Suffolk Joint Learning Disability Strategy

Suffolk Learning Disability Strategy
My Health Focus Group

Date: 1st February 2024
Time: 10:30 to 12:30
Venue: Orwell Room, Kesgrave War Memorial Community Centre

Agenda items

Item 1. **Menopause film presentation**

Item 2. **Buzzy 4 Shots**

Item 3. **Hospital Passport Film**

Item 4. **What did we talk about in 2023?**

Item 5. **What would you like to talk about in 2024?**

Item 6. **Any Other Business**

Who Attended

Self Advocates	Families and Carers	Key Organisations	Provider Organisations	Board Members
4	1	2	5	3

Guest Speakers

Izzie Akers

Organisation	Agenda Item
Ace Anglia	Item 1

Jerry Newman & Jackie Hammond

Organisation	Agenda Item
Norfolk & Suffolk NHS Foundation Trust	Item 2

Emer O'Mahony

Organisation	Agenda Item
West Suffolk Hospital	Item 3

Item 1. Menopause film presentation

Jerry feels that there is a real need for families and carers to understand menopause.

The menopause film would be a fantastic resource for young people who haven't been through the menopause.

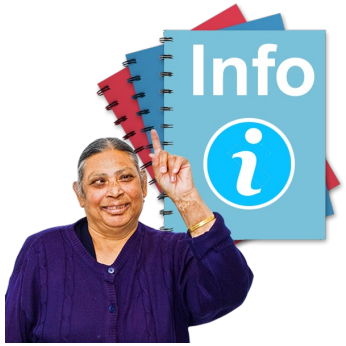
Andrea, from Ace Anglia, explained that there had been a project last year all about women's health.

There were 8 workshops and one of them was menopause.

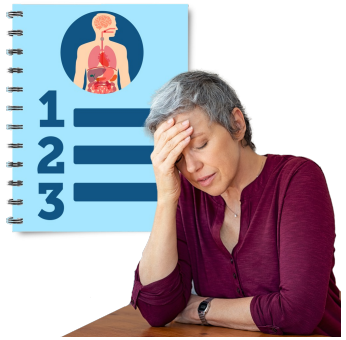
Item 1. Menopause film presentation

Jerry said that the women's health workshops are a great idea.

Jerry said that we could do health workshops for men to help them understand men's health.



Andrea talked about the information that ACE collected from the women's health project.



It is important to use this workshop to help people to understand what is going to happen during the menopause and ways of coping with the menopause.

Item 2. Buzzy 4 Shots

Buzzy 4 Shots is a gadget that helps reduce pain for injections.

The co-chair asked Jerry if there was a speed control for the machine as this could be a useful function for people who didn't like the feeling.

Action:

We have made an action to ask the maker of Buzzy 4 Shots if there is a reduce the amount of vibration.

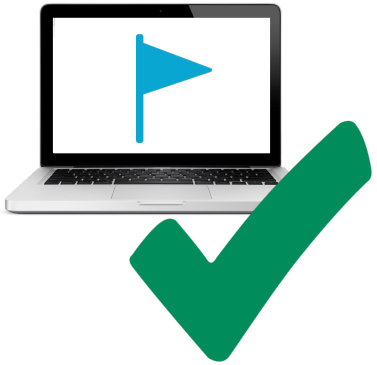
You said:

Group members said that this gadget was really great for people who did not like injections

Item 3. Hospital passport film

You said:

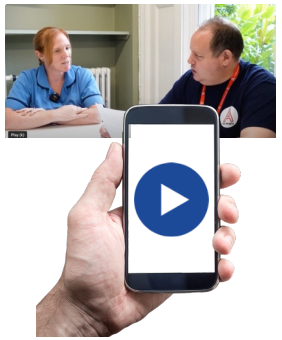
Does the flag system run alongside the hospital passport?



Response:

Emer said all the information for patients that she currently holds will be included into the new Hospital flag system.

Andrea let us know that Dr Naveed Iqbal is currently making an app that people can take to their annual health checks.



We can put the hospital passport film in the app.

Item 3. Hospital passport film

Izzie, from Ace Anglia, has sent the hospital passport film to Dr Naveed.

The hospital passport film has been shared across Suffolk and North East Essex.

Emer showed the group the hospital passport for people with a learning disability and autism, she also showed a version for autistic people without a learning disability.

Andrea asked can we put both versions on the Ordinary Lives' website.

Item 3. Hospital passport film

You said:

If a person is admitted to a different hospital than the one that their passport came from, would it still be accepted?

Response:

Emer said yes, they would ask if the person has a hospital passport or something like a hospital passport.

Item 4. What did we talk about in 2023?

We talked about all the My Health Focus Group meetings we did in 2023.

We went through the topics that we talked about in each meeting.

Item 5. What would you like to talk about in 2024?

The group separated into smaller groups and spoke about topics and speakers they would like in 2024. Topics and speakers the group wanted were:

- The Steam Café
- Speech and Language team
- Digital inclusion project (Dr Naveed Iqbal)
- Increasing Physical activity
- Suffolk Sight
- Stroke Association
- Screening
- Maternity Support for Autistic People
- Men's Health, Men's Shed group
- Community Action Suffolk
- Accessible information speaker
- Medication

Action Plan

Not Started	
In Progress	
Completed	

	Action	Date	Organiser	Status
	Email the makers of Buzzy 4 Shots to ask them if there is a function to reduce the amount of vibration.	01/02/2024	Ace Anglia	
	To put different My Health Passport on Suffolk Ordinary lives website and explain difference.	01/02/2024	Ace Anglia	

Get involved in the My Health Focus groups and have your voice heard!

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