

# Learning Disability Development Fund (LDDF) Progress report



**Name of project:** Health Action Plans and Health Facilitation

**Project Lead:** Steve Hook

**Sub Group overseeing project:** Healthy Lives

## **Project Targets from original bid:**

- To make sure all GP practices are doing health checks and health action plans
- To make sure all GP practices have had their training
- To give training to staff and carers on how to be health facilitators for people with learning disabilities
- To give workshops about health action plans to service users
- To check to see if health action plans are working and people are getting healthier – by talking to service users, their carers, staff and doctors
- To check to see if GP practices are giving a better service to people with a learning disability – by talking to service users, carers, and staff
- To start working with the PCT public health team to get information on the health of people with a learning disability in the City
- To start working with the PCT health promotion team to get better information about health for people with learning disabilities and the people who help look after them

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## **How the project will do this work:**

Carry on the work of getting Health Action Plans started and working well for adults with a learning disability in Brighton and Hove. This work is currently being done by Natalie Winterton who works in the Community Learning Disability Team

We will do some work to help staff and carers to be health facilitators.

We will also help service users understand what a health action plan is and how to get one.

We want the work on health action plans to carry on, and we would also like to do some other work.

We would like to help other health services like dentists, opticians and podiatrists (people who look after your feet) to give a better service to people with learning disabilities. We want to give them training, like the training the GP practices get.

We also want to do more work with the Primary Care Trust (PCT). We want to work with the public health department, who have information about the health of all the people in the City and what stops people from being healthy.

We want to work with them to get more information just about people with a learning disability in our City. We also want to help the health promotion team to do more work with people with a learning disability, so they can know more about how to be healthy and take part in healthy activities.

**How much 2009/10 LDDF money the project gets: £19,980**

**Name of person completing this report:**

**Natalie Winterton – Health Facilitator**

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## What the project has from April to July 2009:

<p>10 more GP practices have said they want to do health checks and health action plans.</p> <p>This means there are now 42 GP practices doing them out of 49 practices in the City.</p>	
<p>6 more practices have had training.</p> <p>4 practices are having their training soon.</p>	
<p>Natalie has some information about the work GP practices did from April 2008 until March 2009.</p> <p>We know that 251 people had a health check and 224 people had a health action plan from their GP practice.</p>	
<p>Lots of people found out they had new health problems after their health check.</p> <p>Some of the health problems were:</p> <ul style="list-style-type: none"> <li>■ being overweight</li> <li>■ having too much ear wax</li> <li>■ having problems with their feet or toe nails</li> <li>■ things like needing to see a dentist or optician</li> </ul>	

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<p>Some GP practices have only just started doing health checks and health action plans. We will keep collecting information about what work the practices have done.</p>	A blue clipboard with a white sheet of paper. The word 'Information' is written in bold black letters at the top of the paper.
<p>Natalie did a workshop in April for staff from learning disability services on 'being a health supporter'.  More workshops will happen later this year.</p>	A black and white line drawing of a workshop. Five people are seated in a semi-circle, facing a whiteboard. One person in the foreground is in a wheelchair. A person on the right is standing and pointing at the whiteboard.
<p>Natalie has started doing some work to make sure people with a learning disability can use cancer screening services.  We are making a plan to make it easier for people to use those kinds of services</p>	A black and white line drawing of a person with curly hair holding a rectangular sign. The sign has the word 'PLAN' written at the top and a glowing lightbulb icon below it.
<p>Natalie has also started some work to help pharmacies and chemists give better services to people with learning disabilities</p>	A black and white line drawing of a pharmacy. A sign above the entrance says 'Pharmacy'. A person is sitting on a bench outside. Inside, a person is standing behind a counter. On the counter, there is a jar labeled 'TABLETS'.

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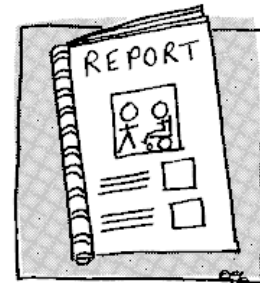
## What the project has done from August to November 2009:

<p>4 more GP practices have said they want to do health checks and health action plans.</p> <p>This means there are now 46 GP practices doing them out of 49 practices in the City.</p>	
<p>5 more GP practices had training.</p> <p>3 practices will have their training in early 2010</p>	
<p>Some GP practices have only just started doing health checks and health action plans.</p> <p>We will keep collecting information about what work the practices have done.</p>	
<p>Natalie has done presentations about the health checks project for different groups of people</p>	
<p>Natalie is still doing work about making sure it easy for people to use cancer screening services</p>	

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Natalie helped the Healthy Lives group write a big report for the Strategic Health Authority.  
The report was about all the health services in Brighton and Hove and if they are good at helping people with a learning disability to be healthy.



This project will not get any more LDDF money now.  
The job of Health Facilitator will be paid for by Brighton and Hove Primary Care Trust from now on.  
This is the last LDDF report for Health Facilitation.

