

Name of Project:

**Health Action Plans and Better Health**

Name and contact details of person leading the project:

**Steve Hook**

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Which Partnership Board Sub Group is leading this area of work?

**Healthy Lives – Better Health**

How much LDDF money does your project want in 2009-2010?

For the Health Facilitator Post Year 1: £35,700

(This is a total cost including on-costs)

For Events, Printing, Stationery £2,300

**TOTAL: £38,000**

However-Healthy Lives has been given **£19,980.00** for 2009/10, which is enough to fund the project until October 2009.

What is the budget (how will you spend the money) for the project and is any other money also going to be used for this project?

See the Section above for the breakdown of how the money will be spent.

We are bidding for extra money from the Primary Care Trust (PCT) and potentially “Communities for Health Funding”-with Speakout- for 2009/10 to fund this work until the end of March 2010.

Tell us about the Project, how it will work, what it will do, who will do it and things like that:

This project is to 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.

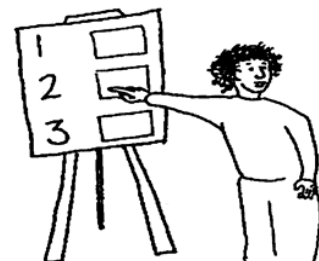


The project will help G.P's and G.P Surgeries to learn more about what health needs people with a learning disability have and how they can provide a better service to people with a learning disability.

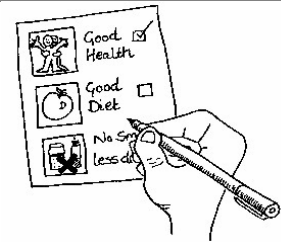
The GP practice will have a list of people with a learning disability at their practice, and give those people a proper check of their health every year.

The GP will also give each person a health action plan. This is a plan about a person's health and is written down for the patient and tells them what they need to do to be healthy and well.

The GP practice will get training from us to help them do this, and make their service better for people with learning disabilities.



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 will get from us.



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.

Being healthy means someone can make other things that are important to them happen.



This work will hopefully help anyone in Brighton & Hove who has a learning disability – so lots of people! The Community Learning Disability Team works directly with about **700+** people but it may be many more than that. It will also help the people who help to look after someone with a learning disability – staff and carers.

### In what way will their lives be improved?

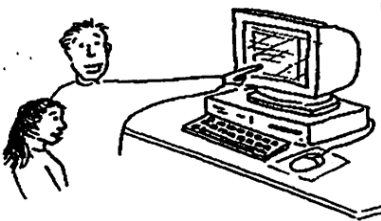
People will have better health, and know more about what to do to keep themselves well. When people have to see a doctor, or visit another kind of health service like the dentist, it will be easier for them and their needs will be met properly.

Staff and carers will also know more about how to help people be healthy, and what services are available and how they can help.



If people with a learning disability are helped to be healthier, then they will be able to do more of the other things they want to do like see their friends or go out to social clubs.

People will be more able to do voluntary work or get a paid job if their health improves, and to learn new skills.



What outcomes, targets or goals would your project achieve?

**For 2008/09:**

1. To make sure all GP practices are doing health checks and health action plans



2. To make sure all GP practices have had their training
3. To give training to staff and carers on how to be health facilitators for people with learning disabilities
4. To give workshops about health action plans to service users
5. 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
6. 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
7. To start working with the PCT public health team to get information on the health of people with a learning disability in the City
8. 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

**For 2009/10:**

1. To use the information we have about the health of people with learning disabilities in the City to decide what other health services need some training e.g. dentists
2. To develop a training pack for other health services
3. To give training to those health services
4. To continue to support GP practices to give health checks and health action plans
5. To get information about health and being healthy to people with a learning disability, to staff and to carers
6. To continue to see if health action plans are working, and if people think their health is better – by talking to service users, carers, and staff
7. To check to see if staff and carers are being good health facilitators – by talking to staff, carers and service users

Is there anything else you want us to know?

Since this work started with Natalie in October 2007 it has been very successful.

In just the first year so far **30** out of **47** G.P surgeries have joined the new service for doing Health Action Plans, but the work needs to continue so we can find out if it has made a difference to the health of people with a learning disability.

If this work stops Health Action Plans will not happen and people with a learning disability may not get the health check every year.



The training that has been provided has been used in other areas of the country to help other G.P surgeries Provide a better service.

People with learning disabilities helped to make a DVD that tells people what service users think is good and bad about different health services, and what they think would make them better.

This DVD will be shown as part of the training being given to GP practices, and to other health services.

