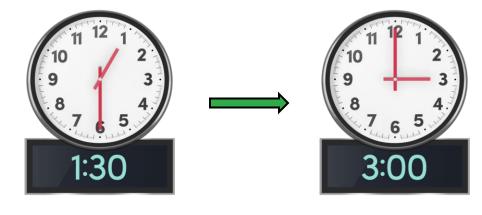
South Locality Group Minutes





24







ASD Helping Hands, Breckland Business Centre, St Withburga Lane, Dereham, NR19 1FD



Agenda







Priority 2 in the Learning Disability Plan - Being Healthy



Discussions



At the group there was no self-advocates representation.



We asked parents and professionals supporting people with Learning Disabilities the following 3 question



What needs to change?







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?

No dentist – unaffordable

Support to go with me

111 can help

Never see Dr, always a locum Dr

Nurse
Practioner or DR
to do health
check for
30minutes

Needs to be more awareness on bowel screening and breast screening

Double appointments needed – 10 minutes isn't enough People with
Learning
Difficulties
need help with
menopause



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

Educating people more

Weight Chart Nature walks

Slimming world

Outside activities

Health checks on weight

Other comments

Concern that some
Day Care Centres
have drink and
chocolate machines



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

How to be safe

To feel comfortable talking about it

Different culture backgrounds Different religions – different beliefs

Tv

Need more understanding about consent

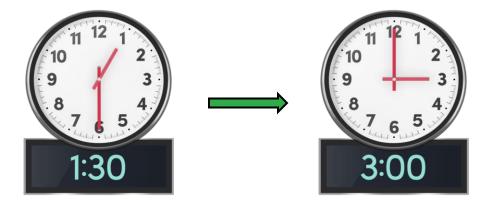


Date of Next Locality Group Meeting











ASD Helping Hands, Breckland Business Centre, St Withburga lane, Dereham, NR19 1FD