

Plain facts

Peer support groups for young black disabled people

Some young black disabled and Deaf people are lonely. They do not know where to go to meet other young people like them.

Tracey Bignall, Deepa Pagarani and Jabeer Butt talked to black disabled and Deaf people to find out what they thought about belonging to a peer support group of people their own age.



They found that:



People made friends, did activities and learnt new skills when they met at the peer support group.



Young black people thought it was important to have their own group. They could share things about their background, food, history and way of life. They could also talk about what their lives are like now.



Young people helped to run the groups. They made decisions, made rules and organised trips.



Some things made it difficult for young people to go to a group. Sometimes they had problems with transport.