

Speaking up for Health Group

**We are here today to tell you about some
of our work**



Introductions- who are we?



Members of the Speaking up for Health Group

Sue Lyons Speech and Language Therapist- Lead for the group



All about the Speaking up for Health Group

- We are a group of people with learning disabilities from Leicester, Leicestershire and Rutland
- We meet at Mansion House for 1 afternoon every month
- Leicestershire Partnership Trust gave us some money to help run the group
- The group is supported by the primary liaison nurses, Amelia and Julia
- We work with local health services to make things better for people with learning disabilities





Diabetes Project

STOP
diabetes

- This is a project to look at how to support people with learning disabilities who may develop diabetes
- We are helping by taking photos of people doing things, telling people about the project and helping with resources and training





STOP diabetes



We helped with photos for information leaflets



STOP diabetes




We went to the opening event for the Diabetes Research Centre



Heartstart training with the East Midlands Ambulance Service



East Midlands Ambulance Service 
NHS Trust

- We had Heartstart training from East Midlands Ambulance Service
- This is emergency life saving training
- We learnt what to do if we find a person who has become very unwell





Chayne and David doing the training

Watch the DVD



What we said was good about the training



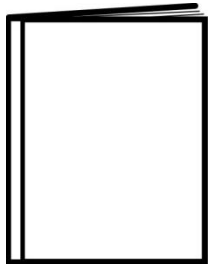
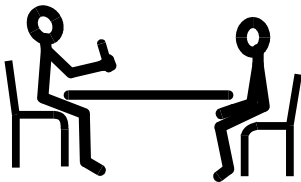
- The trainers used easy words and phrases
- They explained words that were hard to understand
- They showed us what to do, and gave us lots of time to practise



Helping with the Big Health Day at Leicester Race course



- We welcomed people on the day and gave out name badges and welcome packs
- We did a presentation about our work
- We interviewed people about their experiences with health services
- The things people said went into a plan about making things better for people with learning disabilities





Talking to doctors and nurses at GP surgeries about Annual Health Checks

We meet with doctors and nurses in their surgeries with Sam and Amelia, the Primary Care nurses

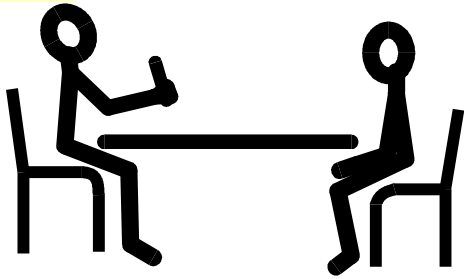
We help the doctors and nurses think about what reasonable adjustments they need to make for people with learning disabilities.

Reasonable adjustments are changes to the way things are done which make it easier for someone to use a health service.



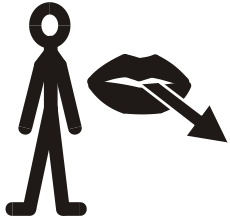


Meeting doctors and practise nurses at Measham Surgery



Interviews for new workers in the Learning Disability Service

We have helped with interviews for new health workers like



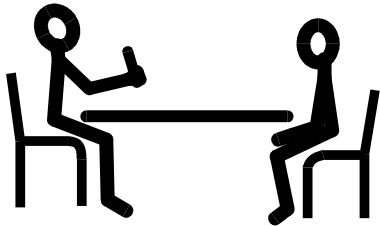
- a psychologist
- speech and language therapists
- a research nurse for the diabetes project



Watch how we do it
Watch the DVD



Interviews for new workers in the Learning Disability Service



We talked to the workers. We asked questions and gave our views about the person's communication

Then we told the interview panel what we thought

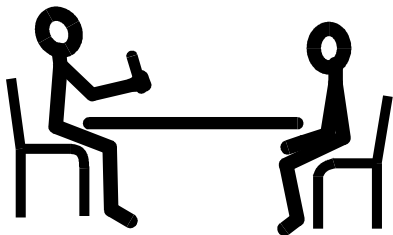
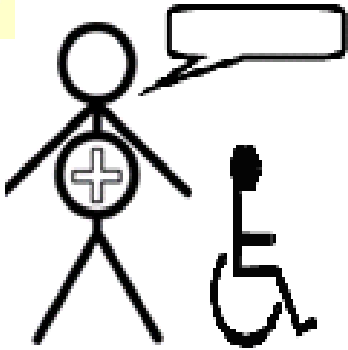


It is good to get involved and has given us confidence

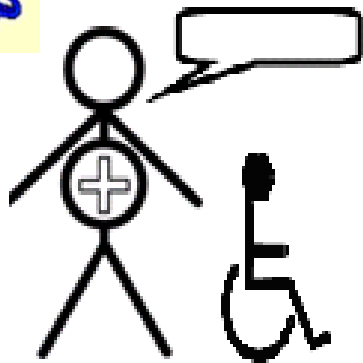
Its good we are having our say and helping to choose learning disabilities health workers



Things we say are good about Speaking up for Health



- Getting to know other people in the group
- Finding out about health services
- Giving me a chance to speak up and get more confidence
- Work together as members of a team
- Speaking up for people who don't have a voice
- Learn new skills like signing and interviewing
- The doctors really listened to us



What do we do next?



- We think Speaking up for Health can make a difference
- We can help health services to be better for people with learning disabilities
- We think we need to be involved
- Health Services should listen to us

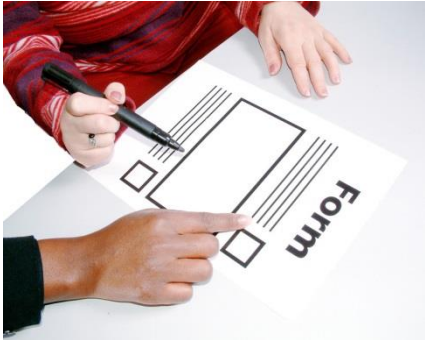




Thank you! How you can help us.



Speaking Up for Health Workshop



Watch the DVD again

- Use the form to say what you think about how the people communicate in the DVD. What's good about it? What's not so good?
- Do we need a Speaking Up for Health group?
- Do you have any ideas about what work the group needs to do?
- We need more members. Would you like to join us?

