

Being Me Strategy (2018-2021)



Theme Progress Update

Theme: Being Well **Date:** 1 December 2023 10.30 – 12.30

Attendees:

Co-Chair Ian Buttery

Co-Chair Victoria Treddenick Senior Pathway Integration Manager (ICB)

Andrew Walker Service Manager Social Prescribing across Leeds (Linking Leeds)

Holly Larkin Involvement Team (LYPFT)

Beth Wilson Learning Disability Project Manager

Judith Fox Public Health Team Health Living Team

Mick Lambert Learning Disability Nurse Neurodiversity Lead for WY Liaison and Diversion Service

Jimmy Knott Manager at Asking You and Peoples Parliament and guest Gavin.

Alison Conyers Learning Disability Lead (LTHT)

Yesrab Jumma Commissioning Team (LCC)

Alison Conyers Learning Disability Lead (LTHT)

Audrey Okyere-Fosu - Project Manager for Health Equality & LeDeR Leeds (ICB)

Amy Hirst Facilitator (LYPFT)

Hazel Bailey Leep1 Deputy Manager and guest Ellie

Christina Billingham – administration support (ICB)



action plan



Action Tracker

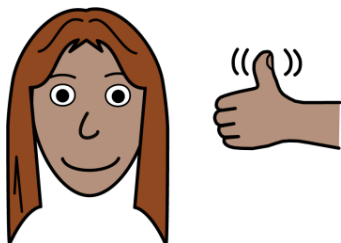
Action:	Update:	Who:
Invite Kiran Patel (Long Covid Team) to "What's on Your Mind" meeting.	Invite Kiran Patel to "What's on Your Mind" when the "Asking You" workplan list is more established. Jimmy to follow up with Kiran. Jimmy and Amy to link up about a Learning Disability referral to the Long Covid Team.	Jimmy Knott/Amy Hist
All invited to get in touch about suitable Health and Care Champion representative for Leeds. Link in when Diabetes Champions in place.	Victoria to check with Nina if anyone has been in touch. Comms went out regarding the T2DAY project - no further action needed. Diabetes Steering Group has been discussing the best way to target populations. Victoria will update after their meeting in the new year. Meeting arranged is not until 7th June – same day as Being Well Task Group so may need someone else to chair or rearrange depending on room availability.	All/Nina Davies/Victoria Treddenick
Share flyer about Feel Good Friday's to let people know sessions are available	Here is a flyer from Hazel:	Hazel Bailey/Victoria Treddenick
Being Well Café at Hamara Poster and dates will be shared with the group.	Julie to share a poster with Victoria. Julie to add Victoria to the distribution list.	Julie Royle-Evatt/Victoria Treddenick

Share with people who attend your groups/services	Victoria to follow up with Julie.	
Share information leaflet for Change Service Work through Heritage funding	Victoria to catch up with Wendy. CHANGE did some work via Heritage funding linking to local people with learning disabilities about celebrating what they bring to the city. They did this at the LD week event and at various other events already. They had a final celebration event 25th January 2024 showing some of the work – they completed videos, photos with comment boards and artwork into a mini exhibition. Victoria to get in touch with Sarah.Smith@advonet.org.uk the CHANGE manager who can send on information about the Heritage work. Wendy suggested Victoria to ask Sarah Smith to send on information again about the Outspoken project re LGBTQ LD/autism as there is an offer there for health professionals re training, workshops for people with lived experience and resources. Here is the information:	Wendy Cork
Appointment letter, look at including a separate map with information about where to go.	The letter and Easy Read version are ready to go on system one.	Lisa Smith

	Beth to ask if a map can be included with the letter.	Beth Wilson
Check if there is anything available about wellbeing in employment for people with Learning Disability and Autism (could be a future topic).	Bethany and Amy to see if there is anything similar in other Trusts to support staff.	Bethany Wilson and Amy Hirst
Look at inviting someone to come to the group and talk about eyes so the group can feed back to the Partnership group.	Victoria to look at scheduling an agenda item for a meeting 2024.	Victoria Treddenick
Nicky to get in touch with NHS Ability Team to ask if there is an NHS App accessible guide for people with Learning Disability.	This was raised at ALaDDIN a long time ago- this resource is included in the useful apps and resources which are in a section of the google drive. You can look at it here. May be something that the People's parliament could do a face-to-face session on.	Nicky Lines
Victoria to share Vaccination information with the group.	Vaccination information is in the tracker.	Victoria Treddenick
Victoria to pick up with the Health Facilitation Team about advocacy to support Annual Health Checks.		Victoria Treddenick
Share contact information to link Caroline Robinson into other services.	Contacts have been shared with Caroline.	Christina Billingham
Share Move Mates walking Buddy flyers.	Flyers shared with the group and in Tracker.	Christina Billingham
Medication and My Mental Health Project Victoria to pass Jodie contact details for Zoe at Aspire.		Victoria Treddenick

Victoria to pass Jodie contact details for Jimmy Knott to link in with their Better Action for Families group of family carers of people with Learning Disabilities.		
Diversion Services Mick to send presentation slides to Victoria. Mick is developing a website with some online safety training will share the link when it is ready.	Slides are in the tracker.	Mick Lambert
Items to keep on tracker for update.		
Dementia Training link and presentation to be shared with meeting group. Link Diabetes information with Cancer Support Team in LCH	Dominique Burley will let the group know when the Dementia training can be brought back. Keep on tracker for update.	Dominique Burley
Consider incorporating a visit to one of the low sensory sessions into the Healthy Living Programme - Martin Lee/Rachel Brighton Consider lived experience input for Active Leeds sessions.	Victoria has passed on Ian's contact details to Martin to get in touch when they are looking at doing some more sensory work. Martin has received Ian's contact details and said that he will be in touch when they are looking at doing some more sensory work.	

Judith Fox to contact Martin Lee to invite back to schedule some time in the agenda if there are any updates about Active Leeds Sessions



Welcome and introductions.

Victoria Treddenick and Ian Buttery

Ian Buttery welcomed everyone to the meeting.

Meeting guests. Caroline Robinson. Mick Lambert. Jodie Rawles.



Jobs from last meeting

Victoria Treddenick

Vaccine hesitancy has been covered in the tracker information and can be found on Get Checked Out.

Action: Victoria Treddenick to arrange a themed talk about Alzheimer's. Invite Tim Saunders (Commissioner for Dementia) and other services. Include the Down Syndrome pathway.



Victoria Treddenick explained the best route to get a Flu or Covid Vaccination is through your own GP or the Health Facilitation Team.

Health Facilitation Team - getcheckedout.lypft@nhs.net

Flu - [Learning Disability Service \(learningdisabilityservice-leeds.nhs.uk\)](http://LearningDisabilityService-leeds.nhs.uk)

Covid-19 - [Learning Disability Service \(learningdisabilityservice-leeds.nhs.uk\)](http://LearningDisabilityService-leeds.nhs.uk)

Use this link to check if you can have the covid 19 jab and find a walk in site near you - [Find a walk-in COVID-19 vaccination site - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Contact the Health Facilitation Team if you need help with this getcheckedout.lypft@nhs.net

Action: Victoria to share Vaccination information with the group.

Jimmy Knott explained people with Learning Disability have said they would find it helpful to have advocacy or a buddy system so they can go with someone with lived experience to support them with their Annual Health Check.

Action: Victoria to pick this up with the Health Facilitation Team.

I am supported to have good health.

Improving Excess Weight and Obesity Service

Caroline Robinson - Improving Population Health Project Manager

Caroline provided an introduction and slides.

Caroline's project is about wanting to make NHS better for people who are living with overweight because services know it is hard to get the right support and help that they need.

Caroline asked what would be the best way to ask people about their experiences of going to the doctors to talk about their weight?

Members of the group fed back they would prefer to have options such as one to one, face to face, group setting and would like people they know to ask the questions.

Leep1 group members spoke about how medication and underlying conditions can cause weight gain, speaking about this with your GP can feel like the doctor is judging you, people feel it is a personal question asking about weight. It can be hard to lose overweight and can feel like it's your fault when it isn't.

People with Learning Disability would like someone to go to the doctors with them.

LeDeR Programme (Learning from Lives and Death).

Audrey Okyere-Fosu suggested considering a short survey because in a recent Peoples Parliament and Learning Disability Board Audrey asked a similar question about difficult conversations and people said they want a survey because with support people can be more honest about what they need to engage in terms of weight.



Action: Christina to share the following contact information to link Caroline into other services.

- Alison Conyers, version of Friends and Family Test and Complications of Access Weight Clinic (Q Clinic) to talk to them about how they have taken some of their feedback. These questions have been answered already in a report the Health Equity Fellowship programme which Caroline is aware of. Caroline to follow up with Alison outside the meeting.
- Jimmy Knott and Gavin could invite Caroline to Asking-You meeting to meet volunteers at Advonet and some members of Peoples Parliament who have regular volunteer meetings.
- Holly Larkin and Amy Hirst, at involvement team to link in to listening people because they can offer advice and test out of questions for the project and have already developed a set of questions they can share. Leep1 have a Health group for discussions.
- Judith Fox, in relation to learning from the Healthy Weight project.

If anyone has any suggestions about the best way to engage with people to talk to them about difficult conversations or if there is already some existing information to link in to please let Caroline or Victoria know.

Victoria Treddenick noted people have previously joined the meeting to talk about healthy eating options, they brought some recipe cards that were made by people with lived experience. People have said they would like some help to lose weight, but the work seems to stop when people move on and someone else picks up.

Members of the group said they would like some help with getting healthy habits without putting on too much pressure to lose weight.



I am supported to have good health.

Elaine Barrow - Victoria Treddenick shared the information on behalf of Elaine.

Move Mates Project Manager (Leeds)

Elaine has shared an information flyer to let people know about a project called Move Mates a walking buddy project for people who would like to get out and exercise go for a walk but for some reason can't.

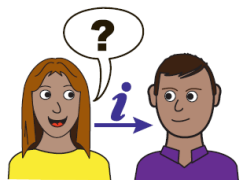
Move Mates can arrange for a suitable buddy to call at your house and go out for a walk. This would help when people are trying to lose weight and would like some support or are feel anxious about going out and want to increase their activity.

- a walk can be to the shops or hairdressers.
- can be a one off, or a weekly walk.

Move Mates are looking for volunteers.

Action: Victoria to invite Move Mates Leeds to a future meeting to talk about the project.

The Flyers are here:



Winter Wellbeing Message – Judith Fox

Judith presented a Flyer about winter wellbeing from the older people's forum.

The flyer is for staff and supporters an accessible version to be produced.

Action: Judith to share flyer for the group to review and feedback. Here is the Flyer:



Reviewing Health Services

Medication and My Mental Health Project

Jodie Rawles - researcher from the University of Sheffield

Jodie is working on a project about the role of Mental Health Medication in the lives of people with Learning Disabilities in the North of England, the aim is to create a resource that will support involvement in decisions about their medication.

Information about the project and contacts are in the flyer here:

If anyone would like to take part in an interview about their experiences with medication a £25 Love to Shop or Amazon voucher will be given as a thank you.

Interviews are starting from now and will carry on into the New Year remotely on Teams or Zoom and can be on a phone.

- need to be 16 years or older.
- live in the North of England.
- have taken or been offered Mental Health medication in the last five years.
- family members or support workers and carers who have experience of supporting people.

Jodie's presented slides are here with link to the website, and contact number:

Action: Victoria to pass Jodie contact details for Zoe at Aspire.

Action: Victoria to pass Jodie contact details for Jimmy Knott to link in with their Better Action for Families group of family carers of people with Learning Disabilities.

Signposting

Diversion Services

Mick Lambert - Learning Disability Nurse Liaison Diversion based at Elland Road Police Station.

Mick explained how the specialist team work to identify and support vulnerable people with Learning Disability and Neurodiversity in the criminal justice system. The service has been successful branching out across West Yorkshire with staff in every police station.

The aim of the service is to improve health and reduce reoffending behaviours by signposting to the right support ensuring people in justice services are aware of any vulnerabilities and how it impacts daily life, divert away from prison, look at therapeutics support.

The service will identify service users who may be undiagnosed and write to GPs of all service users to let them know what has been done and any concerns or recommendations, make sure they're flagged as having Learning Disability so they can have ongoing support.



	Raise awareness of Learning Disability and ensure advocating in the criminal justice system with families and carers, raise awareness so staff understand more about Learning Disability and provide training for all staff. Here are the slides from Mick: Mick is developing a website with some online safety training - will share the link when it is ready.
	
	Any other business - Victoria Treddenick Next year the meetings will be hybrid online and in person. We have got a room booked at Merrion the information will be in the agenda. Council colleagues have produced some information on how to get there so we will share that information. The group agreed they would prefer agenda documents to be numbered and send out with the agenda as separate attachment.
	Things that are not going well (including actions that cannot be completed): Actions have been added to the tracker.
	How can the Partnership Board help?

	Who else (outside the Partnership Board) can help us with these issues?
2024 Meeting dates:	22 March at 10.30 – 12.30 This meeting will be on Teams or in person at Merrion House in Meeting Suite room 21. The meetings will be recorded, if you join the meeting, you are giving your consent for the recording.