

Key Deliverables

All GP surgeries will be signed up to delivering the learning disability annual health check and change their services to make them easy to use for the individual. These changes are called ‘reasonable adjustments’

Identified Actions

- The visits to and review of all the GP practices on Ynys Mon was almost complete when Covid19 stopped any further information gathering. Key themes that emerged included: a) the need to have an accurate and up to date citizen register b) the need for regular contact between the Practice and the Health Liaison Team c) easy access to accessible information about Annual Health Checks and d) training for practice staff.
- A planned collaboration between Public Health Wales and the Health Liaison Team has been paused due to Covid19. A staff member from Public Health Wales was going to work alongside the GP practice and staff the health liaison team to identify citizens who would be entitled to a health screening assessment.
- Public Health Wales undertook a review of the Annual Health Check information and training materials and had planned to launch the new materials across Wales during 2020. This has been postponed due to Covid19.
- We have now launched a new Health and Wellbeing website in English & Welsh called ‘Get Checked Out – North Wales’. There will be an ongoing coproduced review of the information held on the website.
- The Health Liaison team secured funding for 3 years to provide 2 staff members to help increase the uptake of health checks in Gwynedd and Ynys Mon. We had planned to use some of their time to help educate and inform those 18yrs old citizens who would be having their first annual health check in 2020. Although this is also on hold we are making plans to provide this training through online webinar sessions or pre prepared video training materials.
- The coproduction of two short video films in English & Welsh about Physical & Mental health wellbeing is moving out of the planning stage and will now have to be developed virtually unless current Covid19 restrictions are lifted. This is a very exciting opportunity for citizens to be both directly involved in front of the camera and at all stages of the filming process. TAPE music and video are being very creative and focused on this work which should be completed by November 2020.

It will be easier for people with a learning disability to have an annual health check

- Despite various approaches being used there has been an overall decline in the number of people with a learning disability having an annual health check and the government target of a 75% uptake is not being met. Within one local authority they have written to every person on their register each year and the target has still not been met.
- The only way in which we can be sure to reach everyone and to establish if the significance of the annual health check is understood is by a ‘face to face’ conversation. As Social Services is the only public body who undertake an annual review of each citizen, a proposal will be made to the Partnership Board to explore the implementation of a question about the annual health check being asked during the citizens annual review.
- Two ways in which citizens can have improved access to their annual health check. The first way is if they and or their carer feel empowered to establish the reasonable adjustments they require with the GP practice and an effective means of communication is in place with the GP. The second is for the GP and their practice staff to proactively communicate effectively with the person and or their carer ensuring any reasonable adjustments are made in advance of the appointment. To support these approaches both require access to good information and training that empower both the citizen and the GP and their practice staff.
- We have recently made contact with ACE Anglia who for the past four years have been jointly commissioned by Health & Social Services to establish peer training as a means of improving the uptake of Annual Health Checks. They made progress from a 40% uptake to a 69% uptake in three years and were on target for an even higher uptake this year (Covid19 is likely to affect this years final figure). We would wish to explore if it is possible to set up peer training in North Wales (citizen’s teaching citizen’s about Annual Health Checks)

Key Deliverables

People with learning disabilities and their families will have access to good, consistent and accessible information

Identified Actions

- There are substantial amounts of information available but much of it is not in an accessible format and some that is may not be up to date or accurate. In line with the strategy we are also trying to promote information that has been co-produced with citizens.
- Through collaboration with colleagues from the Leeds NHS Foundation Trust we have now set up our own health website titled Get Checked Out – North Wales. The website covers four main areas a) Annual Health Checks b) Health & Wellbeing c) The Health Liaison Team and Public Health Wales – Health Screening.
- We are looking to establish through TAPE music and video and the participation group, citizens who are skilled both in front of the camera and in film and sound recording. This would ensure that genuinely co-

produced information about health and wellbeing could be undertaken not just for this strategy – but into the future when new information is required or when information requires updating

- The website and the information from our colleagues in Leeds will eventually need to be compliant with BCUHB and the six local authorities and we will need support to facilitate this through the Partnership Board

•Key Deliverables

More people with learning disability will use technology safely to help them be more independent.

Identified Actions

Please refer to Paul Mazurek and his report. Paul Mazurek is leading in this area and there are now a number of funded projects underway. During Covid19 many individuals have had access to new technology such as lap tops and ipads and have been supported to engage in zoom and Webex meetings to

•Key Deliverables

People with a learning disability will engage more in healthy lifestyle behaviours that promote physical and mental wellbeing such as: 5 a day for your family, 5 a day fitness and 5 ways to wellbeing

Identified Actions

- The new health website will help to assist citizen's and carers with respect to information about lifestyle choices but we still have to link this up with opportunities that are available within local communities. A healthy lifestyle can be facilitated by friends and family and those supporting individuals within their own homes or in places of employment, education and community engagement. The examples given relating to 5 a day can be developed as indicated on our website – Get Checked Out – North Wales
- We are linking with Community Navigators to explore the area of 'Health & Wellbeing' as a social construct. Linking social isolation and exercise to local walking groups and ensuring such locally based resources are accessible to citizens. It would be useful if Community Navigators were able to identify and promote a range of activities within the community that are genuinely inclusive to citizens whether it be art or photography, local history, walking, cycling etc. Where mental stimulation or relaxation is achieved within a hobby or interest or where physical endeavour promotes fitness as well as enjoyment.

Upcoming Major Activities in Phase 3

- To inform all GP practices about the health information now available on the Get Checked Out – North Wales website. The website includes information about a) Annual Health Checks b) Health & Wellbeing c) The Health Liaison Team and d) Public Health Wales – Health Screening. To liaise with BCUHB about the recovery plan for the provision of Annual Health Checks following the Covid19 pandemic restrictions.
- To support the Health Liaison Team to ensure that the lessons learned from the review of GP practices on Ynys Mon are implemented fully both on Ynys Mon and across Gwynedd. Once support is complete here to then ensure there is a consistent approach across all six local authority areas.
- The provision of two events focussing on Health Screening and Health Checks is no longer possible due to Covi19. The revised plan is to hold a single virtual event ensuring involvement from across North Wales. Plans to coproduce this event are in place and it is hoped the event will take place in November 2020.
- In collaboration with the Health Liaison Team we are exploring the development of both Citizen (18 year old first time eligibility for an Annual Health Check) & GP Practice training - being developed for online or webinar use. This would help if there is a second wave of the pandemic or if the priorities for the team change as they have during Covid19.
- The process of developing an English & Welsh video film about Health & Wellbeing is moving from the planning phase to the implementation phase in September.
- To liaise with ACE Anglia with respect to the development of Peer Training for Annual Health Checks.
- Continue to scope out and identify good practice relating to Health checks and Health Screening including Audiology, and the Public Health Wales - Health Screening Initiatives, To facilitate the sharing of good practice across North Wales

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Key issues/risks/barriers (Top 3)

- Covid19 and NHS & Social Services planned organisational responses can have a direct impact on all staff and their availability - which in turn may impact on any or all of these initiatives.

- We don't yet know if there will be any opposition to setting up our own website and using information not generated by any of the six local authority's or by BCUHB

- Phase 3 timescales shifting due to Covid19

Resource requirements identified

- Stakeholder participation in coproduction
- Full participation by GP's and Practice manager's
- Full involvement of Health Liaison team members