

East Locality Group Minutes



**Independance Matters,
Suffolk Road, Gorleston,
Great Yarmouth, NR31 0LJ**

Agenda



Update on the Learning Disability Partnership Board



Priority 2 in the Learning Disability Plan - Being Healthy



What needs to change?



What help do you need to go to and use the doctors or dentist?



How do we help people have a healthy diet, exercise more and lose weight, if they need to?



What help do you need to make choices about sex and relationships?



What help do you need to go to and use the doctors or dentist?

People with Learning Disabilities said

I need help understanding test results

Support at the appointment

I need someone to make an appointment for me

Easy read online help

I need explaining to about my appointments

I need prompting by support staff at appointments



What help do you need to go to and use the doctors or dentist?

People with Learning Disabilities said

My support worker get me there on time

Support at hospital appointments

I have a hospital passport for when I have hospital appointments

I have a health action plan

My Doctor and Nurse explain things to me



How do we help people have a healthy diet, exercise more and lose weight, if they need to?

People with Learning Disabilities said

Going on
bike rides

Easy read
information

Food
education

Have a
balanced
diet

Support
to
exercise

Prompt
food and
drink

Staff help
cook

New
foods ie
salmon
'skinny
foods'

Eat more
salad, less
chips



How do we help people have a healthy diet, exercise more and lose weight, if they need to?

People with Learning Disabilities said

Walking

Sugar free options

Healthy options when go food shopping

Park run

Movement to music

Going on bike rides

gym

Cooking Groups – we discuss ingredients

Swimming

Bowls

Dancing



What help do you need to make choices about sex and relationships?

People with Learning Disabilities said

Group talks
at daycare
centre

Easy read
leaflets

Understanding
consent

How to make
relationships

I have lots
of
friendships

Confide in
support
worker

I have had 1
relationship



What help do you need to make choices about sex and relationships?

People with Learning Disabilities said

I get embarrassed to talk about relationships

We don't talk about relationships

Free to talk

I worry about people seeing me kiss my girlfriend

Being observant

I get nervous about relationships



What help do you need to make choices about sex and relationships?

People with Learning Disabilities said

People being supportive of LGBT – support group

Understanding feelings

Knowing boundaries

Consent

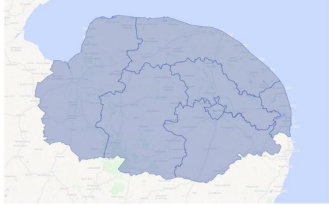
Sue Lambert Trust
talk on the **11th September**
28th August Money Workshop

Sexuality

Understanding feelings



Next locality group: A task for you



Before the next Locality Group, we would like you to



Tell us about something different you have done over the summer



Tell us about it if you would like to. You can just speak or do a presentation.



Date of Next Locality Group Meeting



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