

Best of Health You Tell Us! Report

What is 'You Tell Us!'



The Best of Health event happened in November 2012. It took place at the King Alfred Leisure Centre in Hove.

During the day there were different healthy activities to try and information stands to look at about local healthy services.



Six weeks after the Best of Health event a questionnaire was sent out for people to fill in. It was called 'You Tell Us!'.



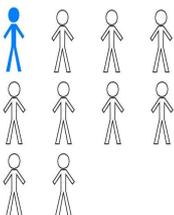
The questionnaire was posted directly to everyone who put their name and address down on the evaluation form that was filled in on the day. This was 25 people.



The questionnaire was also sent out by email to all the places that had been sent adverts for the Best of Health day. This was a range of local services and organisations that give support to people with a learning disability.



The questionnaire asked 3 questions to find out if people were trying new ways to be healthy because of the Best of Health event.



10 questionnaires were filled in and sent back. This is about 10% of the people who came to the Best of Health event.

This report will explain what people told us in the questionnaires.

The Results



Question 1 –

What do you remember most from the Best of Health event?



- There were stalls there from the Grace Eyre & it was nice
- Free pens
- I asked questions about First Aid



- The event was fun and enjoyable
- Healthy food, lots of exercise



- That it covered most issues relating to health i.e. dentistry, weight, and exercise, and it was open to all



- How bad fizzy drinks are! How many different activities that Albion in the Community do



- It was very busy & interesting with lots of ideas for healthy options, good leaflets/flyers. I remember the oral health stall - the person was very helpful & informative and gave some free samples. Also the smoothie bike, such a good idea. And of course Cameron in the wheelchair sports!



- Eating healthily
- I remember learning how to clean my teeth properly, it was very useful



Question 2 –

Have you done anything new to be healthy since Best of Health?



7 people said yes and 3 people said no

Please tell us more:



- To continue to go swimming on Tuesdays
- Sorry no, I am always trying to get people on health walks etc though



- Not people with learning disabilities as I don't directly work with individuals but I have changed the way my kids and I brush our teeth and thought more carefully about when they have sugar



- I had a health check following this health event, and am now awaiting an appointment with a dietician



- Walking more & cutting out chocolate & drinking more bottled water
- Smoothies to drink
- I am eating more healthily & have lost some weight



Question 3 – has anything stopped you from trying new ways to be healthy?

1 person said yes and 9 people said no



Please tell us more:

- I haven't been allocated to work with anyone recently who is in great need of health advice

The Prize Draw



If people put their name and address on their questionnaire then they were entered into a prize draw!!

There were 3 prizes!



- A pedometer – which counts how many steps you do a day
- A smoothie recipe book
- A fitness DVD

Names were pulled out of a box and the winners were sent their prizes!

Thank you!



Thank you to everyone who came to the Best of Health event and to everyone who filled in a 'You Tell Us!' questionnaire!

Natalie Winterton
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