



LIVING WELL NEWSLETTER

Issue 1 October 2023

North Yorkshire and York

Welcome to the Living Well Newsletter



Greetings from the Humber and North Yorkshire Integrated Care Board; Mental Health and Learning Disabilities Team!

Supporting individuals with a learning disability and/or Autistic individuals you will be acutely aware of the impact health inequalities has on people's health and well-being.

We work in partnership with individuals, parents/carers, voluntary sector, support providers, social care and health professionals to raise awareness, promote well-being and ultimately reduce health inequalities in our communities.

This newsletter aims to reach community-based support providers in North Yorkshire and York. We will be highlighting specific health issues and signpost you to useful and accessible information and resources.

Annual Health Checks



People with a learning disability often have poorer physical and mental health than other people. This does not need to be the case.

It is important that everyone **over the age of 14** who is on their doctor's learning disability register has an annual health check.

Individuals can ask to go on this register if they think they have a learning disability. Please support individuals and families/carers to contact their GP Surgery if they are not already registered to ensure they are invited to have an annual health check.

Please see the resources section at the bottom for link to relevant easy read materials on Annual Health Checks including a video clip.



Vaccinations



People with a learning disability are at higher risk of developing serious complications due to viruses such as flu and Covid19.

Individuals can get the flu and COVID19 vaccines for free if they are on the learning disability register.

Please encourage, support and inform people you support to get their flu and Covid19 vaccinations.

Please see the resources section at the bottom for links to easy read materials on vaccinations including video clips.

Breast Cancer Awareness Month



Breast cancer is one of the most common types of cancer in the UK. Around one in 8 women will be diagnosed with breast cancer during their lifetime.

Evidence from England suggests that death rates from breast cancer in women with learning disabilities do not differ from those in the general population and is therefore as much a health issue as for other women.

For women with learning disabilities, knowledge of breast cancer including associated risks, preventative factors and signs and symptoms may be extremely limited. Women with learning disabilities may not easily communicate their symptoms and may be at risk of delayed diagnosis. (Public Health England).

Anyone registered with a GP as female will be invited for NHS breast screening every 3 years between the ages of 50 and 71.

Please see the resources section at the bottom for links to an easy read guide on breast cancer screening including a video clip.



Humber and North Yorkshire
Health and Care Partnership

NHS
Humber and North Yorkshire
Integrated Care Board (ICB)

Introducing ... Francesca Marshall - Learning Disabilities Care Coordinator



My name is Francesca Marshall, and I am based at Derwent Practice in Norton, Malton.

I work for the North Riding Community Health PCN and my job role is the Learning Disabilities Care Coordinator. I work across 4 GP practices within our PCN.

My job role includes dealing with phone calls and appointments for learning disabilities patients, annual reviews, administering flu vaccines, housebound visits, and all other holistic checks- bloods, BP, BMI etc.

I also liaise with support staff, district nurses, Community Learning Disabilities Team at Eastfield clinic and care agencies and complete relevant health referrals.

Attending your annual reviews is very important, it enables us to see where we can offer more support, but equally it enables us to keep medical information up to date, and ensuring you stay well.

Contact: If you have any queries about this newsletter or any of the topics raised here you can contact us on hnyicb-ny.mhld@nhs.net



Resources

General

Easy Health, an online library of accessible health information with simple words, clear pictures and films. (Free to register and use) <https://www.easyhealth.org.uk/>

Annual Health Checks

Mencap Annual Health Check Easy Read Guide -

<https://www.mencap.org.uk/easyread/annual-health-checks>

Your Annual Health Check – What is it and why is it important (Video)

<https://youtu.be/dGITBtSSEGo>

Vaccines

Getting a flu jab - Mencap (Easy read information and videos)

<https://www.mencap.org.uk/advice-and-support/health/getting-flu-jab>

Book your flu vaccine and your Covid 19 vaccine (Easy read letter)

<https://www.england.nhs.uk/wp-content/uploads/2023/09/book-flu-covid-vaccination-easy-read.pdf>

Breast Cancer Screening

Breast cancer screening: An easy read guide about a health test for women aged 50 and over

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1166565/An_easy_guide_to_breast_screening_June23.pdf

Breast screening film for women with learning. A film made by and for women with learning disabilities to take the fear out of going for breast screenings:

<https://www.bristolhealthpartners.org.uk/news/breast-screening-film-for-women-with-learning-difficulties-launched-at-north-bristol-trust/>