

Ashton, Leigh and Wigan Primary Care Trust

Learning Disability Services

Sub Group Good Health

Topic Group, Health Action Planning and Health Facilitation

Minutes of the Meeting

14.03.07

Present

Carole Barratt  
Tracey Spurr  
Sandra Green  
Ian Spurr (chair)

Apologies

Lesley Austin  
Julie Nikkison  
Dave Metcalf  
Les Perry  
Joanne Kett  
Angela Seddon  
Moirra Gallimore

1. Minutes of last meeting

Not Available

2. Feedback from Sub Group/Topic Group 4

Topic Group 4,(Diet, Exercise and Leisure)

Tracey explained results of obesity study undertaken by Diet exercise and Leisure group

Last meeting 08/03/07

Active living exercise sessions update

Active Living sessions now fully subscribed – purely for the Learning Disability population.

Sandra Green has requested that Active living leaflets be sent out to her at UBU, Ian to facilitate.

NRF monies - Exercise classes now operational.

Nugent care/ crossroads providing free 1:1 support.

Transporting issues.

Active living sessions are at:

Howe Bridge

Robin Park

10 people in each group.

Active Living Team facilitating the sessions.

Next meeting – To be arranged, meeting on 12<sup>th</sup> March cancelled

Good health Sub Group

Carole explained to Group the following:

- Widgit (Rebus Symbol collection) have been contacted Re: the use of their symbols and the request for our usage.
- Advice from Widgit, symbols can be used if less than 100 symbols required in document

- We need to use over 100 symbols, we have written to Widgit requesting their permission to use the symbols from their data bank.
- Date and time of next meeting to be arranged

### 3. G.P Practice Update

#### Marus Bridge Practice:

- Unknown population identified.
- Invited in.
- Offered Health Action Plan
- 1 individual declined
- To be retriggered for review in 12 months.
- Read Codes updated with Assistant Practice manager.
- Audit/end of pilot report needed. Ian to meet with Dr Kirk
- Learning Disability Protocol in Practice to be written/finalised.

#### New Practices:

Dr Dalton's Practice, Chandler House – at early stages. Training needs analysis completed, Training now to be offered.

Dr Al. Thompson, Atherton – Training needs analysis completed. Training now to be offered. Unknown population – some individuals identified.

Known population – some individuals not with a learning disability, removed off Practice's list

#### Other Practices – who have shown interest for the future:

Dr Smith and Partners (Sullivan Way)

Dr Ollerton (Hawkley Brook Practice)

Dr Gill (Alexandra House)

Dr Seabrook's (Wrightington Street)..Ian to meet with Practice manager 20/3/07

### 4. Body, Mind and Spirit

Ian and Tracey feedback about the BMS events held at Robin Park on:

20<sup>th</sup> February – Ladies Day

22<sup>nd</sup> February – Men's Day

The morning centred on health checks and Health Action Plans

The afternoon was centred around –Leisure and exercises

e.g. Dance

Aerobics

Wheels for all

Bowling

Gym

Relaxation techniques

Parachute exercises.

49 Females attended – approx 25 Health Action Plans written on day

64 Males – 30 had Health Action Plans from the day.

Carole has asked what part does spirituality play in the day, she has suggested that Local Church groups may be suitable to play a part in future events.

#### **5. Learning Disability Database**

Background information given by Ian regarding Database.

Most recent request in the PCT for a database has now been agreed.

Ian has met with Stuart Harrison at I.T regarding the format of the database. Ian ran through his ideas for the format.

Also to include Ethnicity following a discussion between L. Austin and S. Nawaz (BME group), Ian has also been nominated to attend the Ethnicity and diversity sub groups.

Ian and Claire ( Down's Syndrome Nurse Practitioner) are meeting with Stuart Harrison to discuss layout of Database to include section on Down's Syndrome

#### **6. New Posts Update**

Downs Syndrome Nurse Practitioner– Claire Wilmot

Acute Hospital Liaison – Julie Matthews

Primary Care Access Co-ordinator – Ian Spurr

Primary Access Nurse- Shortlisting to take place soon

Band 3 Support Worker Posts – interviews are currently taking place.

Autism Specialist Nurse-Out to advert

Forensic Specialist Nurse- Out to advert

#### **7. Good Practice/ Information Guide**

Ian explained to group that Claire Wilmot and himself are compiling a Good Practice/ Learning Disability information guide to be sent out to practices and other professionals. Dr Kirk agrees it is a good idea and has suggested that it is put on a CD ROM, as practices are more likely to use it in that format. Ian to cost this.

#### **8. Any Other Business**

##### **Alternative Exercise Classes**

At a recent Active Living Team event, Ian had a discussion with Zoe Denton, active living officer regarding the difficulty some Learning Disabled individuals have in accessing Leisure opportunities. Zoe looking at how individuals with a Learning Disability could access hydraulic gym equipment (easy to use). Individuals can access support from Nugent Care/ Crossroads if required.

#### **Date and Time of Next Meeting**

Ian to inform group of next date and time (A.S.A.P)