeling a bit down o:r (0.7) depressed or worried what what would you do (0.3) what could you do >to make them feel a bit better<

(0.5)

Mark: .Hhh I think I’d do what John does

(0.3)

Sit [down talk to them

Belinda: [Yuh

(0.4)

Mark: Sit and talk to them

(0.9)

Mark: Help them discuss it and (work through it)

(0.7)

Mark: That sort of thing really

(1.2)

Belinda: Yeah

(1.4)

Phil oHhhho

(1.2)

(?): Yeah I would talk to them as well (0.2) Belinda

(0.7)

Belinda: You would talk to them

(0.4)

Belinda: Find out what’s ↑wrong

(0.6)

(?): Yeah.

(0.6)

Belinda: Yeah?

(1.0)

(?): Yes

(0.5)

(Belinda): o.Hhhho (0.4) o.Hh-O

(0.8)

Sheila: ↑Phil

(0.3)

Sheila: Got any ↑ideas

(0.6)

Phil: Er:: um

(0.4)

Phil: I said one er::

(0.8)

Phil: You know, (0.2) tell ‘em a few jokes

(1.7)

Phil: Er::::

(0.4)

((Indistinct))

Phil: Erm (0.2) sorry d- sorry I was neh (0.5) it’s neh (0.5) nearly half past three and there (0.4) um d- (0.6) past um er erm (0.8) should (0.9) [we look

Belinda: [Okay

Phil: Erm

(1.0)

Phil: I- I would er I I’d talk to them and say (0.4) what’s the problem is there any way I can help you

(0.6)

Belinda: Yep

(0.6)

Sheila: Yea[h

Belinda: [That’s brilliant that’s lovely

(0.8)

Belinda: to offer someone that help

(1.0)

Belinda: oYepo

(0.4)

Belinda: .Hhhhh well I would sing to them (.) of course (0.3) ‘cos that’s bound to cheer them up

(0.9)

Belinda: oHeh [heho

(Mark): [Yeah=

Phil: Or tell ‘em some funny jokes like I said at the start

(0.5)

Belinda: .Hhh yeah (0.3) I think there- (0.4) the joke would be my singing would make them laugh so mm heh heh heh heh heh heh heh

(0.5)

John: So you’d choose your singing over the joke

(1.)

Belinda: My sing- my singing (0.3) is awful John so I think that would make them laugh out loud mm mm heh heh heh heh heh heh

Pete: My my [singing’s

( ): [Hhh hah hah hah hah

(0.2)

Pete: My singing’s so bad it would make them cry so I’d make [them

Belinda: [Eh ha ha ha oh dear it could have that idea as well Pete yeah I guess hah hah hah hah hah hah=

Pete: >But it’s< it’s really good tha- erm hearing you talk about kind of how you’d sit down with people I think sometimes (0.5) people just need to be listened to don’t they (.) erm you’ve got all these things going on in your head (0.5) and having someone listening and letting you kind of talk about kinda how you’re feeling (0.6) is really good ‘cos (0.6)((indistinct))(0.3) until we we speak to someone it can really kind of fester in our minds and kinda get worse and worse and we build it up bigger and bigger .hhh (0.2) so having a friend (0.4) there that will sit down with you and talk to you and listen to what- (0.2) what you’re worried about I think is really important