


# Healthy Lifestyles Working Group Action Plan

	<p>The actions for this group are:</p>
	<p><b>To promote the annual health checks</b></p> <p><b>How will we make this happen and by when:</b></p> <ul style="list-style-type: none"><li>• The group will look at the current health checks booklet, list what is good, what's not working and suggest changes for improvement. This work will begin at the November 2016 meeting.</li><li>• Members of the group will collect and report back any feedback they receive on annual health checks.</li><li>• The group will work with the health check project team. This is a team made up of people from health and social care whose job it is to increase the number of people with a learning disability who receive an annual health check to make sure they stay fit and healthy.</li></ul> <p>The Health Check Project Team will ask the group to do different bits of work.</p>



**Lincolnshire**  
Talking Books



**healthwatch**  
Lincolnshire



## **Do more work with Talking Books**

### **How will we make this happen and by when:**

- Increase the number of people with lived experience of learning disability to become Talking Books. People can then attend GP practices and promote the annual health checks.
- Work in Partnership with Healthwatch, some of the Talking Books will become Healthwatch volunteers and feed into their involvement work.
- By the end of March 2017 books will have visited 7 surgeries across the county. We will aim to work in some of the surgeries not yet signed up to health checks.



## **Support with training of health professionals**

### **How will we make this happen**



- Members of the group will work with the Health Liaison Nurses on what needs to be in training sessions
- Make sure that people with learning disabilities are involved in training sessions for health staff