

Annual Health Checks

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North Wales Health Check Project

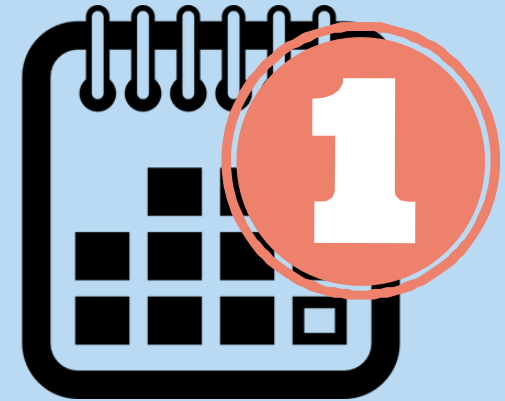
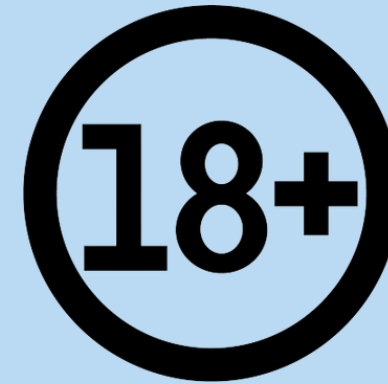
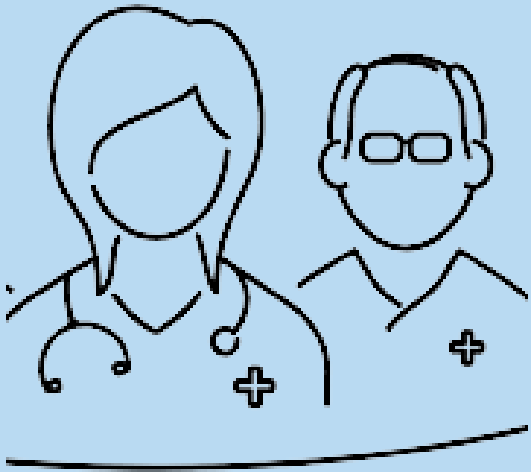
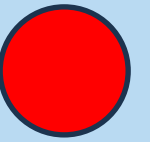
Conwy Connect for Learning Disabilities



**Hello we are the Health Check Champions.
We are here to speak to you about our project and
the work we have been doing.**



What is a Health Check?



**A medical
check.**

**For your
body.**

**For your
mental
health.**

**If you are
18 or
over.**

**Once a
year.**

**Let's watch this film we
made about Health
Checks.**







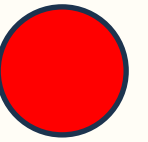
We have 8 Health Check Champions





**We have been
Conwy Connect
team members
since August 2021.
Our project covers
all of North Wales.**





**Our work is
funded by Betsi
Cadwaladr Health
Board and North
Wales Together.**





**Whats
our job?**

**We talk about what
happens in a health check.**

**We talk about how important
health checks are.**

**We give advice and
support to people and
professionals.**

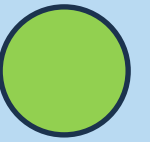
How do we do it?

We have made 2 different workshops for people with a learning disability and their support.

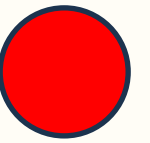
These workshops tell people about Health Checks.

We deliver them all over North Wales.





We have also been helping to train hospital staff on how best to support someone with a learning disability.



We have been working with Public Health Wales to help produce their Easy Read health screening guides.





In 2023 and 2024 we want to help more people with a learning disability go to their Health Check and have a better experience of health services.



Thank you for listening.

For more information please contact:

sophie@conwy-connect.org.uk

Do you have any questions?





GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Health Checks for People with Learning Disabilities

Presented by Kim Scandariato & Sonia Winley 8th November 2023
Health Liaison Team

Health Liaison Team – Who Are We?

The areas that we cover are:-

- Wrexham
- Flintshire
- Denbighshire
- Conwy
- Gwynedd
- Anglesey



The Health Liaison Team

- Primary Health Liaison Nurses – work with the GPs
- Professional Development Project Nurse – delivering new idea for health checks.
- Acute Liaison Nurses – work in the 3 main hospitals
- 2 Dysphagia Nurses – work with those who have swallow problems (West only)
- Healthcare support workers – work in both community and hospitals

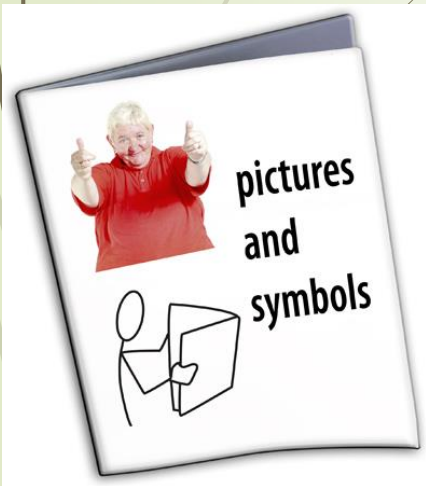
- **Matron – the boss!**





What we do

- Provide information about Health Checks
- Work with GPs to make reasonable adjustments
- Provide training to healthcare professionals
- Provide Easy read information
- Give support to those who are afraid of medical tests
- Help to improve peoples stay in hospital
- Talk to people about how to stay healthy



Why should we have a health check?



- There are many diseases, which can harm you without you knowing it.
- These diseases can be stopped if they are found early enough.

It is important because.....



- Having a health check can make sure you are getting the right treatment at the right time.

What happens in a Health Check?



questionnaire

1. <i>no cough</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. <i>no cold</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. <i>no fever</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. <i>no asthma</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. <i>no diabetes</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>



Have you completed your Health Profile?

GWELLIANT CYMRU **IMPROVEMENT CYMRU** **GIG CYMRU NHS**

Health Profile

This document gives you information that will help you to provide healthcare for me. Please read it carefully and use the information it contains.

My name is: _____

I like to be known as: _____

My date of birth is: _____

In an emergency please contact: _____

Date this form was completed: _____

A photo of me can be put here



GIG CYMRU NHS **Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board**

Asesiad Goleuadau Traffig Ysbyty The Traffic Light Hospital Assessment

Enw/Name: _____

Gwnewch yn siŵr fod yr holl staff sy'n edrych ar eich ôl yn darllen ac yn llofnodi'r asesiad hwn ar dudalen 6.
Make sure that all the staff who look after you read and sign this assessment on page 6.

Mae'r ddogfen hon yn perthyn i mi. Cofiwch ei dychwelyd i mi pan fyddaf yn cael fy rhyddhau/This document belongs to me. Please return it when I am discharged.

Coch/Red - Pethau mae'n rhaid i chi wybod.
Things you must know.

Ambr/Amber - Pethau y dylech wybod amdanaf.
Things which you should know about me.

Gwyrdd/Green - Pethau rwy'n eu hoffi/Pethau nad ydw i'n eu hoffi.
Things I like/Things I don't like.

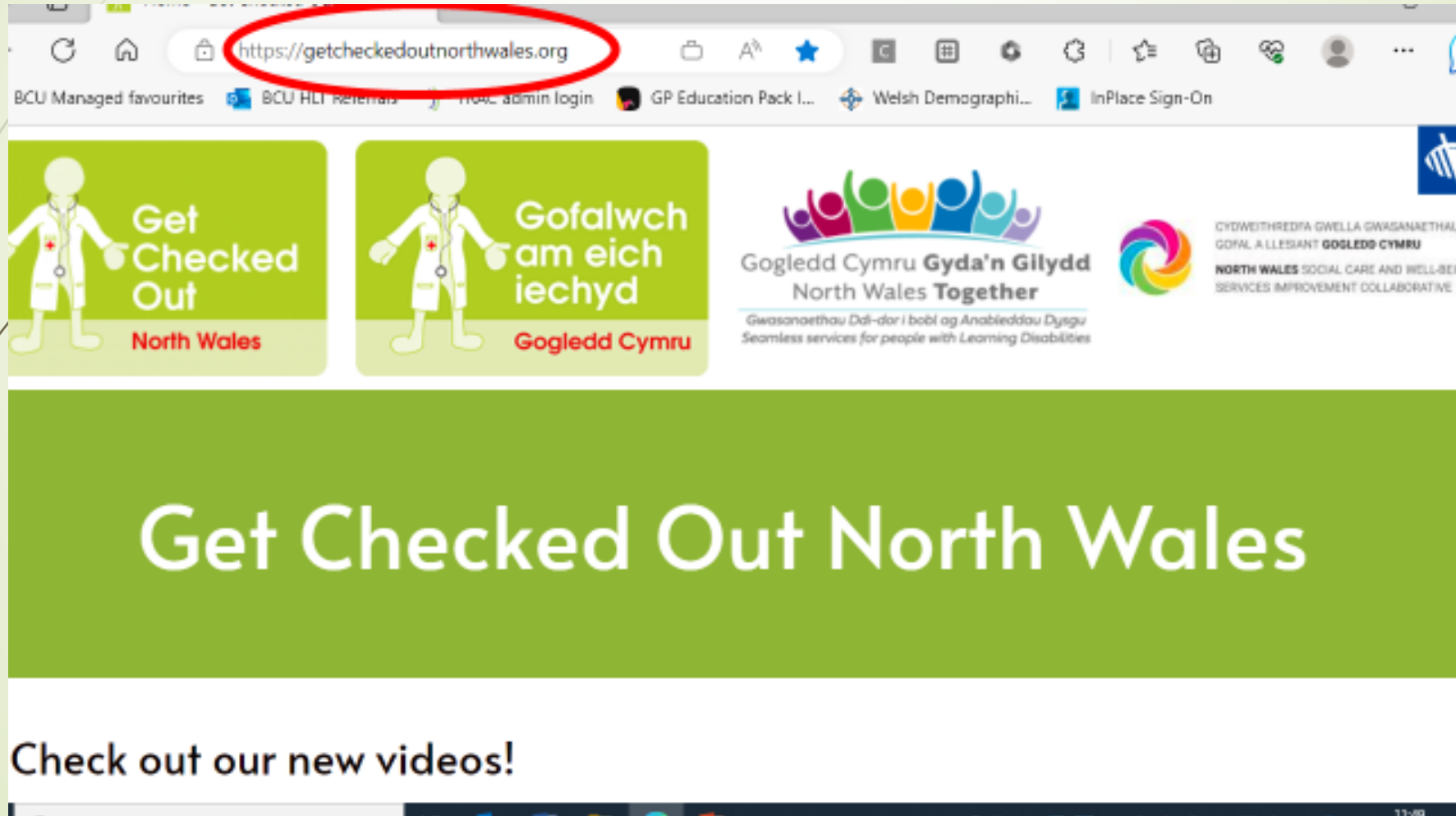
Alergeddau:
Allergies: _____

Ni all pobl wneud unrhyw benderfyniad pwysig amdanoch chi heb siarad gyda chi yn gyntaf, gan gynnwys a ddylid rhoi triniaeth i achub eich bywyd. Fc ddylen nhw siarad gyda'ch teulu neu eich gofalwyr hefyd, os ydych yn cytuno â hynny, neu os ydych yn cael anhawster deall pethau. Mae angen iddyn nhw hefyd wrando ar unrhyw weithiwr proffesiynol arall sy'n gweithio gyda chi. Dyna'r gyfraith (Deddf Galluedd Meddyliol 2005).

People can't make any important decisions about you without talking to you first, including whether to give you life saving treatment. They should talk to your family or carers too if you have difficulty understanding (if you agree). They also need to listen to any other professionals who are working with you. It's the law (Mental Capacity Act 2005).

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Remember this useful website:
[www.getcheckedoutnorthwales.org](https://getcheckedoutnorthwales.org)



Watch out for a new plan coming to North Wales called 'Lab in a Bag'



It's a new tool to support the delivery of Annual Health Checks for Citizens who are unable to get to their GPs.



Team contacts

- **Matron** – Kim Scandariato 07966 511085
- **GP Liaison Contacts**
 - Laura Carter – 07974 875423 East
 - Sonia Winley – 07919 302 374 Central
 - Cheryl Thomas – 07557 312 804 West
- **Professional Development Project Lead Nurse**
 - Caroline Lidford – 07977 708 654
- **Hospital admissions**
 - Simon Meadowcroft - 07919 302312

**Do you have any questions for
us?**



THANK YOU FOR LISTENING



Love your health

Learning Disability Wales
Annual Conference 2023



#loveyourhealth23



Learning Disability Wales
Anabledd Dysgu Cymru



Gyrfa Cymru
Careers Wales