

Annual Learning Disability Health Checks Training



Training sessions
written and run by
adults with learning
disabilities



Norfolk and Waveney
Clinical Commissioning Group



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About this project – Health checks training



Norfolk and Waveney Clinical Commissioning Group wanted to make sure adults with learning disabilities in Norfolk got their annual health check.



They asked us at Opening Doors if we could work together to design a workshop to teach people about annual learning disability health checks.



At first we hoped to run zoom workshops and offer some places for people to come along as well. We also wanted to run zoom workshops with hubs and day services.



As we got nearer the end of the year Covid got bad again. This meant we could not work with hubs as they were running 'bubbles' to try and keep people safe.



We re-designed workshops with lots of materials to send out to people. This would help them to take part well.



We advertised the workshops on social media, via the Norfolk County Council update and in our newsletter.



During January and February 2022 we ran training workshops online (with a few places at in-person groups as well).



We spoke to **47 adults with learning disabilities** living in Norfolk, **3 paid care staff** and **1 family carer**.

West Norfolk



0 people
0 people
1 person

Norwich area



12 people
0 people
0 people

North Norfolk



16 people
0 people
0 people

South Norfolk



7 people
3 people
0 people

Great Yarmouth and Waveney



5 people
3 people
0 people




What we found out –

knowledge and experience of learning disability health checks




Have you heard of annual learning disability health checks?

West Norfolk




<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 1

Norwich area




<input checked="" type="checkbox"/> 10	<input checked="" type="checkbox"/> 2
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0

North Norfolk




<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/> 13
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0

South Norfolk



<input checked="" type="checkbox"/> 4	<input checked="" type="checkbox"/> 3
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0

Great Yarmouth and Waveney




<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 4
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0




Have you (or the person you care for) been for a learning disability health check in the last year?

West Norfolk




<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 1

Norwich area




<input checked="" type="checkbox"/> 11	<input checked="" type="checkbox"/> 1
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0

North Norfolk




<input checked="" type="checkbox"/> 2	<input checked="" type="checkbox"/> 14
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0

South Norfolk



<input checked="" type="checkbox"/> 5	<input checked="" type="checkbox"/> 2
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0

Great Yarmouth and Waveney



<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/> 2
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0
<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 0



What we found out –

how people would like to be contacted about health services



How would you like to be invited for your annual learning disability health check?



By Phone



By text message



By email



By letter





What we found out –

barriers to health checks



We asked people what would stop them going for a health check



Being nervous



Seeing a male doctor/nurse



Medical settings scare me



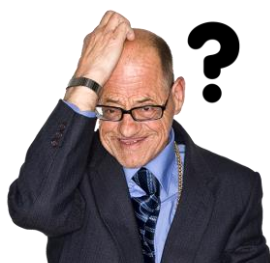
The waiting room is difficult



Fear of doctors



Covid has stopped them



They use difficult words
when they talk to me



Less facilities in North Norfolk



Do not understand the
letter



They did not know I had a
learning disability



I did not know I could have
a health check



They speak to my staff not me



My GP surgery did not know
about health checks



What we found out – adjustments to enable people to go for a health check

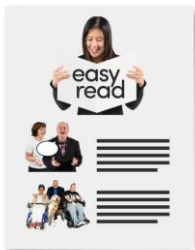
We asked people to say what they would
need to be able to go along for their
annual learning disability health check



Someone who
can sit with me as
I get scared



Quicker time to
be seen and more
space to wait



Easy read
information



Relaxing music





People slowing down when they talk to me



Not having too many people talking at once



People take the time to explain things to me



Being able to go straight in for my health check



Seeing my own doctor



Being able to ask for help





What we found out – what people think health checks are about



We asked people what they thought they would be asked at a health check

General health questions people expected



Diet - what foods do you eat



Eating/drinking so far today



Habits - alcohol and smoking



Allergies – do you have any



Hobbies – what you like to do



Routine – how your day goes



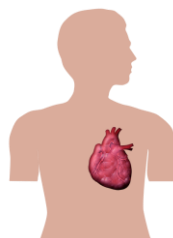
Exercise – how you keep active



Covid - have you had it



Do you **feel ill** or **have pain**



Do you have **heart problems**

Ask about **current conditions** like... ↓



Seizures



Asthma



Diabetes



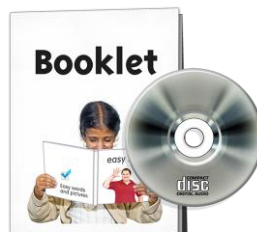
Any changes in the last year



Can you take your shoes off



When was your last **Health Check**



How do you need **information**

Checks and tests people thought might be done at their health check



Listening to my heart



Checking my pulse



Blood pressure



Blood tests



Ask if my medication is ok



How long I had a cough

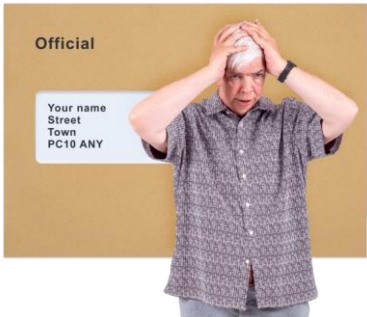
Emotional and general wellbeing questions people thought they might be asked



Do you have any phobias



How well do you sleep



Do you have worries or stress



How do you feel today



How is your mental health



About your sexual health



What we found out – support around health checks



We asked people who they would ask for help around having a health check



Opening Doors



At my work



Sister or brother



Health Check Nurse



Named Nurse



Staff



Parents



A friend/trusted person



What we found out – some workshop feedback



Health check workshop feedback

Thank you for joining our training.
Please help us by filling in this feedback form.

Did you enjoy the training?

Did this training help you?

Did the training go at the right speed for you?

Did you have enough support?

Do learn anything new?

Anything else you would like to tell us

can leave it blank



I enjoyed it and
I felt safe to
share things.

It was safe
and friendly

I liked doing
the workshop
it was helpful
to me, I am
glad I came
along.



It was clear
and easy to
understand.
I learnt a lot.



I feel more confident
about my family
member's health
check now.



Keep learning

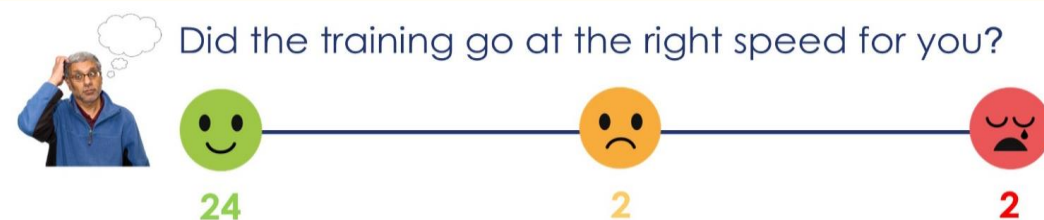
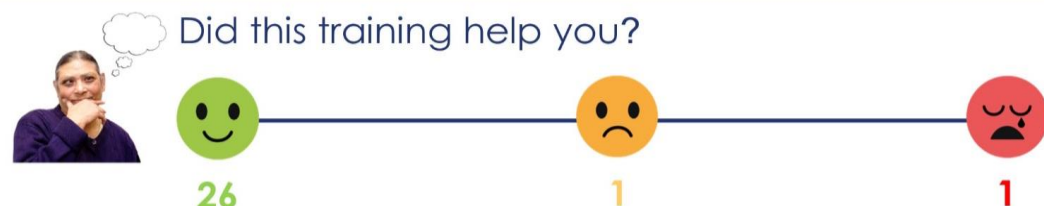
I really enjoyed it and
learnt a lot thank you
for helping me.

What we found out – returned feedback sheets



Health check workshop Feedback

Feedback gathered from forms completed in workshops
and returned to Opening Doors.



Example resources 1 – Mindfulness sheet



Mindfulness Exercise

If you are feeling anxious
give this exercise a try



Mindfulness helps you to be aware of what is happening at that moment. This stops you from having anxious thoughts. Practicing **mindfulness** can help calm your mind to enjoy the moment.



Breathe in

Take a long, deep breath. Try and breathe into your belly. It can help to place a hand over your tummy so you can feel it moving as you breathe.

'I am breathing in,
I am breathing out'



Breathe out

Take a long out breathe.
It might help to say to yourself 'I am breathing in, I am breathing out'.

Next can you notice...



3 things you can see

Look around and notice things around you. Take time to notice the colour, shape and details of what you can see.



3 things you can feel

Can you feel your own hands?

Can you feel your feet on the ground?

Can you feel the chair underneath you?



3 things you can hear

What noises can you hear around you?

Can you hear a clock ticking?

Can you hear people talking or a noise from outside?



End this exercise with another long deep breath in and out.

Practice this each time you feel nervous and it will help calm your mind and relax your body.

Example resources 2 – Postcard for GP



**My Learning Disability
Annual Health Check
reminder**



Opening Doors

In partnership with



Norfolk and Waveney
Clinical Commissioning Group

Dear surgery

I have a learning disability.

Please contact me about booking my annual health check this year.



My name is.....




My date of birth is.....



My postcode is

For more information about learning disability health checks go to www.nhs.uk





Write your doctors surgery address here:

.....

.....

.....

.....

Example resources 3 – workshop posters



Learning Disability Health Check workshops

These are **free** workshops for adults with learning disabilities/autism in Norfolk

You will learn:



what happens at a learning disability health check



why it is important to have a health check every year



Training **led by** people with learning disabilities



Give us a **call** to book your place on **01603 631433**



Information packs will be sent out

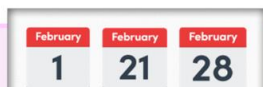


Supporters are welcome to join on Zoom



**01603
631433**

In partnership with
NHS
Norfolk and Waveney
Clinical Commissioning Group



Look at the dates and times below ↓

Choose which workshop you can join.



Give us a **call** to book your place.

		Book a place to join the workshop on
		Book a place to join the workshop on
		Join us at Café, St George's Theatre, Great Yarmouth
		Join us at The Corn Hall, Diss or on Zoom
		Book a place to join the workshop on
		Book a place to join the workshop on

Example resources 4 – poem

Please do not forget...

Please do not forget

Your annual health check

You might feel happy and well

There could be something hidden only doctors can tell

Christmas is now over

The autumn leaves grow

It is time for a health check

Book it and get ready to go

Valentines is coming so near

Your health check is soon to come

It is your body, it is your mind

Making sure your health is fine

When your birthday is near

Remember there is nothing to fear

Book it now and don't forget

Keeping healthy and safe till your next health check

It is time to be clear

Your health check is near

Let someone know

By Hayley Burwood



This report is by self advocates from Opening Doors Training Group. All our training is written and run by adults with learning disabilities.



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This report was made using Photosymbols images.



Norfolk and Waveney
Clinical Commissioning Group

