



North Yorkshire Health Task Group

November 2020



North Yorkshire Health Task Group

This is a letter from the North Yorkshire Health Task Group.



My name is Christopher Porter, and I am the self-advocate co-chair of the North Yorkshire Health Task Group



Lots has happened since our last meeting and I wanted to give you an update on the work we have been doing over the past few months.



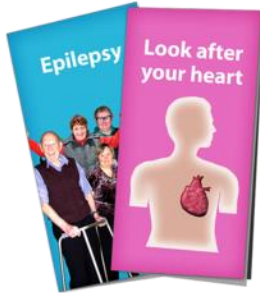
We were sad that we had to cancel the North Yorkshire Health Task Group meeting in August. We are following the Government advice so that everyone can stay safe.



Even though we are not meeting, we are still working on our list of actions for the Task Group.



We advertised for a new independent co-chair of NY Health Task Group. We have had no applications so far so we plan to re- advertise again in January 2021.



Natasha suggested that we work on a guide for people who go to hospital for outpatients appointments during the pandemic.

We are now working with Learning Disability Nurses to produce an easy read guide on Outpatient appointments and will send this out when it is finished.



Lots of work has been done on activity packs. These give lots of information to help us to stay healthy during the pandemic. They can be found on the NYHTG website page <https://www.nypartnerships.org.uk/nyhtg>



We want to remind people that it is very important that they get in touch with their doctor to arrange an Annual Health Check. If you contact your doctor's surgery, you will be told how this is going to happen.



We are working with Public Health to look at ways of telling people how important it is to have a flu jab this year. Some people with a learning disability can get very ill if they get flu so arranging this with your doctor is very important.



The LeDeR review programme has looked at why too many people with a learning disability are dying earlier than other people. Christopher Porter, the Co- Chair of NYHTG attended the North Yorkshire LeDer steering group. They have been looking at the things North Yorkshire have done well and given their views. LeDer will look at these views and decide what happens next



Michelle who leads Transforming Care is interested in getting Self Advocates involved in helping with their Transforming Care Plan. We will be talking to KeyRing to see if any Self Advocates are interested in this.



Live Well Live Longer have been working with Public Health to look at how people with a learning disability can get help to manage their weight.



We know lots of self-advocates have been busy attending online meetings during lockdown. Christopher has been working with BTM in Bradford in a paid role as a health champion. They have been talking about healthy eating, mental health and COVID-19.



Sadly, we do not know when we will be able to meet together again in 2021. We will listen to the Government and follow advice so that everyone can stay safe.



To find out more about the Health Task Group visit our website:

www.nypartnerships.org.uk/nyhtg



If you have any questions or ideas about the North Yorkshire Health Task Group please email Shanna from North Yorkshire County Council at Shanna.carrell@northyorks.gov.uk



Take care and stay safe,

Christopher Porter

Co-Chair of the North Yorkshire Health Task Group