



## Best of Health Brighton & Hove 2012



### What is 'Best of Health'?

Best of Health fortnight was triggered by the MENCAP report 'Death by Indifference: 74 Deaths and Counting' which identifies continued institutional discrimination in the NHS against people with learning disabilities.

Whilst there is no doubt much more to be done to combat such discrimination, the Learning Disability Partnership Board wanted to show case all the good practice going on here in the City that supports better health care for people with learning disabilities.

### All About Best of Health Fortnight

Best of Health fortnight started on Wednesday 31<sup>st</sup> October 2012. On every week day from 31<sup>st</sup> October to 13<sup>th</sup> November, a Best of Health Bulletin was sent out. The Bulletin had a different good news story or case study about health every day. The Bulletin was short – only two pages. One page had the good news story in standard format, and the other side had the same story but in easy read format.

The good news stories & case studies were about different aspects of being healthy. They came from different services and organisations that wanted to share their good practice. The Bulletins were sent out by email to lots of people and services and organisations. Natalie the Health Facilitator created the bulletins and sent them out. Each Bulletin also included a reminder about the Best of Health event to encourage people to attend.

Some people gave written or verbal feed back about the Bulletins. These are some examples:

- 'Just wanted to let you know I have really enjoyed reading the bulletins – so much excellent work going on out there!'
- 'It's really good to hear what's going on out there'
- 'Brilliant! The good news story is excellent, very inspiring!'

The waiting room at the offices for the Community Learning Disability Team at Denmark Villas was used to display Best of Health information for the fortnight. Information about what Best of Health was all about was on display, along with other useful healthy information. Every day a poster version of the new Bulletin was put up in the waiting room, and paper copies were also put out for people to take away.

### All About The Best of Health Event

This was an all day event that took place on Wednesday 14<sup>th</sup> November at the end of Best of Health fortnight. The event was free and aimed at all adults with a learning disability, family & paid carers, and anyone else interested in finding out more about ways for people with a learning disability to be healthy. It took place at the King Alfred Leisure Centre in Hove, in the Ballroom and the two sports halls.

There were two main elements to the day - information stands where people could find out about local health & health promotion services, and a range of healthy activities that people could try out.

These are the services that had an information stand:

- Community Learning Disability Team
- NHS Cancer Prevention Team
- Stop Smoking Team
- CRI Drug & Alcohol health promotion
- Active for Life
- Thumbs Up!
- Information Prescriptions
- NHS Health Checks
- LINK
- Albion in the Community – Seagulls Specials
- Brighton & Hove Food Partnership
- See Ability
- Zesters
- Oral Health Promotion team
- Health Walks
- Health Trainers
- West Sussex Out There
- Health Watch
- British Red Cross
- Sussex Police

These are the activities that were available:

- Tooth brushing & oral health
- Everyday First Aid
- New Age Curling
- Wheelchair football
- Zumba
- Badminton
- Polybat
- Gym Tour
- Making healthy snacks
- Boccia
- Table Tennis
- Wheelchair basketball
- BATAK board
- Gentle exercise
- Smoothie Bike
- Football

Everyone who came to the day got a free goody bag which included some healthy information leaflets and a Best of Health Frisbee.

Posters & stickers were used to count the number of people who came to the Best of Health event. People were asked to put a sticker on the sheet that best described them. This is the results:

- 74 people with a learning disability
- 29 paid carers
- 2 family carers
- 15 other interested people

This is a total of 120 people. However, the main entrance area was very busy at times and a significant number of people may not have registered their attendance on the sticker sheets.

The Mayor of Brighton & Hove, Bill Randall, attended the event – he took plenty of time to look at all the stalls and activities. During his visit he tried out the Smoothie Bike, Wheelchair Football and table tennis.

Councillor Rob Jarrett, Chair of the Adult Social Care & Health Committee, and Co-Chair of the Learning Disability Partnership Board, came along too and had a look around.

The Argus newspaper printed a short article about the event, along with a photograph in the Friday 16<sup>th</sup> November 2012 edition of the paper.

## Evaluating the Best of Health Event

In order to evaluate the impact of the event, two different evaluation forms were used.

The first form required people to tick off the stalls they visited, and the activities they tried out. This allowed for the identification of which stalls were most often visited, and which activities were most commonly tried.

The second evaluation form asked questions about what people thought about the event, and if they would be doing anything new to be more healthy as a result of the event.

Returning the evaluation forms was incentivised, and everyone who gave in an evaluation form got a free gift – a Best of Health water bottle. In addition, everyone who gave their name & address on their form was entered into a prize draw. A draw took place after the event, once the names & addresses had been collated, and the winners were sent their prize.

### What I Did at the Best of Health Day

The first evaluation form was called 'What I Did at the Best of Health day'. This was the sheet to tick the stalls visited and activities tried. The sheet also asked people to tick whether they were a person with a learning disability, a paid carer, a family carer, or another kind of person.

37 people handed back this evaluation sheet, and the breakdown was 26 people had a learning disability, 7 of these people were paid carers and 4 were other kinds of people.

This is the list of information stalls with the most often visited at the top and the least visited at the bottom

- Oral health promotion
- Active for Life & Health Walks
- Food partnership
- Albion in the Community
- Zesters
- NHS health checks
- Sussex Police
- Community Learning Disability Team
- SeeAbility
- Health Watch & LINK
- British Red Cross
- Drug & alcohol health promotion
- Thumbs Up!
- Information prescriptions
- Health Trainers
- Cancer Prevention team
- Stop Smoking
- West Sussex Out There

This is the list of activities with the most often tried out at the top and the least often tried out at the bottom.

- Smoothie Bike
- Tooth brushing & oral health
- Making health snacks
- Everyday First Aid
- Wheelchair football
- Wheelchair basketball
- Table tennis
- Zumba
- BATAK board
- Curling
- Boccia
- Polybat
- Gym tour

### What Did You Think About the Best of Health?

The second evaluation form was called 'What Did You Think about the Best of Health Event?'. This form asked different questions about what people thought about the event.

A total of 30 forms were returned. The questions and responses are detailed below. Some people did not answer all the questions.

#### Question 1 – I thought the Best of Health event was...

- Not sure = 1 person (3%)
- Good = 28 people (97%)
- Bad = 0 people

#### Question 2 – I learnt new ways to be healthy...

- Not sure = 1 person (3%)
- Yes = 29 people (97%)
- No = 0 people

#### Question 3 – I am going to try new ways to be healthy...

- Not sure = 2 people (7%)
- Yes = 26 people (86%)
- No = 2 people (7%)

#### Question 4 – I learnt new things about local health services...

- Not sure = 3 people (10%)
- Yes = 26 people (90%)
- No = 0 people

#### Question 5 – I am going to start using a local health service that I found out about today...

- Not sure = 9 people (31%)
- Yes = 17 people (59%)
- No = 3 people (10%)

The last three questions allowed for free comment. All of the answers for each question are given below.

Question 6 –

The thing I liked best was....

- Coming down and seeing things
- Basketball – I got 2 hoops
- Batak Board good for stress and anger
- First Aid
- The thing you push along the floor (curling)
- King Alfred
- Wheelchair football
- Health walks (x 2 people said this)
- Freebies
- Healthy eating information
- Batak (x 2 people said this)
- Wheelchair basketball
- Zesters supported activity scheme
- Information to take away about local health groups & services, and demonstrations of sports
- Smoothie bicycle
- Good atmosphere
- Range of information available
- Football
- A lot of things
- Seagulls Specials
- Gentle exercise
- Playing the activities
- It was good
- Learning about oral health
- Cooking together
- SeeAbility – support for the eye test
- Mouth care

Question 7 –

The thing I liked least was...

- Nothing ( x 3 people said this)
- It was brilliant
- All ok (x 2 people said this)
- Shame it is so dark in the ballroom
- I really enjoyed it all because it helped my stress
- Nothing it was good
- I liked all of it (x 2 people said this)
- Was all good
- Table tennis

Question 8 –

There are some things I would have liked to find out about that were not at the Best of Health event...

- Snooker
- No – thoroughly enjoyed all of it
- Clubs in Brighton
- Maybe some sports/activities being in the same room as all the stalls
- No
- Fish
- It covered all

## **Additional Feed Back**

Following the event some of the services and organisations who took part in the day, or supported people to attend the event, passed on comments and feed back. This is a selection of what was said:

- 'Just wanted to let you know that people attending the day from Speak Out enjoyed it very much. the wheelchair basketball went down a storm'
- 'It was our pleasure to be involved and the numbers that attended are good. I hope that you can make this an annual event as it is very worth while.' (West Sussex Out There)
- 'Thank you for organising yesterdays event for people with learning disabilities in our community, it was a pleasure for the British Red Cross (BRC) to be involved and to share such a positive inspirational experience . We were able to deliver Everyday First Aid skills to over 70 people with learning disabilities and 30 people who were carers, advocates or family members'

## **A Record of the Event**

Photographs and video were taken at the event. A poster display has been made about the event using photographs from the day. This will be used at events, and will be on display in the waiting room at Denmark Villas when it isn't being used at events.

A DVD will be made about the day, this will be used in different ways: to show people what happened at the event and as a way to promote ways to be healthy in Brighton & Hove. It is hoped that the film of the day can be made available on the Brightpart web site, and copies can also be shared with services and groups who may wish to use it as an educative/awareness raising resource.

## **What Happens Next for Best of Health?**

As part of measuring the impact of the Best of Health event, a follow up evaluation will take place. This will be a very short questionnaire, and it will be sent to all individuals who provided a name and address on the evaluation forms collected at the event, as well as being sent to all the services and organisations who received the Best of Health Bulletins and advertising about the event. It is anticipated that this will take place in January 2013, and a further report will be written to share the outcomes of this.

**Natalie Winterton  
Health Facilitator  
December 2012**