

## Health Checks and Health Action Plans in Brighton & Hove

My name is Natalie Winterton and I am the Health Facilitator at the Community Learning Disability Team (CLDT). My job is to help the GP practices in Brighton and Hove get better at helping people with a learning disability.

GP practices are starting to offer a new service for people who have a learning disability. They can give each person a health check every year and write a Health Action Plan. This is a list of the things that need to happen to make or keep the person healthy. GP practices don't have to do this, but we want to try and get all of them to agree.

If a GP practice wants to offer this service, I can help them in different ways. I help them to make sure they know who all the people with a learning disability are at their practice. I do a training session that helps the doctors and other people that work there understand more about people with learning disabilities. I give them an information pack to help them learn more. I tell them what a health action plan is, and why they are important.

A health action plan is something that every person with a learning disability can have. It helps to make sure that the person gets all the help they need to be healthy. A health action plan can be part of someone's person centred plan, but it doesn't have to be.

I can also help people with a learning disability, staff working in day centres, homes and family carers to understand this new service and how to get it. If people want to know more they can ask me for information.

Before someone goes to the doctor for their health check, they can fill in a self assessment. This will help people to think about their health, and what things they might want to talk to their doctor about. If you take the health assessment to the doctor when you have your health check, the doctor will look at it, and might make a copy, if that is ok with you. Some doctors might send you the health assessment at the same time as they send you a letter inviting you to go for a health check and plan. Some doctors might not send them out. There is a copy on the Partnership Board web site that you can download and print if you want to.

If anyone has any questions about the work I am doing, and health action plans in Brighton & Hove, you can contact me on 01273 295550 or at [natalie.winterton@brighton-hove.gov.uk](mailto:natalie.winterton@brighton-hove.gov.uk)

Thanks,  
Natalie