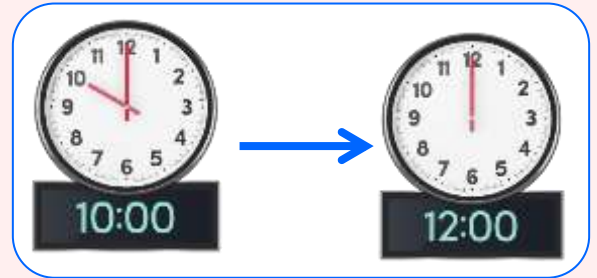
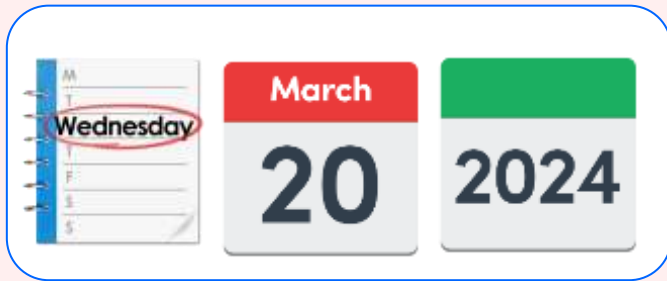




# Mid Surrey Valuing People Group Minutes



Sally Dubery chaired and Jo Broadhurst-Jones co-chaired the meeting.



Sally Dubery

Jo Broadhurst -Jones



The meeting was at The Point, Dorking and Teams



## At the meeting we talked about:



Surrey and Borders Partnership  
NHS Foundation Trust



- Annual Health Checks from the Learning Disability Liaison Nurse.



Public Health  
England

- Annual Health Check Information from Public Health



- Rules for Presenters



- Feedback from The Learning Disabilities Partnership Board

# Welcome and Introductions

Sally welcomed everyone to the first in person Mid Surrey meeting of 2024.



We had introductions from County Care, Surrey Choices, Surrey Coalition, Salutem Shared Lives, Public Health and NHS Surrey and Board Partnership.



# Presentation on Annual Health Checks by Learning Disability Liaison Nurses



Surrey and Borders Partnership  
NHS Foundation Trust

Jan came to speak about annual health checks. There was a about what is a learning disability health check.



Annual Health Checks are carried out by the GP once a year.



You do not need to be unwell.



A general check, is good to meet you GP and build a relationship with them. Everyone has a learning disability are entitled to this.



Annual health check is from top to toe, checking blood pressure, they may ask for urine sample. Blood test may not happen on the same day and this may need to be arrange.



Smear screening would also need to be arranged by a specialist nurse to de-sensitise this. The GP will stay in touch with you and keep you updated on when you are needed for your next screening.



During your Annual Health Check, the Doctor or nurse may ask you some questions about medication, eating and drinking habits, checking your stomach and bowels and generally asking how you are feeling.



There is a pre-check questionnaire in easy read format.



Jan also said if you feel you need an annual health check and have been contacted, you can contact your GP. Jan said Some GP's do not do annual health checks. If you have a GP who doesn't offer, it is suggested you change to find an appropriate one.



Having a health checks are important to prevent anything serious might have.



Some people finding it hard to talk about the pain they might be suffering. As supporters and carers we recognise this so it can help them come forward to describe their problem.

## Questions



Sally asked why some GP's do not do annual health checks.



Jan said that some GP's do not sign up to GP Learning Disability register.



If you are have problems having access to the GP surgeries, you can contact learning disabilities liaison nurse who can assist.



Reasonable adjustments are essential and needs to be included in all GP surgeries due to the equality Act 2010 law.



Amanda asked the group who have had their annual health check.



Amanda asked Jan what is in their annual health plan.



Jan said after your annual health check, you will get an action plan, which can be printed out and given to you.



You might have to ask for this.



The action plan will have an idea on what is the plan for the year ahead.



Sally asked how long does a health check take.



Jan said it takes 30mins and the GP will contact you to arrange this.



Carinder said that he and Amanda went to a local GP surgery to talk about easy read information to people.



Amanda mentioned about the health section on the Learning Disability Hub page. Jan says this is a really good resource for information about your annual health checks.



Sally asked if your doctor does not call you, would it be up to you to contact the surgery to arrange that appointment. How easy is it to do ?





Jan said everyone who has a learning disability should have it noted on their GP records. Most GP's should have a posters up for this.



Sally asked how frequent are people attending annual health checks.



Jan said from what she knew people were attending their annual health checks.



Nicki said the process of filling the form is difficult and confusing for some people. Particularly those who lived on their own or found it hard to communicate.





Someone she knew found the form difficult to fill out and the form timed out meaning she would have to start again.



Maria- What happens if someone is unable to in person, can a GP visit them?



Jan said some GP's could come to your home. This comes under reasonable adjustments that GP's have to make.

# Annual Health Check Information- Public Health



Mariam spoke about her research she did for Annual Health Checks for 14-17 years old

## Key Points



- This study helped to understand Annual Health Check for 14-17 years old with Learning Disabilities.



- Annual Health Checks for young people initiative started in 2016



- This research was done last year, 2023. This research helped to understand how many young people with learning disabilities were going for their health checks.



- This study showed the importance of going for your annual health checks to make sure you stay protected from illnesses.



The study also showed that young people were more likely to have health problems like being overweight, Hypertension and Type 2 Diabetes



After the study, they found that not many young people signed to the learning disability GP register.



It could also be possible that young people with learning disabilities did not want to go or maybe did not want to go for their annual health check.



Mariam said that it was even more important that people did sign up with GP sign who was on the learning disability register so they can have their annual check-ups. She linked with what was said at the start by the learning disability liaison nurses

# Rules for Presenters



Amanda spoke about the feedback they received from a survey before Christmas.



• One of the things mentioned was that people found presentations hard to understand.



• Amanda has come up with a template for presenters on how to make presentation Easy Read and easy to understand for people that attend the meeting.



• This information will be sent to all presenters before the meeting to help them as a guide on how to make it easy read. Amanda spoke through the rules for this.

# Feedback from the Partnership Board



Amanda went over the key topics discussed in the most recent meeting in March

## Key Points



We had the Director for Learning Disabilities and Autism provide an Adult Social Care update



We had Katie from Care Talent Collective who organises the Oliver McGowan Mandatory training.



They spoke to us about their recruitment for experts by experience.



We also had a presentation from Surrey Borders Partnership Board who came to speak to us about Dementia and Aging. There was information about:



- Dementia diagnosis for people with learning disabilities



- Importance about brain health and how to keep you brain healthy.



- Information about life story books and Care Plans.



We also recently had our Surrey People's Group which was about Voting. Our Easy Read record of the event can be found on the [website](#).



The minutes for the March Learning Disability and Partnership Board will be on our website very soon.

## Next Meeting:



Next Meeting is taking place on 12 June at The Point, Dorking and Microsoft Teams