

Co-producing Sexual Health Easy Read Leaflets in Barnsley

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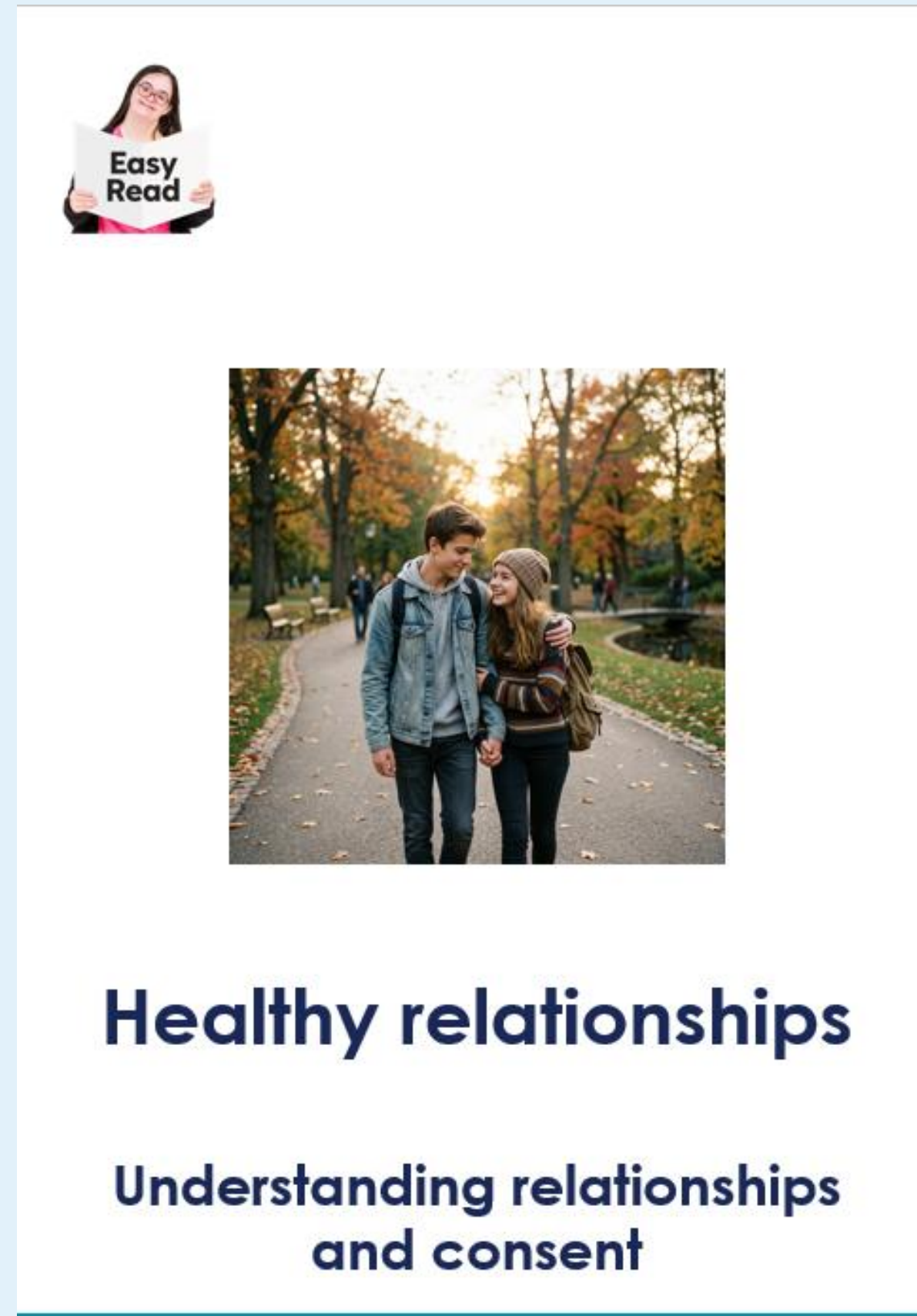
Project Summary

People with **learning disabilities (LD)** experience **ongoing inequalities in sexual and reproductive health**, including **poorer access to information and support**.

Local partners identified a **lack of suitable, accessible resources** for Barnsley residents.

This project aimed to address these gaps by **co-producing Easy Read sexual health materials** with young people with learning disabilities.

Development of the resources involved young people from Targeted Youth Support Groups (TYS), SEND professionals, volunteers and Spectrum Sexual Health colleagues.



Co-production process

Engagement and scoping

1

Group sessions with YYS participants to explore what information was most important and to review existing materials. In these groups we identified Contraception and Healthy Relationships as the two leaflets we wanted to develop.

2

Draft development

Content developed collaboratively in group sessions and shared with professionals for fact-checking and approval.

3

Iterative consultation

Draft leaflets returned to YYS groups for feedback and refinement prior to final design.

4

Next steps

Final edits will be made before production and dissemination. The final leaflets will be delivered as a group session to a new group of YYS young people for evaluation.



Health Inequalities

Intended and emerging impacts include:

- Improved access to information
- Increased confidence of staff, carers and families
- Sustainable change through reusing resources and embedding them across services
- Strengthened relationships between sexual health services and YYS groups



Case Study

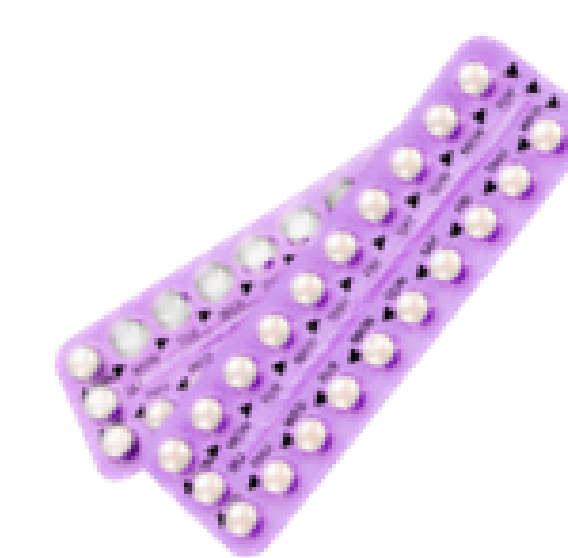
After one session, a young person asked to speak privately about puberty, periods and body changes. She said she did not feel there was anyone else she could ask. The project created a safe, trusted space where she could receive accurate reassurance from sexual health professionals — showing why accessible conversations and resources matter.



Key Learning

- ★ **Mixed professional expertise improves accuracy and accessibility**
- ★ **Safe spaces enable honest conversations**
- ★ **Co-production requires adaptable timelines and processes**
- ★ **Sessions needed flexible, responsive delivery**
- ★ **Partnership working created opportunities for future collaboration**

The Pill



The pill is for women.

It is very effective if you never forget to take it.

There are different types of pill. They all contain hormones to stop you getting pregnant.

How to use it

Take the pill at the same time every day. Different pills have different instructions. Your GP, sexual health clinic or pharmacist can give the pill to you and explain how to take them.

If you forget to take your pill and want to have sex, you should use a condom.

If you forgot to take your pill and you have sex, you should use emergency contraception.