

Good Health Group

The meeting was on
Monday 24th April 2006



People who came:

- Doug Alexander
- Liz Pinner
- Jackie Roberts
- Jill Turner
- Aileen Bird
- Lucy Collinson
- Pat Purkis
- Sheila Seymour
- Sue Chapman
- Patricia Miller
- Philippa Allen
- Clare Edmead



People who couldn't come:

- Eddy McDowall
- Holly Carpenter
- Anup Upadhyaya
- Simon Osborne
- Dawn Wiltshire

1. Introduction and Minutes of last meeting

As we had new people at the meeting we introduced ourselves. Some people hadn't been able to come but will hopefully be at the next meeting.

Sue went through the minutes of the last meeting as this helped the new people to understand more about our work.

Today we were welcoming Lucy Collinson to talk about her role and the Fighting Fit Project.

2. Fighting Fit Project

Lucy is the Disability Sports Development Officer for Oxford City Council. She covers all of Oxfordshire and works on behalf of the English federation of Disabled Sports and Sport for All. She is based with the Sports Partnership and works with Leisure Centres in Oxfordshire who have the Inclusive Fitness initiative (IFI). She helps Leisure Centres to develop activities, focus on accessible equipment, provides Disability Awareness training and helps to improve opportunities for disabled people. She also works with Schools to help them develop inclusive Sport programmes. She is getting involved in the Special Olympics programme in order to extend opportunities across



Oxfordshire.

The Fighting Fit project, funded by the Valuing people Support Team, via the Partnership Board, has held sessions in five Day Centres and has run 6 week activity sessions in Abingdon. The Fighting Fit team provide support and advice as well as help people to access other organisations in order to increase people's exercise and activity.

They have set up a Football team that has up to 28 people attending practice sessions from all across Oxfordshire.

Lucy is aiming to link swimming for people with disabilities



with the Oxford City Swimming Club.

Information about Sport initiatives for people with disabilities is available on the website for Active Sports at www.oxonactivesports.co.uk , following the link to Disability Sport.

There are some grants and awards people can apply for to support access to Sport activities. Lucy would be able to give more information on this.

Lucy can be contacted on lcollinson@oxford.gov.uk or on 01865 467240.

3. Update - what has been happening since we last met?

- a. Health Facilitation/Health Action Planning.

Kingwood Trust has given everyone a health profile to complete with support.

The North LDT has discussed health facilitation and are interested in what is happening with training for people about Health Facilitation.

It was felt in the meeting that we need to produce guidelines on what a Health Profile should contain as well as

recommend preferred Profiles. It doesn't really matter which profile people use, so long as it has the same information, which may be presented differently.

Sue agreed to do some work through the Health Facilitation subgroup on this.

b. GP's



Sue had met with a GP Practice to start to discuss the registering of people with a learning disability. Work will continue on this and Sue will try and link with different GP practices across Oxfordshire.

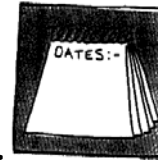
4. Dental services

We had a discussion about Dental services following the meeting last August. Sue was due to meet with Dental Services Managers and wanted to know what some of the issues for people are. She will tell us about her meeting at the next Good Health group.

5. Future Meetings

We are going to talk about the new Mental Capacity Bill at the next meeting. We will then arrange meetings on

Women's Health and Men's Health, and the new White Paper "Our health, our care, our say".



6. Date and time of next meeting.

We are meeting on Monday 22nd May at Kidlington Fire Station at 10.30 until 12.30. Please park in the road or the Co-op Car Park.