

Healthwatch Norfolk is undertaking a project looking at access to mainstream health and social care services for adults with a physical disability - including people with a sensory impairment. By mainstream we mean those services that anyone might need to access, not those specialist services that are connected to your disability. This might include:

- GPs
- Hospitals
- Mental Health services
- Dentists
- Opticians
- Social care in your house
- Social care in residential home
- Public health services (e.g. support to stop smoking, or live a healthier lifestyle)

At the moment I would like to speak one-to-one to as many people as possible about the problems they might have faced in getting equal access to services (or if you have had a particularly good experience where a service as made quick adjustment so that you can have equal access). Ideally I would like to video you talking about your experiences and views but that is not essential if you would prefer not to speak on camera. I am happy to meet you at a time and place that is convenient for you. If you are interested in speaking to me my contact details are:

[chris.knighton@healthwatchnorfolk.co.uk](mailto:chris.knighton@healthwatchnorfolk.co.uk)

0779 569 2871 (the phone signal is not always great where I live but leave a message and I will get back to you).

I would be grateful if you could pass this message on to friends you think might be interested in speaking to me and share through your networks. These detailed conversations will be really valuable in shaping the rest of this six month project.

After Christmas we will be trying to ask as many people in Norfolk with a disability about their experiences through an online survey.

I hope to speak to as many of you as possible.

Many thanks,

Chris Knighton  
HealthWatch Norfolk