

Good Health Group

The meeting was on
Monday 20th March 2006



People who came:

- Anup Upadhyaya
- Doug Alexander
- Liz Pinner
- Polly Owens
- Jenny Vaux
- Pat Purkis
- Sheila Seymour
- Sue Chapman
- Dawn Wiltshire



People who couldn't come:

- Jackie Roberts
- Eddy McDowall
- Holly Carpenter
- Jill Turner
- Simon Osborne
- Patricia Miller

1. Introduction and Minutes of last meeting

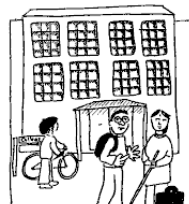
As we had new people at the meeting we introduced ourselves. Some people hadn't been able to come but will hopefully be at the next meeting.

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

2. Update

Each person spoke about the work they had been doing for Good Health since the last meeting. Here are some of the things we heard:

- Discussions about sexual health and sex education relating to the new group – Dates and Mates.
- Concerns about the Colleges changing some of their courses which will mean less courses for people who have a learning disability. This could affect their



general health and well-being.

- The Womens group has started in Henley
- A Music and Movement class in South Oxfordshire run by Kingwood Trust.
- An update on the Fighting Fit project. Lucy Collinson, who works for Leisure Services is coming to our next



meeting.

- The Football Team at OXRAD for people who have learning Disability is going well.
- Dawn had been on a conference on Leisure and Sport. She was also a finalist in the Volunteer of the Year

award in Oxfordshire. Well done Dawn.



- The Mental Capacity Bill – this is a new Bill by the Government. We agreed to look at it in more detail at the next meeting because it will affect all of us.
- Sue is meeting with people from Dental services soon.
- Sue is doing some work on the Disability Equality Strategy which should help in access to health services. She will tell us more at other meetings.



3. Health Facilitation and Health Action Planning

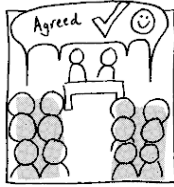
Sue had prepared a presentation about the process for Health Facilitation and Health Action Planning. This is attached at the end of the minutes (apologies if it is not

very clear – Sue will amend it soon).



We had a good discussion about how Health Facilitation could work and everyone added some extra things to the information which was helpful.

Sue was having a meeting the next day with the Health Facilitation sub group and would take this information to that meeting.



Everyone agreed that they thought the process could work. There is lots of work to do to let people know about it and we will need to put some training on. Sue will let us know at the next meeting what the group thought to the process.

4. Anything else to talk about?

Sue talked about the venues for the years meetings. Some will be at The Abbey, the Slade and somewhere else yet to be organised. The December meeting will be at Milton Heights (if Sue can book a room!) and we will hopefully have Christmas Lunch in their restaurant.

Monday 22 nd May	10.30 - 12.30	To be arranged
Monday 19 th June	10.30 - 12.30	Slade
Monday 17 th July	10.30 - 12.30	Abbey Centre
Monday 18 th September	10.30 - 12.30	
Monday 16 th October	10.30 - 12.30	Abbey centre
Monday 13 th November	10.30 - 12.30	Slade
Monday 11 th December	10.30 - 12.30	Milton Heights

5. Date and time of next meeting.



We are meeting at the Abbey Centre, Abingdon on 24th April at 10.30 until 12.30.

Process for Health Facilitation (HF)

(numbers link to notes on next page)



Person with a

learning disability



[1] Referred to LDT
or

Supported by Paid Carers



[2] Each person offered a HAP



Health Facilitator/Supporter chosen



[3] Inform GP, Carers
Profile
and LDT of intention
to complete HAP

[4] Health
completed

Profile



[5] Referred to LDT



[6] Support available by HF to
access appointments etc



[7] HAP reviewed and changed if necessary



[8] Outcomes included in evaluation

- [1] LDT works with individual or their relatives
or
LDT works with paid carers – (Health Facilitator)
- [2] HAP offered by carers – or LDT if not supported
by paid carers – how it links to PCP needs to
be considered
- [3] HF – carer/ friend/ relative/ Professional Co-
ordinator role – by LDT (identified person) or by
GP/ Practice Nurse
- [4] HF helps person complete HAP – with support
from Co-ordinator
- [5] Person, HF and Co-ordinator agree Action Plan
- could be Practice Nurse
- [6] HF helps person put Action Plan in place
Support staff/ carers need to ensure it is a 'live'
Document
- [7] HF and Co-ordinator review HAP and suggest
amendments if necessary
- [8] HF and Co-ordinator identify outcomes and put
information forward for evaluation

