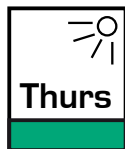


# The Learning Disability Partnership Board in Surrey



**Thursday 5 November 2009**



**9.30am Park House, Leatherhead**

**Minutes from our October 09 meeting, latest news, and Chairs briefing**

Linda Stonestreet welcomed everyone to the meeting.

## Updates

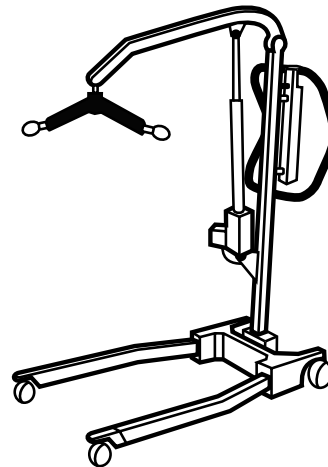
### Day Services change programme

The day services change programme is being discussed at the Surrey County Council Adult Select Committee on 26 / 11 / 09



### Changing Places Toilets

There has recently been an Equality Impact Assessment at the Spectrum Leisure Centre in Guildford looking at the availability of hoists



### John Spedding Retires

John Spedding has recently retired as manager of Colebrook Day Service. Partnership Board members wished John well.

### Transfer of money from NHS Surrey to Surrey County Council

Mary confirmed individuals affected by changes would be written to also that advocates/service providers would be written to too.

### Partnership Board Toolkit

Mary brought copies of the toolkit for people to see. We plan to go through this at our meeting in January 2010



## Updates - continued

### South East Regional Partnership Board

Caroline Farnes goes to this meeting where members of Partnership boards from across the South East region meet. If anyone has things to share with this group please tell Caroline.



Contact Caroline by Email: [caroline.farnes@familycarers.org.uk](mailto:caroline.farnes@familycarers.org.uk)

Caroline Farnes is the Director National Family Carer Network

# Big Health Check

**Mary talked to us about the Big Health Check.** All Primary Care Trust have to complete South East Coast Learning Disabilities Self Assessment to look at what is happening in their area to make health better for people with learning disabilities. They will be working with the Partnership Board and holding service users events.

The lead person on the Big health check in the South East is Chris Butler who is also the Chief Executive of NHS Surrey.

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## There are 4 'Top Targets':

Things to do from the government

Equal services for all

Safety – learning from the past

Using Valuing People to help people's health

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## Why are we doing the Health check?

To help us check what we do well

AND

what we might need to do to improve things

To tell the Strategic Health Authority how we are doing.

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## The service user event is a check up day where:

People decide how well we are doing

We agree the main things to work on this year

Say 'Well Done' to people doing good things

Tell the Region's health managers about The Health Check

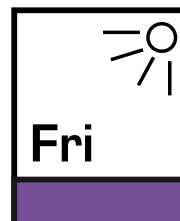


# Surrey Wide Health Group

Jo-anne Ainer, Consultant Public Health, NHS Surrey is the new chairperson of the group A public health consultant looks at the needs of a whole population rather than individuals



Jo-Anne works for NHS Surrey and her job includes Learning Disabilities, Mental Health and Prisons. Local Strategic Partnerships.



**The Health group meets every 2<sup>nd</sup> Friday of the month at West Park Hospital in Epsom.**

## What do we do?



We are responsible for ensuring the “Health Strategy for People with a Learning Disability in Surrey” is implemented



We aim to improve the health of people with learning disabilities. We work together to address areas which prevent people with learning disabilities getting access to or receiving good healthcare.

## Health Needs Assessment

We are producing a document which will tell us all, what the Health needs are for people with Learning Disabilities in Surrey.

We designed questionnaires for people to tell us about their health needs

Do you drink alcohol?  yes  no  
Please tick one box

If you do drink alcohol how much do you drink each week?  1-2  3-4  5-6  7-8  9-10  11-12  13-14  15-16  17-18  19-20  21-24  25-30  31-35  36-40  41-45  46-50  51-55  56-60  61-65  66-70  71-75  76-80  81-85  86-90  91-95  96-100

Do you smoke?  yes  no  
Please tick one box

If you do smoke how much do you smoke each day?  1-5  6-10  11-15  16-20  21-25  26-30  31-35  36-40  41-45  46-50  51-55  56-60  61-65  66-70  71-75  76-80  81-85  86-90  91-95  96-100

If you smoke do you want help to stop smoking?  yes  no

Do you need help to walk?  yes  no  
Please tick one box

If you need help to walk what help do you need?  1  2  3  4  5  6  7  8  9  10  11  12  13  14  15  16  17  18  19  20  21  22  23  24  25  26  27  28  29  30  31  32  33  34  35  36  37  38  39  40  41  42  43  44  45  46  47  48  49  50

We were sent a lot of questionnaires back and Dr Ayesha Ali is looking through the questionnaires and drafting a report. This report will first come to the Partnership Board.



## Annual Health Checks

Will be one of Ten High Level Strategic Indicators. These indicators are chosen by NHS Surrey to measure how well we are doing against criteria considered as important to our population.



We have 139 GP Practices in Surrey, some large and some small.

42 practices have been trained to provide Annual health checks for people with learning disabilities.

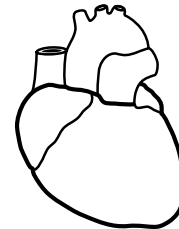
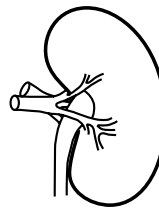


## End of Life Care

**End of Life Care Think Tank Day:** Follow up event scheduled for 14<sup>th</sup> Dec, invites now being issued.



Leaflet specific to organ donation by people with Learning Disability has been submitted to South London Transplant Centre who are recommending adoption by national group.



## Pain management

Training has been provided

Best Practice Literature which helps people with Learning Disabilities and their carers to recognise pain and know how to manage it has been disseminated.



# South East Region Health Quality Forum

## **Phil Boulter talked to us about this group**

People from all partnership Boards in the South east come to this meeting to talk about health issues. At the last meeting 70 people came.

Each Partnership Board brings a manager, a service user and a family carer

**In the morning people share good practice** – they tell each other about the good work that has been going on in their area.



**In the afternoon we check what work is going on.** – we choose a subject like 'health checks' and people from each Partnership Board have to answer questions about what they are doing in their area about 'health checks.'



We then write a report about what people have said and this is taken to the Learning Disability Programme Board who make plans for health services in the South East.

**Mike Leat is talking about Surrey's Health Action planning Website at the January meeting of the South East Region Health Quality Forum.**

# Surrey Heath Healthy Living Group



**Collette Meredew – Lynch, Natasha and Wendy came to talk to us about their group.**

The group was funded by a Surreywide LDDF BID of £20,000

5 groups were funded across Surrey

A pack of resources is held in each Community Learning Disability Team to enable group work around healthy life style and healthy eating

We worked in partnership with leisure centres in local communities

## **2 Community Nurses ran the groups**

- Started April 2009
- Venue Arena leisure centre
- Received referrals from within the team
- Group size 8 – all female

## **What we did**

Education – Healthy eating and health issues food groups, fats and sugars, motivation for eating, packed lunches, fruits and veg, how to incorporate healthy eating into daily living.

Members encouraged to complete weekly menu log all meals, snacks as well as ticking five a day chart and water chart . These were discussed weekly.



## We met weekly for 24 weeks

We recorded our weight and measurements at the beginning middle and end of the course



We talked a lot about healthy eating and used a variety of resources to help people understand the choices they were making about food and drink.

We had a fun approach to physical exercise – we did activities and used the gym. We had support from personal trainers at the gym.

### We talked about a lot of health issues such as:

- Diabetes
- High cholesterol
- High blood pressure
- Constipation
- Personal hygiene
- Complaining



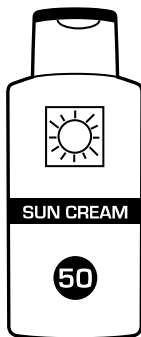
### We also talked about health services like:

- Going to the doctors
- Dental care/ hygiene
- Eye care / opticians
- Foot and nail care
- Hearing and ear care



## We also talked about other health issues like:

- Sun skin protection
- Sleep Hygiene
- Relaxation exercises
- Well woman issues



## We kept weekly records



How far we walked

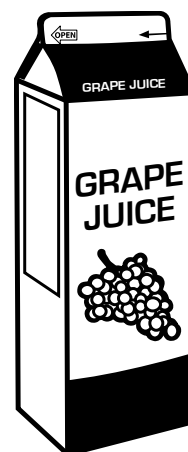
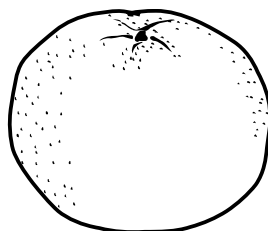


How much we drank



How much we ate

## We designed factsheets about different vitamins



## What happened at the end of the group?

- Weight - all members lost weight
- Measurements all members bust, waist and hips lost cm
- Better self esteem / confidence
- Increased awareness of variety of health issues and lifestyle choices to maintain healthy living
- The Hillside walking group has been set up



## What happens next?

Arena leisure centre to run physical activity groups Tuesdays & Wednesdays during the day.

Public Health are looking at running a course on nutrition for staff who working in residential or supported living services in 2010.

Healthy eating nutrition training will be discussed at next learning disabilities provider forum.



**As one group member said**

**'Don't rush for coke –  
rush for a smoothie'**

# Our members

Members who came to our November 2009 meeting are typed in black.

Members highlighted in blue sent their apologies

## Co - Chairs

- Linda Stonestreet – service user
- Cllr Michael Gosling – Surrey County Council Elected Member

## Local Valuing People Group Chairs

- Cath White - RAD – South East Surrey
- Nicky Palmer - Surrey & Borders Partnership NHS Foundation Trust – South West Surrey
- John Wilson and Julie Wadham – Surrey County Council - North West Surrey
- Sally Dubery – CVS – North East Surrey

## Service User Representatives

- Leon Pears
- Keith Spicer
- Micehelle Chinery
- Tori Longley
- George Felwick
- Jo Smyth
- Barry Roberts
- Alison Warren
- Debbie Taylor
- Tracy Anderson
- Pat Lynch
- James Chiltern

## Family Carer Representatives

- Marion Price
- Gaynor Gibbons
- Caroline Farnes
- Sara Truman

## Voluntary Organisation Representatives

- Gill Golding and Claire Jones - Mencap
- Alison White – Surrey Coalition of Disabled People
- Jennifer Kelsey – Just Advocacy
- David Claridge / Alan Wilmot – Surrey Care Association

## Statutory Organisation Representatives

- Dave Sargeant – Assistant Director for Personal Care and Support
- Mary Hendrick – Partnership Manager, Surrey County Council
- Andy Erskine – Surrey & Borders Partnership NHS Foundation Trust
- Ginny Willis - Surrey Careers Service
- Dr Ayesha Ali – Surrey PCT
- Phil Boulter – SABP NHS Foundation Trust
- Jo-Anne Alner – Public Health, Surrey PCT
- Dr Attard - Consultant Psychiatrist, Surrey & Borders Partnership Foundation NHS Trust
- Antony McCallum - Surrey Primary Care Trust
- Kieth Sparks - Service Manager North Surrey, Adult & Community Care Services
- Yvonne Waltham – Acting Head of Service, Adult & Community Care Services
- Nicholas Grealy - Service Manager South West Surrey, Adult & Community Care Services
- Amanda Hitchcock – Safeguarding Adults

## Invited Speakers / Observers

Tony Gorham – Surrey County Council

Collette Meredew – Lynch – Community Nurse

Natasha and Wendy – healthy Living Group

## Supporters

Jane Kolka - RNIB  
Caroline Hill - RNIB

Susie Knox - SCC  
Mike Leat – CCP Ltd

Jools Tanner - Welmede