



Best of Health Brighton & Hove 2012



What is 'Best of Health'?



The Healthy Lives sub-group of the Learning Disability Partnership Board came up with the idea for Best of Health.



The Best of Health was all about sharing the good things that happen in Brighton & Hove to help people with a learning disability to be healthy.

There were two main parts to Best of Health – the Best of Health fortnight, and the Best of Health event.

All About Best of Health Fortnight



Best of Health fortnight started on Wednesday 31st October 2012. On every week day from 31st October to 13th November, a Best of Health Bulletin was sent out.

The Bulletin had a different good news story about health every day.



The Bulletins were sent out by email to lots of people and services and organisations. Natalie the Health Facilitator did this.

All About The Best of Health Event



This was a big event that happened on Wednesday 14th November at the King Alfred Leisure Centre in Hove.

There were information stands where people could find out about local healthy services.



There were different healthy activities going on all day that people could try.



We used stickers to count the number of people who came to the Best of Health event. **120** people put a sticker up to say they had come.

What People Told Us About the Best of Health Event



People could fill in a form called 'What I Did at the Best of Health day'.

This form had a list of all the stalls and activities, and people had to tick which ones they had done.



37 people handed back this form. This is some of the information people told us.



The two information stalls that most people visited was the Oral Health Promotion stall, and the Active for Life & Health Walks stall.



The two activities that most people tried was the Smoothie Bike, and the tooth brushing.



People could also fill in a form called 'What Did You Think About The Best of Health Event?' This form asked about what people thought of the event.



30 people handed back this form. Some information about people said is below:



- **28** people thought the Best of Health event was good

- **29** people found out about new ways to be healthy

- **26** people are going to try new ways to be healthy

- **26** people found out new things about local health services

- **17** people are going to start using a health service they found out about at the event.



Here are some examples of what people said they liked best from the event:

- Basketball – I got 2 hoops

- Cooking together

- Batak Board good for stress and anger

- Range of information available





Here are some examples of what people said they liked least about the event:

- Table tennis
- Shame it is so dark in the ballroom
- I really enjoyed it all because it helped my stress
- Nothing it was good



Here are some examples of things people said they would have liked to find out about that weren't at the event:

- Snooker
- Clubs in Brighton
- Fish
- No – thoroughly enjoyed all of it



Best of Health DVD



We took photographs and video at the event. We will make a DVD of the event and show it at events. We also hope we can put it on the Brightpart web site.

We will use the photos from the day in posters and reports.

This report was written by Natalie Winterton, Health Facilitator.
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