



21 January  
2026



This meeting was held at Greenwood

## Welcome and introductions



The co-chairs **Jon** and **Shane** welcomed everyone to the meeting



Well done to the Move It Move It group

The group has been running for **1** year



## Updates

There are no updates because this was a special meeting about the **Big Plan**



There will be updates after the next meeting



## What is the Big Plan



There is a presentation and video from Synergy on the [Planning Together website](#)



The presentation explained

- what inequalities are



- what has gone well



- and what could be better



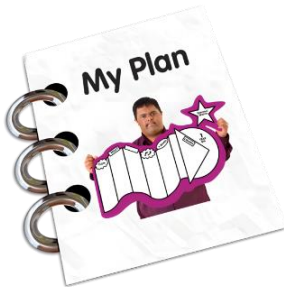
It is important to support young people



CYPDS supports people from **0** to **25**



CLDS health support starts at **18**



There are services that help people get ready for adulthood



The Learning Disability Job Hub knows it is still difficult for people with LD to find a job



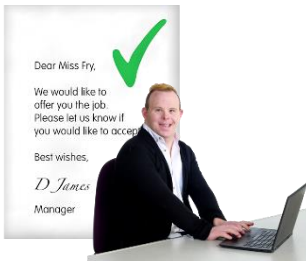
They are working with employers – they are helping employers learn that people with LD can do well at work



## Success Stories



You can watch videos of the Move It Move It group on the [Planning Together website](#)



The LD Job Coach talked about **1** person's success story – after starting as a volunteer, they got paid work experience and then a job



London Inclusion Sports Academy (LISA) shared about someone who had a successful internship



## Quiz



Synergy ran a quiz for everyone – the questions are on the [Planning Together website](#)



People shared what they thought was important, it included



- friendships



- jobs



- being healthy



- housing



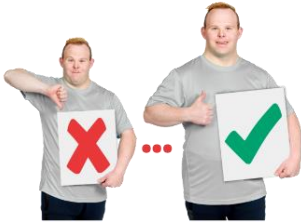
- choice



- and having a voice



Some things in the big plan have been finished



Some things need more work – like making sure **Significant 7** is in all care services



The **Significant 7** helps support workers notice when there are changes in a person's health, such as

- breathing
- eating
- and going to the toilet



## Small group discussion



People talked about ideas for the new Big Plan



You can see more detailed feedback on the [Planning Together website](#)



People agreed on

- having a clear work plan



- having small working groups



- talking about the Big Plan at Planning Together every **6** months

## Age range



- some people thought the Big Plan should be for people aged **14** and over
- others thought age **16** and over might be better



## Jobs are very important

- finding and keeping a job affects mental health



- people on low incomes need more help with
  - money
  - housing
  - and the cost of living



If a job does not work out and people go back on benefits, it can be upsetting



Employers should be making **reasonable adjustments**



## Big Plan ideas

Groups shared one idea for each Big Plan topic



### Feeling safe and connected

- more contact with police and community safety teams
- panic alarms and phones to help people feel safe
- travelling at night can feel scary



### Having difficult conversations

- people need more chances to talk about hard topics, such as
  - sex
  - and death and dying



### Knowing where to get information

- people like paper information
- information should be easy read
- libraries are important
- help with filling in forms
- clear information about drop-in sessions



### Having a home that is right

- independence is very important - people want
  - their own space
  - time away from carers or parents
  - chances to live their own life



### Finding and keeping a job

- employers need more disability awareness training
- employers should feel confident supporting disabled people
- good handovers when managers leave



### Recognising different needs

- remember people who cannot speak up
- more support for
  - advocacy
  - support workers
  - family carers



## Topics for future meetings



- community safety



- transport



- death and dying group

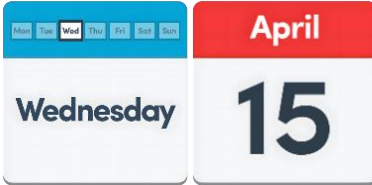


- help with Freedom Pass assessments



## Next Planning Together meeting

The next Planning Together meeting will be



on **Wednesday 15 April 2026**



at **10am**



The meeting will be at **Greenwood**