Suffolk Joint Learning Disability Strategy

Suffolk Learning Disability Strategy
My Health Focus Group

Tuesday 28 January 2025

Welcome

5 minutes

Suffolk Joint Learning Disability Strategy

Consent for Recording

- Taking part is voluntary
- You can leave at any time without giving reason
- Your personal details will not be shared outside this group
- We won't mention names, unless you ask us to
- Recordings will just be used for the accuracy of minutes

My Health Focus Group 28 January 2025

Suffolk Joint Learning Disability Strategy

Tips for a successful meeting

1

Please try not to interrupt guest speakers or people when they're talking.

2

If you have a question or comment please raise your hand

3

4

Toilets are…

Suffolk Joint Learning Disability Strategy

Agenda

Item 1.

Feel Good Suffolk

Naomi Thompson

Item 2.

Constipation Awareness Month

Film and information

Item 3.

What do you want to talk about in 2025

Table exercise

Item 4.

Positive health experiences

Item 1.

Feel Good Suffolk

Naomi Thompson

Feel Good Suffolk

Overview

Georgina Howe, Strategic Manager
Naomi Thompson, Health & Wellbeing Project Manager

Feel Good Suffolk at a glance:

- Feel Good Suffolk supports people to make positive changes to their health and wellbeing, including:
    - **Managing a healthy weight**
    - **Giving up smoking**
    - **Becoming more active**
- It is designed to provide a choice of services close to people, at the right time to support steady and lasting improvements to people's health and wellbeing.

Why do we exist?

- Impact on public purse and NHS
- Impact on individuals' physical, mental and social wellbeing
- Strong and persistent link between social inequalities and health outcomes
- **Social norms make it difficult to make healthy choices**
- **Complex behaviours - no simple solutions!**

Smoking tobacco is one of the biggest causes of death and illness in the UK

14% of adults (16+) are classed as active smokers in England

Obesity is associated with reduced life expectancy and chronic diseases including type 2 diabetes

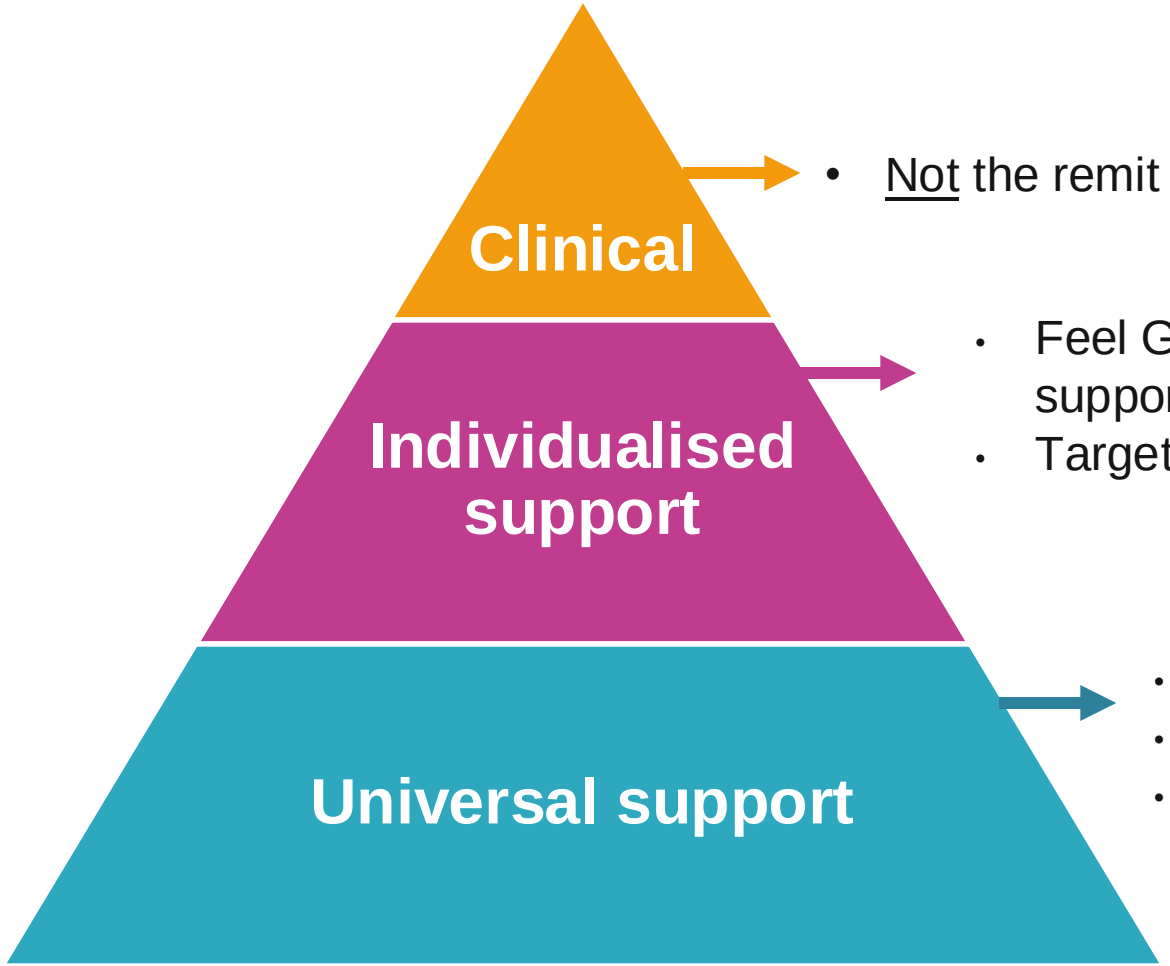
64% of adults (18+) in England classed as overweight or obese in 2022/23

Physical activity reduces the risk of a range of physical and mental illnesses

25.7% of adults (18+) in England are classed as inactive – less than 30mins a week

Data sources: OHID Fingertips public health data; Sport England Active Lives survey 2022-23

The Feel Good Suffolk approach:



- Not the remit of Feel Good Suffolk

- Feel Good Suffolk Advisors (goal setting, behaviour change support)
- Targeted interventions for those meeting the eligibility criteria

- Wellbeing Walks
- Digital information hosted on the FGS website
- Signposting to other services – e.g. NHS Health Checks

What Feel Good Suffolk offers residents:

UNIVERSAL OFFER

Feel Good Suffolk website: universal resources and information; signposting to other resources; downloadable content

Wellbeing walks

Self-referral or healthcare professional referral
(for those that meet our eligibility criteria)

INDIVIDUALISED SUPPORT

1:1 Behaviour change, goal setting, and maintenance support with Feel Good Suffolk Advisors (as required)

Smoking Cessation:

- Allen Carr's Easyway
- Swap to Stop (Vape)
- Nicotine Replacement Therapy (with 1:1 behaviour change support)
- Smokefree app – from January 2025

Physical activity:

- Targeted activity at a local leisure centre
- Supported Physical Activity conversations
- Exercise on Referral

Adult Weight Management:

- Feel Good Suffolk Healthy Weight Programme (Online or Face to Face)

Healthy Weight Programme

Block A	Session 1 **Calories & Goal Setting** (Monitoring/Motivation /Enduring Challenges)	Session 2 **Carbohydrates and Gut Health** (Monitoring)	Session 3 **Emotional Eating** (Enduring challenges)	Session 4 **Physical Activity** (Monitoring)
Block B	Session 5 **Food Plates and Forming Habits** (Monitoring/Motivation /Enduring Challenges)	Session 6 **Processed Food & Food Labels** (Monitoring)	Session 7 **Mindful Eating & Meal Planning** (Enduring challenges)	Session 8 **Eating Well For Less** (Enduring challenges)
Block C	Session 9 **Portion Control & Breaking Habits** (Monitoring/Motivation /Enduring Challenges)	Session 10 **Protein and Fat** (Monitoring)	Session 11 **Stress & Weight Loss** (Enduring challenges)	Session 12 **Sleep** (Monitoring)

Eligibility criteria:

Universal offer

Anyone who wants to learn about, or make changes to improve, their health and wellbeing

Adult Weight Management

- Aged 18 years and over
- Motivated to achieve a healthy weight
- Individuals with a BMI ≥ 30 kg.m-2 **OR** BMI ≥ 27.5 kg.m-2 if the individual is from an ethnic minority group or has a co-morbidity.

Physical Activity

- Aged 18 and above
- Motivated to be more active
- People who are inactive (as set out by the UK Chief Medical Officers' guidelines)

Smoking Cessation

- Aged 12 and above
- Motivated to stop smoking
- Current smoker (tobacco)

Referral Pathways

https://feelgoodsuffolk.co.uk/make-a-referral/

Outcomes

2,324 quit dates set in 2024

40% successful quit rate

56% of clients lost at least 5% of body weight

71% of clients increased their activity levels

Over 10,000 referrals in 2024

88% of clients said they would recommend the service

85% of clients said their needs were understood

80% of people said their overall wellbeing had improved

Client Feedback

"Just want to thank my advisor, she was amazing at listening to my worries and helped me loads. Thank you again."

" My advisor has been absolutely excellent. She has offered her knowledge and support in a very positive and caring way to all group members. Everyone is different and this was acknowledged, as well as discussions about life's difficult times….I have been extremely impressed, as well as very grateful for this course. I learned a lot and I'm confident it will be life changing as the plan is achievable."

"My advisor was really easy to work with. She was really kind and friendly. She encouraged me even when I felt I had failed and dismissed it as a blip which helped me get back on track."

"I really don't know if I could have given up smoking so easily without the help & support of my regular calls from my advisor. Now I have been successful I feel much healthier & positive in myself as I was successful."

"My advisor always did what she said she was going to do. She was also cheerful supportive & optimistic. I have no doubt I could not have stopped smoking without her support."

We’d like to hear from you…

What could we do to make Feel Good Suffolk easier to understand and access?

What could we improve to make Feel Good Suffolk more welcoming for everyone?

Do you feel that our interventions (and their format) would meet your needs?

If not, what could we change?

Thank you!

feel good SUFFOLK

Item 2.
Constipation Awareness Month
Film and information

Video:

Are you worried about your poo

Easy Read Information:
Trouble pooing (constipation)

Trouble pooing (constipation)

This information is for people with a learning disability.

Having trouble pooing (**constipation**) can make you ill.

If you have not had a poo for 3 days it is important to speak to your family or carer, or a doctor or nurse.

If you have trouble pooing and then your poo is very runny, please see a doctor.

It could save your life.

Top tips for healthy pooing

Eat healthy foods with lots of **fibre** like fruit and vegetables.

Drink lots of water. Try and have 6 to 8 glasses of water a day.

Do exercise and move a lot.

How to sit on the toilet-

- Relax
- Put your feet on a box
- Lean forwards.

Signs of trouble pooing

- Not feeling very hungry

- feeling sick, having tummy ache or having a big, hard tummy

- poo in your pants or knickers (underwear)

- feeling different from usual

- You see blood in your poo

- not pooing as much
- it is hard to do a poo.

Medicines

Some people take medicines called **laxatives** to help them poo.

Do not stop medicine (**laxatives**) without talking to your doctor first.

Ask the doctor if any of your medicines make it harder for you to poo.

Poem:

If it’s hard to go, let someone know

If it's hard to go, let someone know

by Paula Strike

ESSEX CARERS NETWORK

Video:

Let's talk about constipation

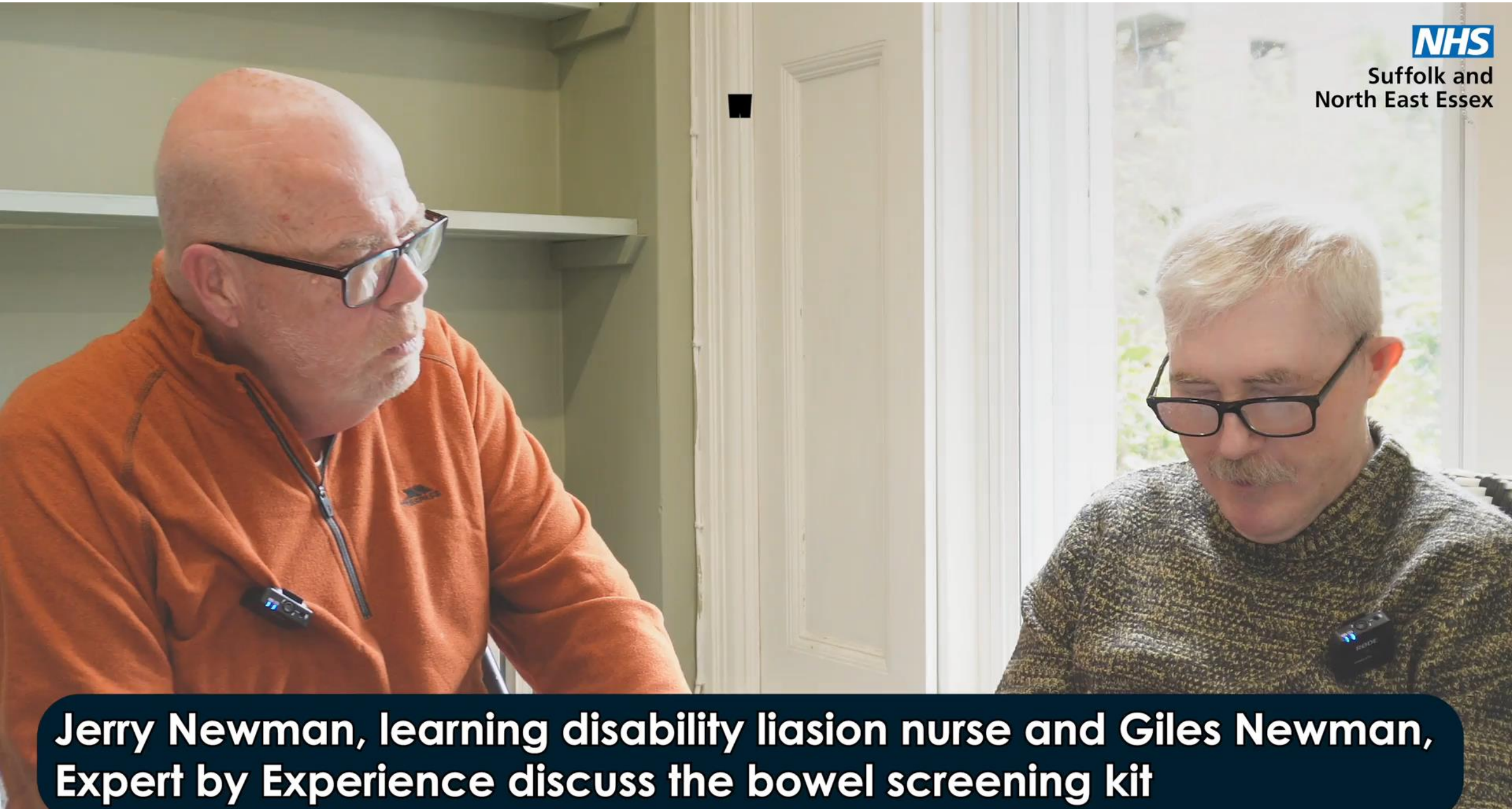
Let's Talk About Constipation

NHS Suffolk and North East Essex

Ace Anglia

Video:

Giles talks about his bowel screening


NHS
Suffolk and
North East Essex
Jerry Newman, learning disability liasion nurse and Giles Newman,
Expert by Experience discuss the bowel screening kit

Item 3.

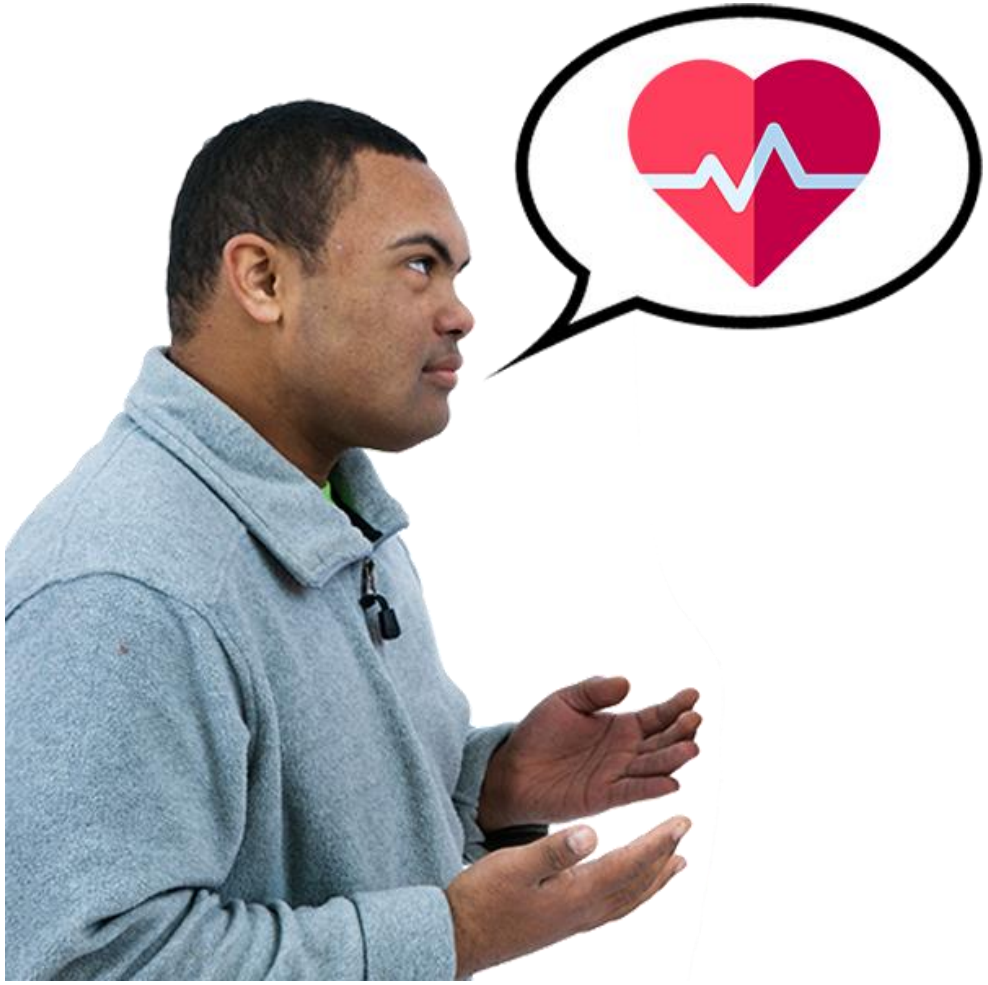
What do you want to talk about in 2025?

Table exercise

Item 4.

Positive health experiences

Video



Video:

Hilda’s positive hospital experience January 2025

Hilda speaks about her positive hospital experience

Item 5.

Any Other Business

Suffolk Learning Disability Strategy Focus Groups

For more information about when the next focus groups are on, please visit:

www.suffolkordinarylives.co.uk/events

Suffolk Joint Learning Disability Strategy

Thank you for coming and see you soon...

Email:
info@suffolkordinarylives.co.uk

Website:
suffolkordinarylives.co.uk