

Learning Disability Partnership Board

**What happened at our meeting on
Tuesday 23rd January 2024**



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Who was there?

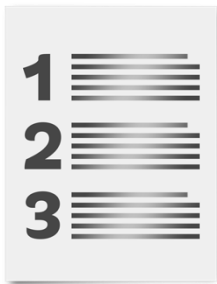
Tim Heaven - Co-Chair	Deborah Livingstone – Independent Supporter and LeDer Reviewer
Jan Marriott - Co-Chair	Andy Davis – Lighthouse
Emily Luckham – Inclusion Gloucestershire	Colin Thompson – Treasure Seekers
Debbie Worrall – Inclusion Gloucestershire	Amy, Gem, Clark, JJ and Troy from Action for Children Kingfishers
Tamsin Morgan – Gloucestershire Parent Carer Forum	Paul Yeatman – GCC Safeguarding and LeDeR reviewer.
Emily Dawson – Special Educational Needs and Disability Programme Manager ICB	Tom Mayo – Forwards Employment Service Manager
Nikita – Lighthouse	Isabel Saez-Villagra – Positive Behaviour Support Practitioner GCC
Colin Thompson – Lighthouse	Denise Pittaway – Keyworker Gloucestershire Carers Hub
Lara Gilman - GCC	Kayleigh Connors – Inclusion Gloucestershire
Karin Parker - GHC	Andy Rozwadowski – Building Circles
Jan Burn – Kingfisher Treasure Seekers	Vicky Townsend – GCC
Lyn Merrett – Shared Lives Officer	Caroline Weston – Active Impact
Harriet Roberts – Inclusion Gloucestershire	Cody Gingell – Inclusion Gloucestershire
Karl Gluck – GCC and ICB	Simon Shorrick – GHC

GCC means Gloucestershire County Council
GHC means Gloucestershire Health and Care Trust
ICB means Integrated Care Board

What we talked about:



Tim shared the ground rules for the meeting.



He also shared the 4 priorities for the partnership board. They are:



1. Making sure people have information that is easy to understand.



2. Better support for young people when they become adults.



3. Helping people to look after their money and benefits.



4. Helping people to get jobs and volunteer

You said, we did:



We have sent a letter to all the MPs about the benefits system being too complicated and there not being good Easy Read information to help.



We have set up a mini partnership board meeting on Zoom for people who can't make the main meeting.



It is on Wednesday 1st February from 2pm – 3pm.



It will be a good meeting for people with learning disabilities and parents or carers to come to.

The Health Action Group



Simon Shorrick and Cody Gingell co-chair the Health Action Group.



They told us what the group has done over the past year.



They have checked and changed some things like the pre health check questionnaire

A screenshot of the 'My Health Passport' form. It features a header with 'My Health Passport' in red, yellow, and green boxes, and a 'Gloucestershire NHS' logo. Below the header, there is a section for 'Date Completed:' and a 'PHOTO' placeholder. The main body of the form contains a blue box with instructions: 'Please read this assessment to get to know me. It contains important information about me.' Below this, there are fields for 'My name is' and 'I like to be known as', and a footer stating 'This health passport belongs to me. Please return it when I am discharged.'

The health passport

A screenshot of the 'My Health Check Action Plan' form. It has a title 'My Health Check Action Plan' in blue. Below the title, there is a section for 'Date of my annual health check:' with a text input field. The main body of the form is a table with three columns. The first column is titled 'About Me' and contains three rows: 'My name', 'Date of birth', and 'NHS number'. The second and third columns are empty for data entry.

The health action plan



They have told people what they think about some things like the 'Respect' form where you put what you want to happen if you get ill.



The 'Restore 2 mini' film about signs that show someone is getting poorly.



The 'What matters to me' orange folder.



The group has talked to lots of different health professionals in the meetings:



The group has helped people who were worried about having an operation.



It is a place people can talk about difficult health problems like being in pain or grief.



Simon runs the Big Health Day.



The group has a newsletter.

Group Chat 1:

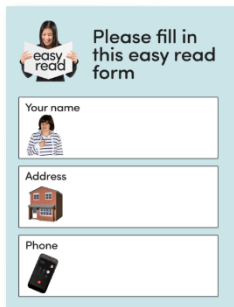
What can we do to listen to people who use health and social care services?



Make it fun and interesting



All information should be accessible

An 'easy read' form with a light blue border. At the top, it says 'Please fill in this easy read form' next to a small icon of a person reading. Below are three sections: 'Your name' with a small icon of a person, 'Address' with a small icon of a house, and 'Phone' with a small icon of a mobile phone.

Easy Read follow up forms



Give people the time they need



Show people how to speak up for themselves



Have support to speak up



Have fidget toys at health appointments



Keep good records so people don't have to repeat themselves



Make sure people can see the same doctor every time



Listen to parents



Make sure health staff know what support people need (use the reasonable adjustments flag)



Doctors should check people understand what they tell them



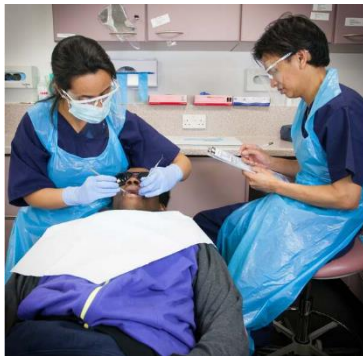
Health staff should listen to people and not talk over them.

Group chat 2:

What do you think are the big health issues for people with learning disabilities?



Having good support to speak up



Dentists need to learn about what support people need with sensory issues



Having hospital learning disability nurses (liaison nurses) working all day, every day



Support staff should understand healthy eating



Having enough time with support workers so they can help people to get the right health support before things get worse.



Managing going to the toilet (continence).



Understanding that mental health problems might cause problems in our bodies, like tummy pains.



Getting help with mental health



Not being able to poo (constipation)



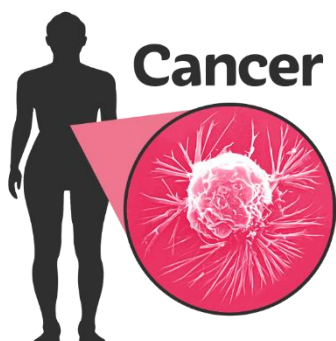
Health staff being understanding if we are grumpy



Support with addictions



Having vaccinations



Simon told us there is going to be a learning disability nurse who can support people with cancer checks.

Actions



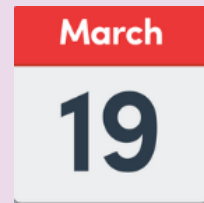
We will try out having the tables set out in a different shape at the next meeting.



We will make sure presentations have bigger text so they can be seen

Next meeting:

The next meeting is on Tuesday 19th March



From 11 am to 1:00 pm



It will be at Treasure Seekers Hub,
on Eastgate Street.



Presentations



Health Action Group

Health Sub-Group to the Learning Disability Partnership Board and Learning Disabilities and Autism Clinical Programme Board



The meetings are co-chaired by Simon Shorrick and Cody Gingell and supported by Karin Parker.



Cody



Who are we?

- The Health Action Group work with lots of people across Gloucestershire to do this.
- This includes experts by experience, family carers, Inclusion Gloucestershire, health, education, learning disability providers, and community organisations.





Today, you will hear back from some of our members.

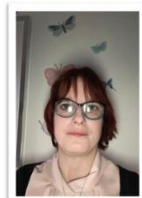
They will talk about what we have done over the last year

What we still need to do

Ask you what we can do together in 2024.



Tim Heaven



Cody Gingell



Kayleigh Conners



Why does the Health Action Group meet? Tim



- To focus on big health issues



- To make services better.



- To help hospitals and doctors to work better with people with learning disabilities.



Why does the Health Action Group meet?

- To make sure people know about important learning from LeDeR.



- LeDeR is learning about people's lives and deaths so that we can make healthcare better for people with learning disabilities and autistic adults.



- The Health Action Group is important to LeDeR, as the members of the group have lived experience.



LeDeR at the Health Action Group

Harriet



- We have been telling the group about people's lives to help show what was good and what can be learnt.



- When we talk about people to the group, we change their names to keep personal information safe.



- The group have liked hearing about different people's lives.



- It has helped the group talk about unfair differences in healthcare.



LeDeR at the Health Action Group

Harriet



- The group give feedback on Easy Read and Plain English documents that are made.

- For example, a presentation about constipation



- It would be good for the Health Action Group to have a meeting talking about the benefits of advocacy.
- The team find a lot of people do not know about advocacy services and how they can help.



What have we done 2022 / 2023

Tim



Outcomes

- Checked and changed the Pre-Health Check Questionnaire



- Checked and changed My Health Passport



- Checked and changed Health Check Action Plan

- Easy Read information now on Inclusion Gloucestershire webpages and GP web pages



What has been achieved 2022 / 2023



ReSPECT stands for Recommended Summary Plan for Emergency Care and Treatment.



- It is not about End of Life. It is about having a conversation before you become unwell. The ReSPECT form says what you want to happen.



Outcome

- We told the people in charge what we thought. An easy read leaflet was made and two supporting films.



https://youtu.be/vy_slyOuPAE - Jenny's Story - 9 mins

<https://youtu.be/Yrq1zQotkaY> - John's story - 7 mins



What has been achieved 2022 / 2023



Restore2 Mini – Helps to see when someone is getting poorly



Outcomes

- Checked the film made by the Intensive Health Outreach Team, Health Facilitation Team and Inclusion Gloucestershire.



- Helped with a training programme for care homes.



Personalised Orange Folder



- Gloucestershire NHS have produced a Orange folder called "What matters to me"
- The Orange folder is a place to put important health care plans so they don't get lost. The folder should go with you if you have to go to hospital in an emergency
- Documents like My Health Passport, Pre-Health check Questionnaire, ReSPECT or Restore2 mini.

Outcome

- The group told Lisa how the folder should change.
- Lisa has talked to clinical learning disability teams



My Health Passport

- My Health Passport is a easy read 'grab sheet'. This now includes a ReSPECT section.
- Could accompany a person who requires reasonable adjustments to their health care when they go into hospital (or to any health appointment)
- It was reviewed by the Health Action Group in July October 2023 to comply with the Mental Capacity Act 2005.
- It is now editable, and available as a hard copy <https://www.ghc.nhs.uk/other-areas/learning-disabilities/key-documents-resources/>



Annual Health Check Resources

1. Pre-Health Check Questionnaire

- Editable - Easy read
- Hard Copy - Easy read

https://g-care.glos.nhs.uk/pathway/590/resource/11#chapter_7060



2. Health Check Action Plan

- Increased use of AHC action plan
- Accessibility of the Health check action plan
- Video training guide produced
- Coding support for GP Practices
- Auto population function on SystemOne



What else has the Health Action Group done?

People told us they had worries about medication so we asked a chemist to come along



People told us there were problems with

- Getting medication from a chemist
- How to take medication
- Worries about side effects
- Changing medication and prescriptions
- We suggested that Experts by Experience could help the chemist with training



Health professionals that came to the meetings were:



Dieticians



Dentists

Diabetic Community Services

Psychologists – doctor

Chemists or pharmacists



How the group has helped



- People have told us they were scared about hospital treatment and we put them in touch with the hospital liaison nurses to help them.



- The group is a space where people can talk about difficult health things like losing someone they love or pain.



15th Big Health Day

<https://youtu.be/MqL-Slmuyho> - 9 mins



Friday 16th June 2023



Oxstalls Sports Park, Gloucester



9.30 – 3pm





Sport & Exercise for Health

Inclusive Dancing



Have fun trying the activities indoors and outside



Information Stalls



Come and meet friends old and new



Try a new sport



16th Big Health Day



Friday 14th June 2024



Oxstalls Sports Park, Gloucester



9.30 – 2.30pm



Health Action Group Bi-Monthly easy read Newsletter



- Every two months
- Inclusion Gloucestershire Experts by Experience to check easy read format
- Topics from the Health Action Group
- Sent out to care providers, learning disability teams and partner organisations
- Paper copies sent out members who do not use a computer or internet





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