



Good Health

The "Great Big Health Check" took place at Pudsey Civic Hall on Wednesday 11th October 2006.

The Leeds Mental Health NHS Teaching Trust organised the event and invited people with learning disabilities, their families, carers, support workers and friends.

There were 20 stalls giving advice and information on a wide range of health issues.

Over 200 people attended, including 134 service users and 20 carers.

94 people completed feedback forms to say what they thought of the event. Lots of people said they really enjoyed the day and felt they had learnt a lot. Many service users said they want a Health Action Plan, although some did feel their health needs were already being met. Many also said they are going to use the 'My Health Record' to help change their lives.

The two most popular things people wanted to change were their diet and exercise.

Health Task Group

Sheila Dunham, Associate Director of Leeds Mental Health Trust, has been nominated as the Chair of the Leeds Learning Disability Partnership Board Health Task Group and is in the process of recruiting members. In November 2006 Sheila met with Ray Wilk and Michael Cass, the Partnership Board Chair and Co Chair to decide what areas of work the Task Group should concentrate on and they agreed the following:

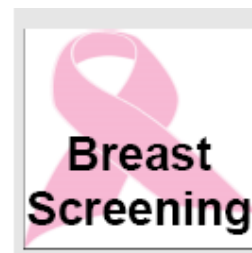
1. Testicular/breast screening
2. Obesity/diabetes
3. Mental Health Green Light

The Task Group will give their first report to the Partnership Board in March and will include details of the work to be done in 2007. Each Partnership Board meeting will have a brief update on the groups progress.

Breast Screening

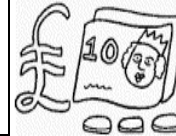
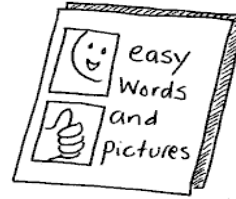
According to the Disability Rights Commission, in 2005 only 26% of women with learning disabilities accessed breast screening services.

To encourage more women to go for breast screening and to support



those who are going through the screening process, the Breast Screening Project Group (4 community nurses from Leeds Mental Health Trust) produced an easy read information pack and DVD to explain what happens.

This information pack, which is part of a breast awareness project, was presented to The Queens Nursing Institute and has won a national award and £2500 in prize money.



Otley Chevin Project

An old rangers cabin on Otley Chevin has been recently renovated to provide a base for learning and leisure activities for adults with learning disabilities.

Once the road leading to the cabin has been made more accessible to cars, visitors will be able to use the site for a wide range of things such as:

- Nature studies
- Bird watching
- Walking
- Outdoor leisure activities
- Conservation work
- Dry stone walling
- Tree planting, horticulture
- Art projects
- Photography



The facilities at the site include:

- Disabled toilet and changing room
- Hoist and changing bed
- Wheelchair access around most areas of the site
- Disabled picnic benches
- A Classroom/workshop
- Marked disabled parking

The project has been funded by money from the Strategic Health Authority and carried out by a partnership of the Learning and Leisure Department, Social Services and Health.

The site will also be used by other user groups including elderly people, carers, children and youth groups, people with mental health problems and others, who currently find it difficult to access the countryside.

