

Improving Physical Health and Well-being for people with mental health problems and learning difficulties- Evaluation forms notes

Personal Learning

What are the 2 main things you have learned from the event?

- Get it right for people with LD and get it right for others
- How to train Primary Care professionals
- Sadly I feel I have learnt nothing from the event as we already work with S.U. to promote wellbeing and have done so for some time. An event that goes beyond what was looked for today would be much more useful.
- Communication between organisations and what they do is poor
- What is happening in LD
- Learning to inform teaching of pre-registration mental health workers
- That what we are doing in our area organisation is working quite well. Things still need to improve
- How poor the services are for LD & MH
- My PCT are doing many of these things already.
- That a lot of new ideas are basic skills that I am already doing i.e. communication
- What LD services do is high quality and hopefully transferable to MH
- That there are lots of professionals passionate about the health of people with LD & MH
- How other organisation are implementing groups
- Networking with other colleagues in the trust.
- Importance in promoting good physical health in people with mental illness.
- Importance of sharing practice
- Greater understanding of the context of LD agenda- putting policy into practice
- Models of good practice – useful frameworks!
- Similarities between MH & LD health needs and approaches to resolving them
- Need to put health checks higher up the agenda
- Models of best practice especially the second pilot.
- Good communication
- Educating practise nurse link closer with GP
- Actions taken by learning disabilities services that can be applied in Mental Health
- How messages/ information should be formatted if aimed at Service Users
- Learning disability & the need to make people aware of it.
- How other people have addressed issues relevant to me
- The importance of registering clients with GPs and the health checks that are available
- Ideas on how others are doing things to take away

- Working with Public Health re screening
- Important statistics- re LD
- Well-being checks for people with mental health needs
- Raised awareness about health screening
- Raised awareness about how to support people with LD to access these services
- Many shared problems between LD and MH
- Need to establish more links with organisations outside of my field which benefit service users.
- The need to promote well being groups, especially for men.
- What others are doing and why
- What I can do to improve my clinical practice.
- We are going along the right road
- We have a few more contacts to make
- What others are doing in their areas
- How much is going on in the areas of wellbeing in Learning disabilities around the midlands
- How important it is to include service users
- How very similar work is being carried out in various pockets around the midlands
- Service user communication & leadership is key.
- It has made me more aware of what is going on in other trusts around the region
- Highlighted the value of communication when delivering a service.
- The similarities between MH and LDs
- LD services further head in meeting health need than MH services
- That there is some excellent practice that provides valuable opportunities for learning in all sectors
- Need to have diverse screen i.e. Breast, other health issues also
- Partnership work is very important
- Communication is a big key to success
- Positive moves in LD services indicates things can improve in MH
- Need for constant networking to prevent only 'small pockets' of good practice.
- Potential in direct payments re this agenda
- Confirmed importance of including a psychological skills component within lifestyle programmes.
- That I can make a difference – make small steps towards improving lives
- Positive things are happening in the NHS through difficult times
- Ideas for healthy living courses within further education (importance of)
- Staff training in area
- Best practice – learning from pilots and existing projects
- Better understanding of learning difficulties – ways of communicating
- The need of education and training of both staff and service users to access services

- The services are a lot better but not perfect yet.
- How to encourage service user involvement
- Networking with other professionals
- Inequalities experienced by people who have a learning disability

Action Planning

What are the 2 main issues you would aim to address following the event?

- Collect more information regarding physical health & wellbeing & pass on to Service Users
- Improve teaching
- Ensuring that our SU have access to same services as others
- Feed teaching to organisations
- More ownership with my own organisation to a more planned strategic approach to 'Health & Well-being for Staff & SU
- Men's Health
- Accessible CPAs
- Link in with Health facilitators in my area.
- Access to GPs in structured way – i.e. recalls fro screening.
- Check up references given – could help our time shortages
- Check that annual health checks are being completed by GP and
- Liaise with practice nurses, GPs and care staff to ensure the above works.
- Staff training in greater knowledge of healthy lifestyles
- Networking what's already beginning done.
- Discuss with the team the possibility of using GP registers to identify smoking service users.
- Produce LD smoking policy material for the PCT.
- Work with nurses/other team members to run groups
- Direct payments course.
- Establish links with others developing healthy lifestyles
- Promote physical health within recovery, interventions of team
- Establishing links with my LD colleagues to identify areas of jointworking
- Raise awareness of LD needs within Public Health with regard to communication strategy
- Exploring registers – STEMI, depression & dementia
- Linking CPA with health checks & GPs
- Take into considerations the work of the above pilot and other schemes mentioned when broadening existing work.
- Expand Healthy lifestyle group.
- Escort clients to GP appointments & follow on assessments.
- Develop a holistic physical health model to apply in mental health services
- To see if GP follow a format for learning disability
- Encouraging more physical exercise setting up walking group etc.

- Learning disability steering group in secondary care & links to wards.
- Training to be accredited
- Roadshows
- Ensuring all the info is fed back to the organisation
- To network with the various new professionals which I obtained
- Learning difficulty reasons; How to help them get these health services
- Take information back to PCT to inform others in bringing about change
- How can we influence GPs to look at physical health of people with LD & MH.
- Look to network with services to benefit staff team and service users
- Establish well being promotion for Mental Health users
- Possible health checks run by 10 nurses
- To meet figures for Health screening
- Promote our service more
- There is not enough hours in the day or funding
- Set up a clinical screening group i.e. BIP etc
- Network with contacts made in areas of similar work
- Look into direct payments for physical activity for people with learning disabilities
- Passing details on to service users
- Further linking with GPs
- Pushing screening
- CMHT involvement to screening
- Look at how to involve men's screening
- Create links between PCT & Leisure
- We need a diverse service
- Need for me to address commissioning agencies, feedback good practice locally to support
- Keeping up momentum/ motivation in our political climate
- To explore direct payments further & use groups to support physical health promotion e.g. covering costs of gym fees
- To push for (2) in local lifestyle programmes
- To ensure individuals can access a walking GP facilitated by SMT
- Ensuring support is given to people experiencing learning difficulties in mental health services
- Update
- Good practice in other areas
- Training staff about importance of physical health & mental well-being
- Ways of making sure service users physical health needs are met and they are referred/ signposted to appropriate services and activities.
- Use my knowledge to inform others
- Link up with local groups in my area to make links.
- Training & education for staff to develop understanding & knowledge
- Explore courses & activities
- More education and training for staff

Additional Comments

- Not enough input from Service Users
- Need better air conditioning
- A very good day, Looking forward to next years
- 11:30 Refreshment break and market stalls exploration time was too long and then closely followed by 1 hour lunch! Would have benefited more from half day event with less break time. I was bored most of the day.
- A lack of Service User's involvement.
- Great Day! Thank you
- Day was a bit long. Could have done with a shorter lunch/marketing break and ending day earlier.
- To share this information with my manager and colleagues
- Very informative day, good networking opportunity
- Brilliant day, thank you. We had lots of interest in our stall- great networking.
- Very informative stands, good for good practice and networking
- Good event. Interesting to hear examples of good practice.
- Feel majority of presentation excellent, unfortunately one/two little substance to material
- Those working in specialist food/ physical activity/ smoking roles with health promotion should be actively targeted to attend these events in the future – I feel we need to be influencing their work more than we do currently.