

**30<sup>th</sup> April Event - Improving physical health and well-being for people with mental health problems and/or learning disabilities**

<b>Organisation</b>  <b>Area of Work</b>	<b>Description of Work</b>	<b>Contact Details</b>
<p>Walsall integrated learning disability team – Healthy action planning</p>	<p>We offer advice on what a person with learning disabilities can do to keep healthy. We have produced an interactive CD Rom called “Our health” specifically for people with a learning disability as a health education tool. We have a Health Action Plan filofax which we have produced with our users and team also.</p>	<p>Julia Kelly – Health Facilitator  Walsall Teaching PCT  The Allenis Centre  Hilton Road  Willenhall  WV12 5XB  <a href="mailto:Julia.Kelly@walsall.nhs.uk">Julia.Kelly@walsall.nhs.uk</a>  Tel – 01902 413006</p>
<p>Coventry Mind  -  Mental Health  Accommodation gateway</p>	<p>We provide a gateway into appropriate housing for individuals with mental ill health. We help and encourage individuals to move on into independent living. We provide a move on course for service users for up to 8 sessions in group setting. We work with clients from acute to community settings throughout the city.  We visit all wards in the acute setting to assist in moving clients on, either to rehab and recovery services or to more appropriate accommodation.</p>	<p>Carol Goodban – MH  Accommodation Gateway Officer,  Coventry MIND  Jephcott House  Kildale Close  Coventry  CV1 5NF  <a href="mailto:mhago@coventrymind.org">mhago@coventrymind.org</a>  Tel – 02476 525037</p>
<p>South Birmingham PCT  -  Promoting healthy lifestyles for people with learning disabilities</p>	<p>We use a MDT approach to promote healthy lifestyles to PLD. This covers physical activity, healthy eating, menu planning and incorporating this into daily routines.  We work with carers with training and confidence building and encourage use of leisure facilities and services. We use Anthropometric measurements at clinics and during personal training sessions. We carry out fitness testing via timed walks and other activities.</p>	<p>Lyndsay Rawbone  South Birmingham PCT-  Physiotherapy and Dietetic departments  Greenfield,  Stotten Drive  Kings Norton, B’ham  B30 3QF  <a href="mailto:Lyndsay.rawbone@sbpct.nhs.uk">Lyndsay.rawbone@sbpct.nhs.uk</a>  Tel – 0121 465 8755</p>
<p>Changes  -  Wellbeing Workshops</p>	<p>The course consists of a series of 8 x 3 hour workshops, addressing a range of topics. The sessions are designed to: enable participants to increase their understanding of</p>	<p>Mark Lowndes  marklchanges@yahoo.co.uk  Changes 12 Steps to Mental Health  11 Birch Terrace,  Hanley,</p>

	<p>mental wellbeing and how it can be improved; acquire techniques for healthier thinking, personal evaluation and goal setting; improve emotional literacy and intelligence; provide education and advice on the benefits of physical exercise, diet, relaxation and direct and support people into local activity opportunities; provide education on the importance of healthy eating to health and wellbeing; increase knowledge of mental distress, (including how to assist someone in distress), and sources of support available; provide mental health education, designed to remove the misunderstanding and stigma surrounding mental distress.</p>	<p>Stoke on Trent, Staffordshire, ST1 3JN Tel: 01782 289592 <a href="http://www.changes.org.uk">www.changes.org.uk</a></p>
<p>Coventry &amp; Warwickshire PT - Health Facilitation Team</p>	<ul style="list-style-type: none"> <li>- Health Checks with GP practices for people with a learning disability</li> <li>- Hand held records are completed and service user accessible health action plans have been devised</li> <li>- Acute liaison for University Hospital Coventry &amp; Warwickshire – improving care and access for people with a learning disability. In Coventry we have developed ‘Collaborative Protocols’ and funding agreement for additional staffing.</li> <li>- Training programmes for paid and non-paid carers</li> <li>- Health promotion groups for adults with a learning disability</li> </ul>	<p>Sherryl Gaskell Lead Health Facilitator/Acute Liaison Nurse <a href="mailto:Sherryl.gaskell@coventry.gov.uk">Sherryl.gaskell@coventry.gov.uk</a> Tel: 024 7678950</p>
<p>Dudley PCT - Improving uptake of Cervical smears workshops</p>	<p>Five workshops have been held which have included a drama production on “Going for a smear test.” This has raised awareness. Practice nurses and colonoscopy nurses have attended these events to give advice and discuss issues around the procedures. The raised awareness has improved the uptake.</p>	<p>Jacqui Howells – Learning disability service, Dudley PCT Ridge Hill Centre Brierley Hill Road Stourbridge DY8 5ST <a href="mailto:Jacqueline.howells@dudley.nhs.uk">Jacqueline.howells@dudley.nhs.uk</a> Tel: 01384 364053</p>