



Easy  
Read



# Health Action Group

Welcome to our December 2021 Newsletter



**Save the Date: Friday 17<sup>th</sup> June 2022**

**The 14<sup>th</sup> Big Health and Wellbeing  
Open Day will be at: -**

**Oxstalls Sports Park, Gloucester**

## PROTECT YOURSELF FROM FLU



Flu is a virus that can make some people with a learning disability very ill. The best way to avoid getting flu is to have the flu vaccine.

You can either have an injection or a nasal spray. You can get a FREE vaccination from your doctor or Pharmacy.



To find out more, click on these links: -



<https://youtu.be/eZ1vDai8u5o>

[Protect yourself from flu, have the flu vaccine \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)



## ANNUAL HEALTH CHECK



It is still really important that you have your learning disability annual health check with your doctor or Practice Nurse.



An annual health check can help you to stay well. You do not have to be ill. You just need to be on the learning disability register and over the age of 14 to have a health check.



At your annual health check, you can ask questions about your health and tell your doctor or Practice Nurse how you are feeling.



Your doctor or Practice Nurse may check your weight, heart rate and blood pressure. They may tell you about healthy eating and exercise.



If you find it hard to be in a busy waiting room, ask your doctor if you could have an appointment at the beginning or end of the day. This is called a reasonable adjustment.

### Newsletter Contacts:

[Simon.Shorrick@ghc.nhs.uk](mailto:Simon.Shorrick@ghc.nhs.uk) 01452 321015 [Karin.Parker@ghc.nhs.uk](mailto:Karin.Parker@ghc.nhs.uk)

## My Health Passport

If you are going to hospital for an appointment, take your hospital passport with you. It helps people to know how to help you at hospital, and how they can talk to you best.

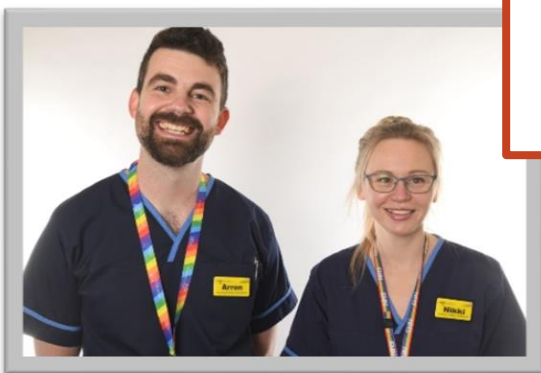
## Pre-Health Check Questionnaire

If you are going to the doctors for your annual health check, fill out this important form. It will help you have a good annual health check.



**These forms will help people, who help you, with your health to understand you better. Click on the link below for a copy of the forms that you can fill in and save.**

[Key documents and resources > Gloucestershire Health and Care NHS Foundation Trust \(ghc.nhs.uk\)](https://www.goucestershirehospitals.nhs.uk/key-documents-and-resources)



## LEARNING DISABILITIES LIAISON TEAM AT GLOUCESTERSHIRE HOSPITAL

Hello to **Arron Gregory** and **Nikki Price**. The service they provide is for adults and children with learning disabilities, who are having, or due to have, hospital treatment.

0300 422 4985 / 0300 422 4953

[ghn-tr.learningdisability@nhs.net](mailto:ghn-tr.learningdisability@nhs.net)

Arron and Nikki can help with reasonable adjustments. You can find out more about the Liaison Team if you click on this link: - <https://www.youtube.com/watch?v=YzX7eEpSAHl>



## Health Action Group Meetings



These meetings are for people with a learning disability and/or autism, their parent/ carers and various people who help you with your health. We aim to work together to make health care better.

2022

From 2022, our meetings will be a mixture of Zoom AND face to face at: -

Friends Meeting House  
in Gloucester



New members are always welcome.



For more information, please contact Simon Shorrick on

 Freephone 0800 019 3346 or  
 [simon.shorrick@ghc.nhs.uk](mailto:simon.shorrick@ghc.nhs.uk)



**Did you know we have added more than 30 videos recorded during our Big Health Week 2021, to our GHC webpage. To find out more, click on this link: -**

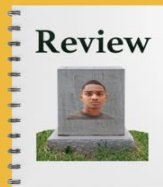
[Big Health and Wellbeing Week 2021 > Gloucestershire Health and Care NHS Foundation Trust \(ghc.nhs.uk\)](https://www.ghc.nhs.uk/big-health-and-wellbeing-week-2021)



**LeDeR** programme is an NHS programme which looks to learn from the lives and deaths of people with a Learning Disability or Autism.



Inclusion Gloucestershire are part of the LeDeR programme. They have Experts by Experience on the LeDeR panel to make sure people with a lived experience are being listened to.



The Gloucestershire LeDeR programme issues bi-monthly bulletins. Click on this link to find the latest bulletin: -

[🔗 LeDeR - Inclusion Gloucestershire](#)

To view an Easy Read copy of the national LeDeR policy please follow this link:



[🔗 LeDeR-Policy-2021-Easy-Read.pdf \(england.nhs.uk\)](#)



## **What is You're Welcome?**

It is an inclusive online directory. It tells you about lots of events, clubs, groups and places you can visit in Gloucestershire.

There is information about Festivals, Sports and Leisure, plus Gardens and Nature, Parks and Green Spaces.



Membership is FREE. It is open to everyone who lives in Gloucestershire or close to our county borders. You can get a newsletter.

[🔗 You're Welcome Gloucestershire | An Inclusive Online Community \(yourewelcomeglos.org\)](#)

**RESTORE Mini 2** is something that helps support staff know when someone is poorly, from knowing that person and understanding what is normal for them. Someone might be ill, and show it by behaving in a different way from how they normally do. These are called soft signs.

Examples of soft signs are: -



- A change in the way someone behaves
- Weeing less
- Being more sleepy and drowsy
- Feeling or looking ill
- Moving less
- Saying no to food and drink

**RESTORE** stands for: - **R**ecognise, **E**arly **S**oft Signs, **T**ake **O**bservations, **R**espond and **E**scalate.

**RESTORE 2** helps people who work in a care home to know if someone they support is feeling well and signs if they are feeling ill. It tells people what to do if someone becomes unwell.



*Something anyone who knows the individual well can do.*

Ask your resident – how are you today?



Soft signs [Video](#)

Possible signs of deterioration –

Stop and Watch [Video](#)

Recognizing deterioration in people with a learning disability [Video](#)

SBARD [Video](#)

Restore 2 mini & SBARD [form](#)

## Long Term Effects of Coronavirus



How long it takes to get better after Coronavirus is different for everybody. For some people, symptoms can last a long time (e.g. for more than 12 weeks). This is called Long Covid.



People who had mild symptoms at first can still have long term symptoms. Long Covid has lots of different symptoms. Some symptoms including tiredness, sleeping problems, stomach problems or pain in your muscles. We want people to know about Long Covid.



If you are worried that you may have Long Covid, you should call your doctor and tell them how you are feeling.



Claire Kennedy, an Occupational Therapist at GHC, has recorded a presentation about Long Covid. Claire will tell you all about Long Covid symptoms. Click on this link to find out more. <https://youtu.be/qUUcZMEji8>

To all of you, we send our **BEST WISHES** for Christmas and the New Year. Stay well and we look forward to seeing you soon.



A big **THANK YOU** to our colleagues at Inclusion Gloucestershire. They reviewed and helped to edit our Easy Read Newsletter.



**FROM**

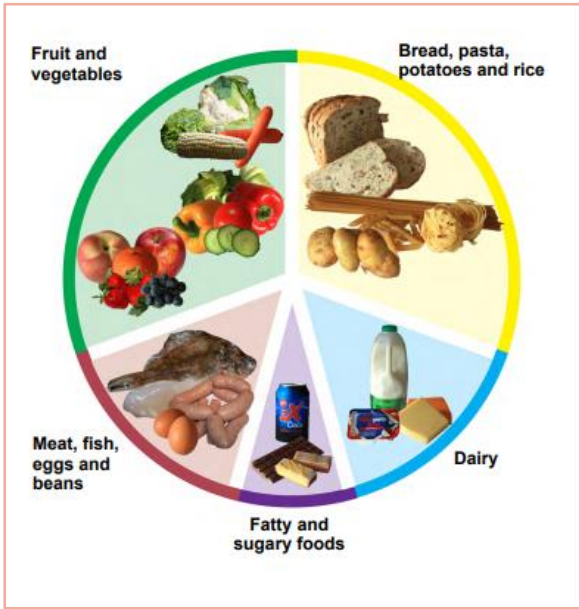
**Simon Shorrick & Karin Parker**  
**Learning Disability – Health**  
**Facilitation Team**

Gloucestershire Health and Care  
NHS Foundation Trust



# Healthy Eating

Healthy eating is eating food that helps keep you fit and well. This is a picture of the foods that make up a balanced diet.



Our colleagues at NHS England and NHS Improvement put together this Healthy Eating word search.

We thought we would share it with you. Find these words, the first one has been found for you :

- |           |               |          |
|-----------|---------------|----------|
| Allergies | Balanced diet | Eat well |
| Fats      | Fit           | Food     |
| Fruit     | Good fats     | Healthy  |
| Sugar     | Vegetable     | Water    |

## Healthy eating wordsearch



B	L	A	N	G	O	O	B	S	C	A	U	R	F	J	L	I	T
B	A	G	A	M	M	A	E	L	T	E	I	P	H	A	N	T	I
H	R	L	O	E	R	B	U	F	C	F	A	L	O	C	I	Y	A
C	U	I	A	O	W	F	R	E	B	V	C	D	B	T	S	I	K
X	C	V	L	N	D	S	G	H	I	L	H	J	R	J	L	B	V
S	E	A	L	D	C	F	V	G	H	U	O	Y	E	O	F	O	O
C	T	F	E	N	N	E	A	T	W	E	L	L	V	B	H	Y	D
Q	E	F	R	J	V	F	D	T	E	S	F	H	Y	V	F	T	S
B	J	K	G	D	G	G	I	D	S	E	S	W	F	R	U	P	N
F	G	H	I	M	P	M	G	H	I	H	T	Y	I	N	R	L	K
W	S	D	E	B	B	C	D	G	V	E	G	E	T	A	B	L	E
T	G	J	S	A	H	G	D	S	A	A	T	P	O	T	G	I	U
U	F	H	K	M	M	C	D	S	S	L	H	R	W	A	D	D	H
R	S	O	O	L	J	F	R	U	I	T	V	N	J	A	F	E	T
A	P	V	F	S	R	O	F	J	N	H	X	Z	I	Z	A	X	B
G	D	T	Y	H	F	O	D	S	A	Y	A	R	O	D	T	P	B
U	F	H	Y	T	D	D	A	I	F	D	Y	S	C	B	S	O	E
S	W	A	T	E	R	G	J	I	D	E	T	K	V	K	W	K	B