



How We Survive and Thrive: The People with Learning Disabilities Pandemic Inquiry

Workshop in a Box Pack

About this pack

This pack is for organisations and groups to host their own session to share stories and ideas with **How We Survive and Thrive: The People with Learning Disabilities Pandemic Inquiry**.

The pack includes:

- Information about the project
- Facilitator notes
- Session plan and activity ideas
- Resource list
- A presentation
- Information on sending your evidence to the inquiry.

About the project

‘How We Survive and Thrive’ is an inquiry led by and focusing on people with learning disabilities.

We are trying to answer the question: *What needs to happen for people with learning disabilities to be in the best place to survive and thrive if there is another pandemic?*

The inquiry will collect evidence of people with learning disabilities experiences during the covid-19 pandemic.

We will hear from people with learning disabilities, families and people who support them.

This will help us create practical recommendations for how we can be ready for future pandemics.

Why are we doing this work?

The government has set up the [UK Covid-19 Inquiry](#) to look at the UK's response to and impact of the Covid-19 pandemic.

We want to make sure people with learning disabilities are heard by the Covid-19 inquiry and the government.

We want to make sure government, policy and systems can support people with learning disabilities better in the future.

How We Survive and Thrive is led by people with learning disabilities to make sure everyone's voices can be heard.

The project is interested in 6 big topics

- Voice and Decisions Making
- Health and Mental Health
- Social Care
- Housing
- Having Purpose
- Communication, Information and Digital

You can find more information about the project here:
<https://www.learningdisabilityengland.org.uk/prepared-to-thrive-learning-for-pandemic-readiness-for-people-with-learning-disabilities/>

If you have any questions about the work please email,
Rachael.Hall@LDEngland.org.uk

Facilitator notes

Here are some notes for the facilitators who are running the workshop in a box sessions.

We know you know your groups best and how to get the most from them. Please adapt and change these session plans to suit your group's needs. This includes picking the activities that are most important to your group, or changing how long you spend on the activities.

If you work with a group who prefer to communicate in their first language, that isn't English, we would welcome you to adapt this pack to suit their needs.

We know these sessions might not work for everyone, [please check out the other ways of getting involved and direct people to them](#).

In this work we are focusing on recommendations for the future, we want to know how we can make things better the next time there is a pandemic or national emergency. We are thinking about changes that can be made now to help people be in the best position they can be, going into the next pandemic but also recommendations for actions during a future pandemic.

We know this might look like covid-19 or be very different. People can share ideas about if it looks different too.

We suggest sending an agenda out ahead of the meeting so people have time to think about what they might share.

We know the pandemic was a difficult time for many people. The pack includes ideas to support people to stay well when they are thinking about difficult times. Those are in the yellow boxes.

We are holding a **meeting for facilitators** to:

- meet the project's workers
- ask questions about the workshop in a box
- talk with other facilitators about how you will run the session

[You can sign up for that session here](#)

Session Plan

Session Aims:

- To think about what could be done in the future to make sure people with a learning disability have a better experience during future pandemics.
- To have something to share with How We Survive and Thrive

Self Care activities:

We know talking about the pandemic can be hard for people

We have included some self-care activities throughout the session so people can check in with how they are feeling.

These activities are highlighted in yellow

Overall session time: 2 hours

Activity	Activity detail	Activity Length
Introduction	Explain the purpose of the session Housekeeping - We know lots of people had a difficult time during the pandemic/ help people take breaks if they need to - Usual housekeeping Video: there is a video included created by the commissioners for How We Survive and Thrive. They talk about why we are doing this work and how sharing your story can be part of what we are doing.	10 minutes

Activity 1: What was your experience during the COVID pandemic?	In groups or individually ask people to draw a picture that represents your experience during covid Think about: What big changes happened to me? What did I like? What was hard? You can add words to explain your drawing. Explain that at the end we will photograph these pictures and share them with the project. Alternatives to drawing could include making a collage or bringing in a photo that represents covid for you to discuss.	20 minutes
Self Care Activity 1:	Take a pause and ask everyone to think about a holiday that they've been on. People can close their eyes or move around. We are just going to spend a couple of minutes thinking about that holiday.	3 minutes
Activity 2: Sum it up	Do a round of everyone in the room ask- 'in a couple of words how would you sum up your experience during the covid-19 pandemic?' People don't need to explain their word but can if you have time.	10 minutes
Self Care Activity 2:	Before you go for a break, take a minute to write down where you went on that holiday	

Break		15 minutes
Activity 3: What should be done differently? How can we make this happen?	We want people to live good lives if another pandemic happens. What would a good life look like during a pandemic? Break into small groups Ask each group or table to pick one of these groups to be the leaders of: • People and families • Bosses at work • Bosses of care providers • Bosses of the NHS • Leaders in the council • Leaders in national government Each group is going to talk about: A. You are in charge of your group or organisation, a pandemic has just started, what will you do to help people with learning disabilities live a good life while its happening? Slides – examples/topics	30 minutes
Self Care Activity 3:	We are going to take another couple of minutes to just sit quietly Think about the best thing you ate on your holiday	2 minutes
Activity 4: Sum it up	Do a round of everyone in the room ask- 'of all the ideas for change we have talked about today, what are the most important things which must be done?'	10 minutes

	People don't need to explain their answer but can if you have time.	
Closing the session	What will happen with all the information from today? - The information will be sent back to the project - It will be looked and everyone's ideas will be brought together - Those ideas will be used to create recommendations for how things can be different in the future. - The project will share its final report with you so we can see how we have used your ideas. Thank everyone for attending	5 minutes
Self Care Activity 4:	Before we finish, we are going to have a final 2 minutes to sit quietly Think about one nice thing you can do for yourself later today Check in with yourself – are you feeling okay after todays meeting? If you are feeling sad, worried or upset after todays session speak to the session leader at the end.	2 minutes

Resource List

To run the session as outlined above we suggest you use the following resources:

- Coloured pens or pencils
- Paper
- Flip chart paper
- Post it notes

PowerPoint Presentation

[Here is a presentation in the pack for the above session.](#)

You can adjust this to meet your group needs

Sending in your notes

The deadline for sending feedback is 30th June 2025 at 5pm.

Please take notes of your participants feedback during the session. You can send us written notes, a summary, drawings, photos and videos as evidence.

Please send the notes to Rachael.Hall@LDEngland.org.uk

If you need to send anything via WeTransfer such as bigger files please let Rachael know to expect them.