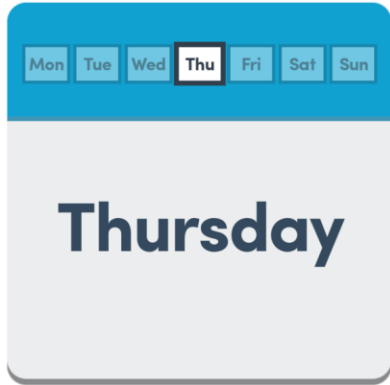


West Locality Group Minutes



**Leisure Hall, Parkview
Resource Centre, Birch
Tree Close, London Road,
Kings Lynn, Norfolk,
PE305QD**

Agenda



Update on the Learning Disability Partnership Board



Priority 2 in the Learning Disability Plan - Being Healthy



What needs to change?



What help do you need to go to and use the doctors or dentist?



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?

People with Learning Disabilities said

I use the phone to make an appointment

How do I get dentist?

Support at the appointment

Need someone to make appointment for me

Information leaflets

Help understanding what is happening with treatment

I go by car to my appointment



What help do you need to go to and use the doctors or dentist?

People with Learning Disabilities said

I may want someone to come with me

I may want someone to come with me

I have to rely on public transport

Have a Dr/Dentist who understands and listens

Explain why and how to take medication

Need longer appointments

Need support from support staff/family to go with me



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

People with Learning Disabilities said

Encourage exercise

Going on bike rides

Swimming

Walk by myself or in group

Get advice from nutritionist

Go to Slimming Groups to educate and get help

Meal plan healthy meals

Limit portion size

What is good and not good for you

Try to be independent with cooking, so you know what is in your food



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

People with Learning Disabilities said

Get advice
from dietician

Follow
eating
plan
menu

Be active, find a
sports/activity
group

Cut down
on sugar

Ask family
and
friends for
support

Use a
portion
plate

5 fruit
and veg a
day

Talk about
choices –
greens, salad,
fruit



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

People with Learning Disabilities said

Need help to understand emotions and feelings

Support about contraception

Do I know enough about relationships

Where do you meet?
Pub – fuse night, Clubs

How to keep a relationship

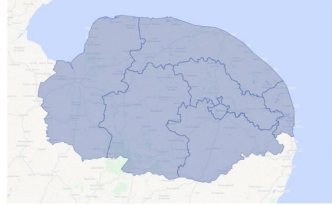
Private time – may share a house

Need more understanding about consent

Can we go out without staff?



Next locality group: A task for you



Before the next Locality Group, we would like you to



Tell us about something different you have done over the summer



Tell us about it if you would like to. You can just speak or do a presentation.

Date of Next Locality Group Meeting



**Leisure Hall, Parkview
Resource Centre, Birch Tree
Close, London Road, Kings
Lynn, Norfolk, PE305QD**

