

# Health Action Group Newsletter – January 2021



Hello from Simon Shorrick and wishing you all a belated Happy New Year.



As the current health crisis is an anxious time for us all, I thought it was important to say HELLO.....😊..... and to provide you with an update.



## What's in this edition of the Health Action Group Newsletter?

Updates and important information about:-

- **The latest Covid 19 guidance and vaccination programme**
- **Where to get a copy of My Health Passport**
- **NHS Reasonable Adjustment flag**
- **Annual Health Checks and GP Information Packs**
- **Dressing for cold weather**
- **Oliver McGowan Mandatory Training in Learning Disability and Autism**

**Thank  
You**

## But first.....!



Thank you for your 'get well wishes'. You may have heard via the Health Action Group, I had Covid 19. I am now much better and back to work.



### **\*\* Coronavirus Important Reminder \*\***

The current guidance is that you can leave your home if you have a 'reasonable excuse'. A 'reasonable excuse' could be to buy food, attend a medical appointment, or to exercise outdoors.

Never before has the **HANDS, FACE, SPACE** message been so important. It is a simple message BUT one we should all follow to help keep us safe and well during this health crisis.

### **Top Tips whilst at home**

Whilst at home, do something that will make you smile or help you to relax. Plan to do one thing every day that you enjoy.

You could:



- 1.** Check on family, friends or work Colleague



- 2.** Do a jigsaw puzzle



- 3.** Listen to music



- 4.** Watch a film

Or you could check out some of the activities our partner organisations have organised.

Have a look at **PAGE 8** to find out more.



This is the NHS calling to make a Covid-19 vaccine appointment



## Covid-19 Vaccination Programme

Preparations are underway to commence Covid-19 vaccinations in the community. Identified groups of people eligible for the vaccination will be contacted by their GP Practice either by letter or phone call.

If you require a chaperone, as part of a reasonable adjustment, you should advise your GP Practice at the start of the booking process.

Here is a checklist to help you on the day of your vaccination. Remember:-

- Time
- Place
- Face mask
- Things to do

After your vaccination, you will be asked to wait for 15 minutes. This is normal practice so that the medical staff can carry out their post-vaccination observation.



NHS England have produced a short film which describes: -

- what a vaccine is
- how vaccines are made
- why you should get a vaccine
- whether a vaccine will make you ill and
- how to decide whether to have a vaccine

[Click here to watch the film.](#)

(Press CTRL button to display  then click to open)



### My Health Passport

If you are poorly at any time and need to see your GP or another healthcare professional, we would encourage everyone with a learning disability and/or autism to have a Health Passport.



My Health Passport is an effective communication tool which could help healthcare professionals understand your needs when you do not feel well.



If you haven't already filled one in, don't delay in getting one. Contact Simon in the Health Facilitation Team. You can leave a voicemail message anytime on Freephone 0800 019 3346. Or you can email [Karin.Parker@ghc.nhs.uk](mailto:Karin.Parker@ghc.nhs.uk) for a paper copy of My Health Passport.



We have also created an editable pdf copy of **My Health Passport**. This means you can type straight into the boxes. You can then save and print a copy.



For an editable pdf copy of **My Health Passport**, click on this link:

[My Health Passport - EasyRead July 2020 Editable.pdf \(glos.nhs.uk\)](https://glos.nhs.uk/MyHealthPassport-EasyRead-July-2020-Editable.pdf)

### Have you had your annual health check?

GP Practices are continuing to carry out annual health checks during the coronavirus outbreak.

**Anyone over the age of 14 with a learning disability can have one. It's free! Don't miss out.**





## Have you heard about the Reasonable Adjustment Flag?

The Reasonable Adjustment flag will help to record and share key reasonable adjustments for individuals across healthcare services. The Reasonable Adjustment flag is only for individuals with a physical or mental impairment who require an adjustment to their care.



Information input into the Summary Care Record on the NHS Spine will only be recorded at the individuals consent/or best interest decision.



Gloucestershire was one of the pilot sites for the Reasonable Adjustment flag. Now NHS England are progressing the project to the next phase by developing technical support.



As more information becomes available about the progress of the national roll out of the Reasonable Adjustment flag, we will include the topic on the Health Action Group agenda.



In the meantime, watch this YouTube video to find out more:

[Letting NHS staff know you need support - Reasonable adjustments, flagging and summary care records - YouTube](#)



## Annual Health Check - GP Information Packs

Gloucestershire Health and Care NHS Foundation Trust (GHC) have provided Learning Disability Annual Health Check information packs to all of our GP Practices.



Due to the current Coronavirus outbreak, GHC aim to review the information in the packs. The Health Action Group will be talking about this in more detail at the next Zoom meeting.





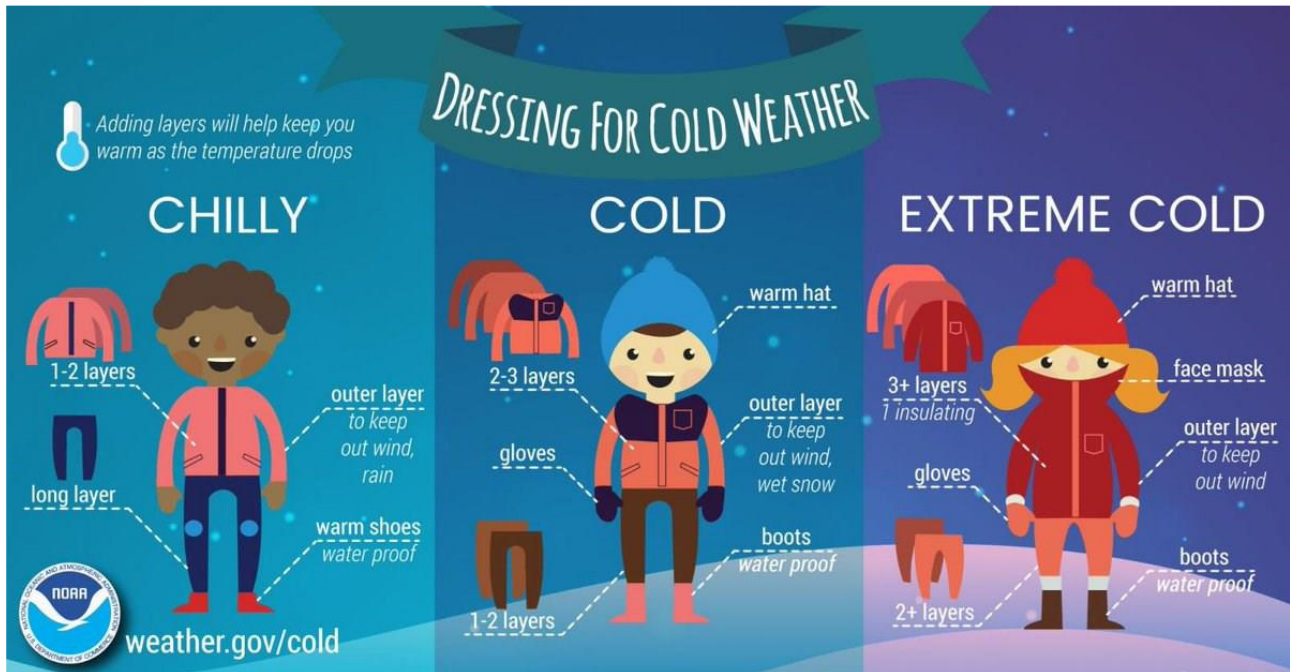
with you, for you



Gloucestershire Health and Care




NHS Foundation Trust

# Hints and tips to stay safe this winter



❄️ Prepare for going outside ❄️

Dress warmly and stay dry



**Protect yourself from winter flu**

Some people with a learning disability are more likely to be very ill if they get flu.

**You can have a flu jab / or nose spray at your GP Surgery or at a pharmacy.**

❄️

The nurse or pharmacist will be wearing protective clothes called PPE.

[Click here to find out more about PPE.](#) (Press CTRL button to display 🖱️ then click to open).



## Oliver McGowan Mandatory Training in Learning Disability and Autism

Gloucestershire Health and Care NHS Foundation Trust, Inclusion Gloucestershire, Family Partnership Solutions and Gloucestershire County Council are working together on a project. The project is called **Oliver McGowan Mandatory Training in Learning Disability and Autism**.

The training will be for **all** health and social care staff. The training will help to increase awareness and a better understanding of people's needs, resulting in better services and improved health outcomes.

The training will help to improve both skills and confidence when delivering care to people with learning disabilities or to autistic people.

The training is named after Oliver McGowan. You can find out more about Oliver's Campaign by clicking on this link:






<https://www.olivermcgowan.org/>

Together with our local partners,  
GHC are helping to design, develop, trial and  
evaluate the training.






Updates about the progress of the project  
will follow in future Newsletters.

## ONLINE RESOURCES

	<p>Mencap <a href="#">Coronavirus (COVID-19) Accessible Easy Read Information About Self-Isolating, Social Distancing and Face Coverings or Masks   Mencap</a></p> <p>Inclusions Gloucestershire <a href="#">Coronavirus (COVID-19) Resource Hub - Inclusion Gloucestershire</a></p> <p>Keep Safe – a free resource made by Photosymbols <a href="#">Free easy-read coronavirus information videos — Keep Safe UK</a></p>
	<p>You're Welcome <a href="#">You're Welcome Gloucestershire   An Inclusive Online Community (yourewelcomeglos.org)</a></p>
	<p>Gloucestershire Carers Hub <a href="#">GCH-Whats-On-January-2021.pdf (gloucestershirecarershub.co.uk)</a></p>
	<p>There are lots of good activities online.</p> <p>✓ GEM online:- <a href="#">GEM Online - GEM - Going The Extra Mile - Gloucestershire (glosgem.org)</a></p> <p>✓ Active Impact:- <a href="#">Opportunities for disabled children and young people   Active Impact</a></p> <p>✓ We Can Move:- <a href="#">We Can Move - Inspiring People To Get Active - Health and Wellbeing</a></p>
	<p>NHS we're here to help you stay well this winter. Large Print Version <a href="#">We're here to help you stay well this winter (assets.nhs.uk)</a></p>



<p><b>January</b></p> <p><b>20</b></p>  	<p><b>Next Health Action Group Meeting</b></p> <p>Because of the Covid 19 health restrictions, the next meeting will be virtual (live online) on Wednesday 20th January 2021.</p> <p>The meeting will be on Zoom and a link for the meeting will be issued separate to this Newsletter.</p> <p>The meeting will start at 1pm and finish at 3pm. It will be really good to say 'hello again' to the members of the Health Action Group. Please join us online if you can.</p>
	<p><b>Final Word from Simon</b></p> <p>Please look after your wellbeing while you are at home. If you would like more information about anything in this Newsletter, please get in touch.</p>

**Best wishes and stay well.**

**Simon Shorricks**

**Karin Parker**

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