clear thoughts

Winter Newsletter (Feb 2008)

Clear Thoughts is the new name for Mental Health in Learning Disability Knowledge Centre. The website can be found at www.clearthoughts.info

The project aims to provide people with a learning disability, their families and frontline staff with information about mental health. The will mainly be done via the website.

The project is being undertaken by ARC the Association for Real Change (www.arcuk.org.uk) with funding from the Dept of Health.

We are just over 1 year into the project. It will last at least 3 years. This means your thoughts and views about the website are important.   We can change it to suit people's needs.

We thought about a number of different names for the project.

Some of them were already taken some had similar sounding websites that were not very nice so we couldn't use these suggestions.

We hope the **Clear Thoughts** indicates what the website aims to do.

It tries to give clear, easy to understand, information about mental health in learning disability.

Mental health means maintaining positive mental health and mental illness. Both are covered on the website.

The project still has lots to do. One of the key things we need to do is decide which sort of images to use on the website.

We will try to use the same style of image throughout the website, unless people tell us they prefer and range of images.

With this newsletter is a questionnaire of the images we might use. We would like you to feedback about which you like best.

These images have to try and explain some difficult things about mental health some we would like lots of people to tell us which they like.

The forum on the site is not working yet however if you would like to contact the Project Worker, David Grundy (david.grundy@arcuk.org.uk) he might be able to help.

When the forum is up and running we hope people will be able to help each other.

If you are an organisation that would like a link from this website then contact the Project Worker, this is also the case if you would like to put a link to the Clear Thoughts site on your website.

The website aims to be easy to use, if you are having problems then please tell us and we can amend it.

Each section of the website starts with an easy read introduction. Each separate page has a easy read text box at the start. There are also arrows on the website to help you find your way around.

There are lots of links to other websites and resources on the site. These will hopefully make finding information on the Internet much easier.

It will also mean that the external websites are 'good' sources of information.

We will keep people up to date with the project by producing newsletters like this one every few months or so.