



Health and Wellbeing Working Group

You Said

Every meeting we will put questions here like minutes



What You Said from the meeting.



To make sure actions are done

We Did

We will put answers here when something has been done. ✓

We will all check this together at the start of every meeting ✓



Chair – Amanda

First Meeting



Health and Wellbeing Working Group

You Said



We Did

You would like representative from:

- Public Health
- Southern Health Foundation Trust
- Clinical Commissioning Group (CCG)

To join the meeting

You would like to meet once a month

You would like to take it in turns to be chair

We invited representatives from each organisation.

They were all represented at the first meeting.

They told us what their jobs are

We will support you to do this

VoiceAbility will support you to prepare for meetings as chair





Health and Wellbeing Working Group

You Said



We Did

You gave lots of topic ideas for discussion:

- Exercise/how to keep fit
- Enjoyable Healthy Eating
- Vaccinations
- Annual Health Checks
- Sexual Health Awareness
- Mental Health
- Monkeypox
- Weight Management
- Dieticians
- Cancer Screening
- Lifestyle/choices
- GP Experience



We will use these topics for each meeting and choose one topic at a time





Chair – Robert

Topic: Monkeypox



Health and Wellbeing Working Group

You Said



We Did

You Said you wanted to know what Monkeypox is and how to stay safe



Southern Health Foundation Trust told us more about Monkeypox and shared a factsheet and video. They answered questions too.

You Said you are worried people don't follow the rules.
Sometimes rules change too, like coronavirus



All agreed important to be responsible for your own health to keep safe and feel comfortable

You Said you would like a rota for chairing this meeting



Amanda will send this in August for everyone





Health and Wellbeing Working Group

You Said



We Did

You Said you would like a break in August



We will next meet in July, then September

You Said next time you would like to talk about mental health



We will invite people who know about mental health.

You Said you would like to think about keeping well and organisations that can help



Richard will chair the next meeting





Chair – Richard

Topic: Mental Health



Health and Wellbeing Working Group

You Said



We Did

You chose to talk about Mental Health today

You talked about issues since lockdown and difficulties

You asked what groups do Andover Mind do

Alison Drover attended from Andover Mind to talk about what they do

Some people have been affected by Covid with increased anxiety

There is not a group only for people with a learning disabilities. Anyone can access all the groups.





Health and Wellbeing Working Group

You Said



We Did

You asked for a list of the groups in different areas

You shared some personal stories about mental health

Next meeting will be 29th September – breaking for August

Alison will give this information for the website

We might want to all think more about this topic for people who have a learning disability

This will be on Teams and Leon will chair the meeting





Chair – Leon

Topic: Vaccination Updates for winter



Health and Wellbeing Working Group

You Said



We Did

You asked for more information about the vaccinations for Covid and for the Flu

You said it wasn't possible to just 'walk in' for vaccinations now

You said GP letters and messages can be confusing and hard to read

Joanna from Health Watch gave some useful information.

We said it is good to check the latest information for each local area with GP Practice

We talked about what might help with this and about asking other people for their views.





Health and Wellbeing Working Group

You Said



We Did

Talked about the flu jab and annual health checks

You said it is hard to contact GP to cancel appointments and hard to use E-Consult

You said GP looking at leaflets and words can be hard. Easy Read is short and good

Joanna told us the flu jab is important this year and about Health Passports and what they are.

We said it is good to check the practice has noted your requests for how you like to receive information

We talked about how this group could help other people who also may find letters difficult





Health and Wellbeing Working Group

You Said



We Did

You said you would like to ask other people about this topic

You said you would like a questionnaire and support to gather feedback

We will find out what has worked well in other areas and easy read examples

We all need to decide how the working groups will be involved in this





Chair – Arun

Topic: Exercise



Health and Wellbeing Working Group

You Said



We Did

You talked about annual health checks

You think smiley faces would help

The NHS app was full of jargon and you could miss the information

Some people might need braille or audio

You would like Easy Read information

We will find out what has worked well in other areas and easy read examples

We all need to decide how the working groups will be involved in this

You said you would like a questionnaire and support to gather feedback





Health and Wellbeing Working Group

You Said



We Did

You told everyone the exercise you enjoy:

Swimming

Gym

Cycling

Horse-riding

Walking

Football

Yoga



We all did some Yoga!





Health and Wellbeing Working Group

You Said



We Did

You said next time you would like to talk about healthy eating

You would like to hear more about Shape up for Life



We will invite Shape up for Life





Chair – Robert

Topic: Healthy Eating –
Shape up for Life



Health and Wellbeing Working Group

You Said



We Did

Juliana spoke about Shape up for:

- How can we join
- Shared your favourite exercise
- Can you access weight management and nutrition courses
- What is nutrition help



Online or you can call them

We will add the link to the website

We learnt how many activities you do!

Yes open to all – there should be a group in your local area

Ideas of good food to eat for health





Health and Wellbeing Working Group

You Said



We Did

- Ideas for the meetings in future
- Next subject to be GP letters
- Think about questionnaires



We have a list from previous sessions to use



GP letters will be priority for first 3 sessions



Work on this together in next meetings





Health & Wellbeing

What we have talked about:

- Monkey Pox
- Mental Health
- Covid and Vaccinations
- Healthy Eating
- GP letter
- Exercise

What should it talk about?

- How to live a **healthy life**:
healthy eating, hygiene, dental care
- How can health services be **more welcoming** to people with a learning disability:
primary care, hospitals, GPs, dentists, health screening, opticians
- **Wellbeing**, Mental Health & Physical Health
- Other topics related to health and wellbeing / health services

Possible ideas to talk about in 2022

1. LD annual health checks
2. Vaccinations
3. Healthy eating
4. Cancer screening
5. Sexual Health awareness



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