



Feedback –

**Services when
people turn 25**

Who did we speak to

Synergy spoke to 27 people with learning disabilities



Synergy members interviewed the people at:

Coffee Morning at Creative Support

Wac Arts

Centre 404

Our Group Your Group

Supported Living

What are services like for people under 25



People said they like:

- Acting, drama, and theatre
- Music, drums, and dancing
- Art
- Making friends and seeing friends every week
- Sports

What are services like for people under 25

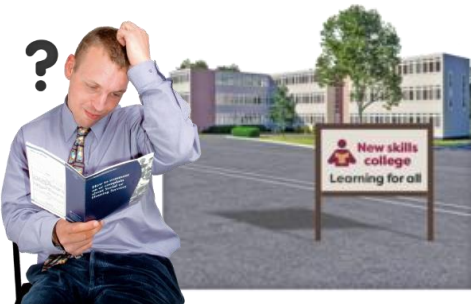
People said :



- They would like to continue going to services after 25



- They want time away from parents and carers



- They find it hard to go to mainstream colleges and activities

What are services like for people under 25



Stories shared:

Person 1 - Was told by their mum that they will have to look for a job when they are 25

They are upset that they will not be able to go to the Youth Club anymore and they will miss their friends



Person 2 - Was doing maths and employment skills at college but had to stop during covid

When covid was over, they could not go back

What is it like for people over 25



People said:

- Some people play football at LISA (London Inclusion Sports Academy)



- No support to meet up with friends. They use WhatsApp and email to stay in touch with friends



- If they cannot travel to see friends, they use their mobiles to talk to friends

What is it like for people over 25



People said:

- When they do not go to services anymore, they stop finding out about activities



- They lose friends when they stop going to services



- Some were not ready for the changes when they stopped going to services

What is it like for people over 25



- Some people got letters but could not understand them



- They were not told what they could do instead

- It is hard for parents and carers to find things for their children to do after they turn 25



- Parents and carers do not have short breaks when their children cannot go to services anymore

What is it like for people over 25



- When there are no activities planned people do not feel like doing anything



- It is hard to go from doing lots of things and having a routine - to doing nothing



- Some people got sad and depressed when they had to stop going to activities

What is it like for people over 25



- It is hard when brothers and sisters cannot go to activities together anymore after the older one turns 25



- They would like a guide to show them what they can do next, after they turn 25



- Some people felt they had done something wrong when they had to stop going to services