**An event to learn about different ways to look after your mind that are not medication, and if you need medication how to make sure it is right for you. This event is ran by the national STOMP and STAMP team.**

**Getting medicine right for people- an event for people and families**

**Date** - Thursday 26th January

**Time** – 10am to 3:30pm (with breaks)

**The event is for -** autistic people and people with a learning disability of all ages, and their families and carers.

**How will we hold the event** - the event will be on Microsoft Teams. We can give you a guide about how to use Teams if you need it

If you would like to come to this event, please fill in the form below and email it to [england.wesupport.stomp@nhs.net](mailto:england.wesupport.stomp@nhs.net)

**The aims of the day are:**

Find out more about how to make sure you and other people are getting the right medicine for your mental health.

Find out about other things that might be good for your mental health

Tell us about your experiences of taking mental health medicines so we can help other people

Tell us how you feel about asking for a medication review

* How to have a conversation if you are not happy with a decision around your care or medicine
* Find out more about the work we are doing to make sure people get the right medicine at the right time (the programme that works to do this is called STOMP and STAMP). If you want to find out more about our team you can view our leaflet here [www.england.nhs.uk/wpcontent/uploads/2018/02/stomp-easy-read-leaflet.pdf](http://www.england.nhs.uk/wpcontent/uploads/2018/02/stomp-easy-read-leaflet.pdf)

**The agenda for the day**

We will be running two sessions at a time you can choose which session you would like to go to at the bottom of this page.

|  |  |
| --- | --- |
| 9:30 – 10:00 | Optional time to join the session early and get to know how to use teams |
| 10:00 - 10:30 | Introduction to STOMP and STAMP and agenda for the day |
| 10:30 - 11:15 | Drama workshop on what do good and bad medicine reviews look like  OR  Using Art and Drawing to tell people how you feel |
| 11:15 – 11:30 | Feedback in the main room |
| 11:30 – 11:45 | Break – please stay online but turn your camera and microphones off |
| 11:45 - 12:30 | Other options to medicine/what would work instead of medicine  OR  Sharing our experiences |
| 12:30 – 12:45 | Feedback in the main room |
| 12:45 - 1:45 | Lunch |
| 1:45 - 2:30 | Giving feedback, raising concerns and complaints  OR  Keeping yourself calm |
| 2:30 - 2:45 | Feedback in the main room |
| 2:45 - 3:30 | Summary, finish and close |

If you would be interested in attending our event please fill out our questions below and let us know which of the workshops you would like to attend. We will email you with the invite links a week before the event.

**Please tell us who you are, tick all boxes that apply to you**

I have a learning disability

I am an autistic person

I have a learning disability and am an autistic person

I am a family carer

I am a support worker attending with the person I support

We are a group of people with a learning disability, autistic people and support workers who are joining the call together (on the same laptop, tablet or phone)

Other Click or tap here to enter text.

**If you need any support to be able to join or take part in our event (we call this a reasonable adjustment), please write it here. We will have support to help you use Microsoft Teams on the day and will have a mental health first aider if you need to talk.**

Click or tap here to enter text.

**Please tick to show which workshops you would be most interested in going to:**

10:30 - 11:25

Drama workshop on what do good and bad medication reviews look like

OR

Using Art and Drawing to tell people how you feel

11:45 - 12:30

Other options to medication

OR

Sharing our experiences

1:45 - 2:30

Giving feedback, raising concerns and complaints

OR

Keeping yourself Calm

**Your contact details**

Your email:

Click or tap here to enter text.

Your phone number:

Click or tap here to enter text.

**Please tell us how you heard about the event**

Click or tap here to enter text.

**Do you have any other comments about the event?**

Click or tap here to enter text.