

**Health Action  
Plans make  
us HAPPY**



# HAPPY DAYS

**Keeping Learning Disability Healthy**

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# Learning Disability Services in Peterborough

- Joint Health and social care services for adults with a learning disability and autism
- Council manages the Annual Health Check programme for adults with a learning disability.
- Has a Learning Disability Partnership Board (LDPB) Health sub group chaired by lead GP

# WHY hold 'Happy Days' events?

- Wanted to know how successful delivery of the Annual Health Check programme was
- Surveyed GP practice nurses
- Key finding – people were reluctant to have blood pressure checks
- Nurses experienced difficulty in explaining what it was and why it was needed.

# HOW we solved this problem

- Part of wider health agenda – healthier lifestyles
- Health promotion events
- Happy Days (Health Action Plans)
- Health and leisure organisations attended
- Pharmacists carried out blood pressure checks

# Learning Disability in Peterborough

## Joint Strategic Needs Assessment Data

- Estimated 2,650 adults with a learning disability
- 750 moderate / severe (28%)
- 573 adults known to adult social care services
- Population 171,200
- By 2020 - 192,400
- Relatively high levels of deprivation – areas in the 10% most deprived in England
- Ethnically diverse city – significant economic migration from Europe
- 6.7% of people with a learning disability in employment (East of England average 6.2% and England average 7.5%)
- 71% with learning disability living in settled accommodation (was higher than East of England and England average)

# What happened on the day?

- Pharmacists offered blood checks to over 50 people
- Sporting activities – Boccia, Fencing and disabled bike
- Beat The Goalie - competition
- Dance and Kick Boxing display by the Pyramid Pioneers
- Tai Chi group lesson
- Lots of health advice from the Community Learning Disability Team
- Community Health such as Opticians and Dental services attended
- General Medical Council offered advice on GP services



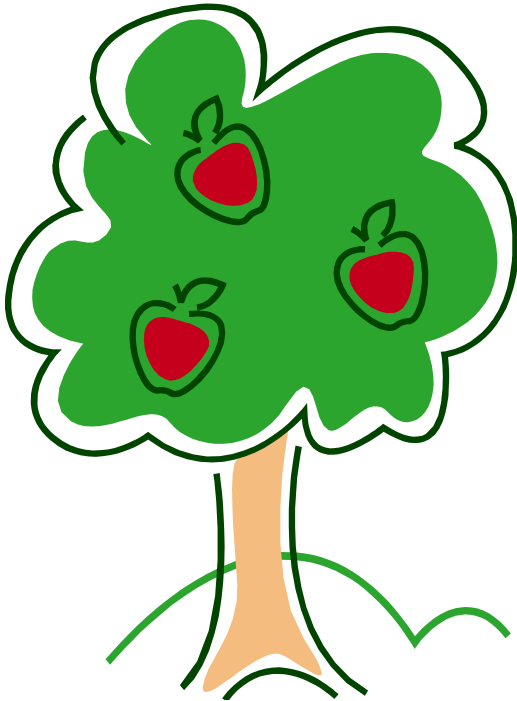
# What next?

- **Sporting Saturday** - event for people with disabilities – 18 January 2014
- **Happy Days** – 20 June 2014
- **Feel The Force convention** – TV and film day for visually impaired and disabled – 18 October 2014
- **Peterborough Games** – June 2015

**FEEL THE FORCE DAY**  
**A.A.A**  
**18TH OCTOBER 2014**  
**11AM-6PM**  
£3.30 ADMISSION - CARERS FREE  
THE ONLY FILM AND TV DAY ESPECIALLY  
FOR VISUALLY IMPAIRED AND DISABLED  
**KINGSGATE COMMUNITY**  
**CHURCH PE1 4YT**  
**PETERBOROUGH**  
**BUY TICKETS FROM**  
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# Tree of Life

## interactive case study



- Case Study
- 10 minutes discussion
- 10 minutes to feedback

