

**The Learning Disability Partnership Board has funded short-term projects with the Learning Disability Development Fund 2012-13.**

**The projects aimed to support the 6 priority areas in the Learning Disability Partnership Work Plan for 2012-13:**

- Getting people ready for the next step and getting older – projects to support people developing life skills, supporting people to move, increasing awareness of housing options
- Information – providing accessible information or working with others to make information more accessible
- Making sure we include everyone – projects that support hard to reach groups to be represented
- Being healthy and getting Health Checks – projects that improve health or increase take up of health checks
- People being safe in services and the community – helping people be safe in the community, involving people with learning disabilities in checking the quality of services
- Making sure rights of people with learning disabilities are protected – increase understanding of people’s rights as citizens including the Mental Capacity Act

**Please use this document to record your project’s progress and project evaluation to date and return by **Thursday 28<sup>th</sup> March 2013** to [mark.hendriks@brighton-hove.gov.uk](mailto:mark.hendriks@brighton-hove.gov.uk)**

**Project name: Best of Health (this was called the 'Being Healthy' week when we wrote our bid)**

**Name of the organisation: Healthy Lives Sub Group**

**LDDF monies awarded: £2000**

**Is your project complete?: YES**

**Expected project completion date\*: N/A**

**Contact details for the project:**

**Name: Cameron Brown**

**Tel number: 01273 295550**

**E-mail: [Cameron.brown@brighton-hove.gov.uk](mailto:Cameron.brown@brighton-hove.gov.uk)**

\*NB: If your project (as funded through LDDF monies) will not be complete by 31<sup>st</sup> March 2013, we will ask for a final evaluation according to the completion dates supplied.

**Please provide a short (no longer than one page) description of project progress to date:**

**The 'Best of Health' fortnight happened from 31<sup>st</sup> October to 13<sup>th</sup> November 2012.**

**During the fortnight a Best of Health Bulletin was sent out by email every day. Each Bulletin had a different story about people being healthy or about local health services.**

**On Wednesday 13<sup>th</sup> November a big event happened at the King Alfred Leisure Centre. It was a free all day event for people with a learning disability and their carers. People could come and find out about local services that could help them to be healthy. There were also lots of free activities to try like a smoothie bike, wheelchair football, first aid and making healthy snacks.**

**Lots of people filled in a feed back form about the day and a report was written about this. People liked Best of Health. You can get a copy of the report from Natalie Winterton, the Health Facilitator at the Community Learning Disability Team.**

**About 2 months after the Best of Health fortnight a short questionnaire was sent out to find out if people had done anything new to be healthy because of the Best of Health. Some people sent us a questionnaire back to tell us what they had done and a report was written about this. You can get this report from Natalie too.**

**The Best of Health for 2012 is finished now, and we spent the LDDF money we had. Because people liked the Best of Health we are planning to have another one in 2013!**

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**With reference to one or more of the 6 priority areas in the Learning Disability Partnership Work Plan for 2012-13, please comment briefly on:**

**1. How has the project benefited people with learning disabilities?**

- It shared information about what health services are available in the City for people with a learning disability and the people who support them
- It gave people the opportunity to try out health related activities and meet people who work in health services.

**2. What difference did the project make?**

- Best of Health shared good ideas for being healthy for people with a learning disability
- Best of Health brought lots of healthy services and activities together in one place for people and their carers to try out and to find out more about

**3. How will this project benefit people with learning disabilities in the long term?**

- People had the opportunity to find out what services are available to help them be healthy that they might not have known about before. It will help people to make choices about what services to use
- Some of the health services who were at the big event had the opportunity to meet lots of people with a learning disability and this will help them to think about how they can help people who use their services in the future

**4. Will the project continue – YES**

**& please explain why.**

**We will be doing another Best of Health in 2013 because people said it had been a good thing and they would like it to happen again.**

**Is there anything else you want us to know?**

**The Best of Health reports can give more information about what happened for Best of Health fortnight and the outcomes.**

**We used all the LDDF money we were given. We have found a different way to pay for Best of Health in 2013.**

**Many Thanks for your project and for making a difference to people with learning disabilities.**

**The Learning Disability Partnership may invite some projects to present at a future board meeting.**