



Being as healthy as we can be.

Notes from meeting held on 2.12.09

### **Epilepsy group.**

Over the past few months a group has been held in Reading for people with learning disabilities to help them with their epilepsy. Everyone enjoyed themselves and found the group very supportive and they all received a certificate to say they had attended.

The group has gone so well that the nurses are talking to staff in West Berkshire about holding a group there.

For more information please contact Barbara Chandler at [Barbara.chandler@reading.gov.uk](mailto:Barbara.chandler@reading.gov.uk)



### **Everybody Active.**

The exercise referral pathway programme has had only 4 referrals so far this year. Kayleigh from Everybody Active and Karen Swain who is the Pathway Exercise Referral Coordinator have arranged to meet the Community Learning Disability Nurses to talk about the programme and help them to get more people referred.

For more information about the programme and Everybody Active contact Karen Swain at [Karen.swain@reading.gov.uk](mailto:Karen.swain@reading.gov.uk) or Kayleigh Hodges at [kayleigh.hodges@reading.gov.uk](mailto:kayleigh.hodges@reading.gov.uk)



### **South East Region Health Forum.**

This forum meets every 3 months and looks at the health needs of people with learning disabilities in

the South East. Each meeting looks at particular health issues and the last one focused on dementia in people with learning disabilities.

A new report has come out about this. Carol and Sue will go through the report and feed back to the group.

In Berkshire people with learning disabilities can now be given anti-dementia medication just like everyone else. These are usually prescribed by people with learning disabilities Psychiatrist but G.P's need to know how to refer people to Psychiatrists for this treatment so we need a clear pathway.



### **Annual health checks.**

Yearly health checks carried out by G.P's are slowly happening for people with learning disabilities. At the moment we do not know how many people have had a yearly health check as the Primary Care Trust (PCT) collects the numbers from G.P's at the end of the financial year so we will find out when they have all the information at the end of March 2010.

In Reading 22 out of 29 G.P. practices are carrying out the health checks. In some practices the G.P. will carry out the health check but in others it will be a practice nurse. We agreed that it would be useful if a nurse from the Community Learning Disability Team carried out the health checks either in the practices or in the new health centre in the Broad Street Mall.



### **Primary Care Trust (PCT).**

Tina Gayle, Head of Partnerships is keen to meet with the Reading Learning Disability Partnership to talk about how the PCT can help us with our action plan around health for people with learning disabilities.

We agreed it would be good to have Tina or a representative from the PCT on the group and the Partnership.

Christine and Debra will meet with Tina and feed back to the group.



### **Money.**

There is some money available from the Big Lottery Fund which councils can bid for. The bids need to be for work around the following outcomes -

- Making sure people have better chances in life
- Making stronger communities
- Improving rural and urban communities
- Helping people to be healthier and more active

We need to arrange another meeting so we can write a bid for some of this money to help people be healthier and more active.



### **Carols work.**

Carol has worked with Sue from Talkback to develop the work she will be doing for the group. Carol will be asking people with learning disabilities about their experiences when they go to appointments at their G.P's and at hospital and when they see other health staff. Carol will find out if people are happy with the way they are treated and what problems they have and feed this back to the group.



### **Any other business.**

#### **Health Action Plans -**

We do not know exactly how many people with learning disabilities have a Health Action Plan. The plan can be completed by anyone that knows the person well but we need to find a way of recording how many have been done so we can feed back the right number.



#### **Prospect Park Hospital -**

When people with learning disabilities are admitted to the hospital the staff need to make sure that their physical health is maintained as well as their mental health.

Very few people come in to the hospital with a Health Action Plan and staff find it difficult to find out information such as when people last had their eyes tested or visited the Dentist. We need to remind service providers, carers and other professional staff that it is important for the hospital to have this information.



The next meeting will be held on the  
27<sup>th</sup> January 2010  
from 1pm - 2.30pm  
in Committee Room 5 at the Civic Centre