



# Swept Under the Carpet



Swept Under  
the Carpet

**Let's talk about sex, periods and having babies**



University  
of Essex



inclusion  
north



University of East Anglia



Ace Anglia



Lancaster  
University

# Who am I ?

My name is Kirsty Trimming

I am autistic and have a learning disability and I am currently studying for my MA in Autism.

I am a co-researcher on the Swept Under the Carpet Project.

I live in Newcastle, Northumberland



# Who am I ?



- My name Sandy Marshall
- I am a disabled person and volunteer for Inclusion North.
- I live in Staffordshire
- I have been involved in the Disabled People's movement since the late 1990s

# Research of swept under the carpet !



We first shared a workshop in 2022 in Lancaster about the lived experience of myself, Denise and our colleague Gary – about how we experienced relationships and information about being parents, choosing or not choosing to have babies.

We called this **Swept Under the Carpet.**

This helped the thinking behind this current project.



# What are we researching?

- These topics are often ignored by health professionals, social care professionals, and sometimes families.
- We used a survey to find out what it was important to people with a learning disability.
- We are then hoping to put together a BIG Plan to look at these topics in more depth

Abortion

periods

Pregnancy

Sexual Relationships

Menopause

Contraception

Being parents

# Our survey findings



People who answered told us that they wanted to find out more about sex, relationships and having a baby.

# Focus groups



We have held a series of focus group in the North East and Yorkshire & Humber.

The information we gathered is now being written and we will analyse what people have told us. This will be put into a report including easy read.

# Next steps



In the Spring time we will be holding some Stakeholder Engagement Meetings.

This will be to find out the views of other people and professionals what they think about how people with learning disabilities are provided with services around sex and relationships and have babies.

# Next steps



At the end of this project work we will look to get further funding to do more in-depth research which will help to change policy and practice.

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