

**Oxfordshire Learning Disability
Partnership Board
Good Health Newsletter 2
January 2007**



Welcome to the second newsletter from the Good Health Group. Please make it available to as many people as possible.

This newsletter tells you about the Good Health Group and what it has been doing in Oxfordshire for people with a learning disability. This includes information about the:

- ✓ **Women Only meeting**
- ✓ **Men Only meeting**
- ✓ **More information about Health Action Plans**
- ✓ **Health Workshops across Oxfordshire**
- ✓ **Dates and times to meet in 2007**

There is also some information about the **Disability Equality Duty**, which will help you to have better information and access to services.

Sue Chapman works for the Partnership Board and chairs the Good Health Group. You can get hold of her at sue.chapman@orh.nhs.uk or on 01608 646756.

You can find out what's happening about Good Health in Oxfordshire by going to...
www.EasyWords.co.uk > Things to do > Good Health

Women Only meeting...

...met in September 2006 and had a good meeting, talking and having fun.

There were three groups for people to go to.

All of these were about Women's health issues.

One of them was a relaxation group and everyone really enjoyed this group.

The other two groups were about personal health and were very helpful. Everyone seemed to learn a lot.

We are going to have another meeting this year, which will be a 'pampering' morning - massage, relaxation and feeling good about our bodies.



Men Only meeting...

...met in November and also had a good meeting.

There were three groups and people had lots of time to talk to each other. Everyone seemed to enjoy the morning - as well as learn more about their bodies and how to know they are not feeling well. There will be another Men's meeting this year. Please let us know what you think would be good subjects to talk about.



Health Action Plans...

- Each person should have Health Action Plan (HAP). This will show you what you need to do to keep healthy, and what tests and appointments are needed to help you to be healthy.
- A Health Supporter can help you to put your



plan together and to make/attend any appointments with you. They will also work with you to check that the HAP is being put into place.

- Your GP or Practice Nurse, or the local Learning Disability Team can help with any information you may need. Please let them know you are putting your Health Plan together.
- A leaflet will soon be available explaining more about Health Support and Health Action Plans.

If you want to know more please ask your local Learning Disability Team. They or Sue Chapman have lots of information about Health Action Plans which they are happy to share.

North Learning Disability Team	01295 257727
Oxford City Learning Disability Team	01865 721510
South Learning Disability Team	01235 469615

Primary Care (GP's)...

GP's are now registering people with a learning disability on a list in their practice.

This helps GP's and Practice Nurses to know that...

- the person may have additional health needs
- the person might have a supporter with them
- they may need more time for their appointment



There was a big report last year that said that people with a learning disability do not get the health treatment at their Doctor's that they should. You can read this at www.drc-gb.org/healthinvestigation The Government will soon let us

know their response to the report. Hopefully this will include Annual Health checks for people who have a learning disability.

Health Workshops

The Good Health group and My Life My Choice have started some Health Workshops around Oxfordshire. These are about health issues and are open to anyone who wishes to attend.



There is a Big Quiz, drama, speakers and time to talk. We have lots of fun. It is a chance to talk about health issues and health services in Oxfordshire. If you are interested in going to one of the groups contact My Life My Choice on 01865 204214, office@mylifemychoice.org.uk

Disability Equality Duty

In 2006, the Government said that public organisations should have a plan of how they will make services even better for people who have a disability.



A duty is placed on all public authorities to

- promote equality of opportunity between disabled people and other people
- eliminate discrimination that is unlawful under the Disability Discrimination Act 2005
- eliminate harassment of disabled people that is related to their disability
- promote positive attitudes towards disabled people
- encourage participation by disabled people in public life

- take steps to meet disabled peoples needs, even if this requires more favourable treatment.

This should make going to the Doctor's, Hospital and other health services easier. Let us know if you think there are things that need to change to make it easier for you to be treated equally.

Good Health Meetings

These now have a different topic for each meeting and a poster is sent out to let you know what the next meeting is about.

The dates of the meetings for 2007 are all on Mondays at 10.30 am to 12.30pm and on the following dates:

19.2.07	Abbey Centre
19.3.07	Venue to be arranged
16.4.07	Venue to be arranged
14.5.07	Abbey Centre
11.6.07	Kidlington Fire Service
16.7.07	The Slade
10.9.07	Abbey Centre
15.10.07	Kidlington Fire Service
12.11.07	The Slade
10.12.07	Abbey Centre



Please let us know if you want us to do some special work or if you have something you think we might be interested in.

Let us know if you found this newsletter helpful - or if you have anything for the next one.

Please send any Good Health Tips to Sue or Eddy to put on the Partnership Board website.



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