

BEDFORDSHIRE & LUTON

Health Facilitation Service

Having an Annual Health Check



We care
We respect
We are inclusive



East London
NHS Foundation Trust

About Us

Health Facilitation is part of a wider team known as the Health Equalities Service which supports people with their physical health.

The Health Equalities Service is also part of Services for People who have a Learning Disability, known as SPLD.

We work with adults over the age of 18, who have a Learning Disability and live in Bedfordshire and Luton.

People must also be registered with a GP in Bedfordshire and Luton.





What is an Annual Health Check?



Annual Health checks are for people who have a Learning Disability.



An Annual Health Check is done by your doctor or nurse once a year.



Your Doctor's surgery will invite you by telephone call or a letter.



You do not need to be ill to have an Annual Health check.



You can have an Annual Health Check if you are 14 years or more



Annual Health Checks can help you to stay healthy.

It is good to have an Annual Health Check.



Your Annual Health Check could take up to an hour to complete.



You may see a Doctor or Nurse or you might see a Paramedic or Care Coordinator.

One person may review your medication and some one else might do the physical health checks.



You can ask someone to go with you to the Annual Health Check.

This could be a carer, family or someone from the Health Facilitation Service.



You can talk to your Doctor or nurse about anything you are worried about.



You can ask questions about your physical health.



You can ask questions about your mental health health.



You can ask for an Annual Health Check if you have not had one.

This might help you stay healthy.



You must be on the Learning Disability Register to have an Annual Health Check.

If you are not then speak to your GP practice.



What happens at an Annual Health Check?



A Doctor
or
a Nurse will:



Check your
Weight.



Check your Height.



Will check your blood
pressure.



Will listen to your heart
and chest.



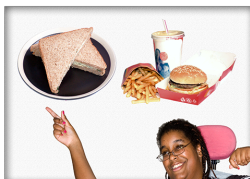
Check your pulse rate.



May look into your ears.



May look at your eyes.



Talk about what food you eat.



Talk about how you are feeling.



Look at the medicine you are taking.

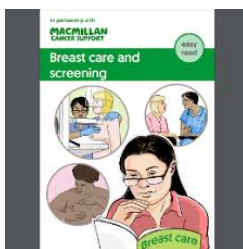


They may want to check your urine (wee).



They may want to take some blood.

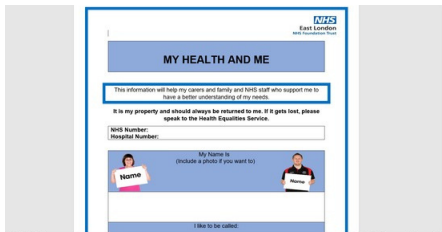
If you are worried about this then speak to them.



You might get asked about health screening.
This can include:
Bowels
Breast
Cervical



**What should you take to your
Annual Health Check**



**Your Health Passport or My
Health and Me booklet.**



**Some Doctors ask you to bring a urine
(wee) Sample with you.**



**Some Doctors ask you to bring a stool
(poo) Sample with you.**



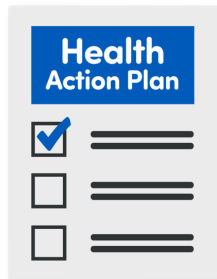
**You can say No to any part of your
Annual Health Check
if you are unhappy.**



At the end of your Annual Health Check



The Doctor or Nurse will talk to you about your Health Action Plan.



The Doctor or Nurse will update your Health Action plan.



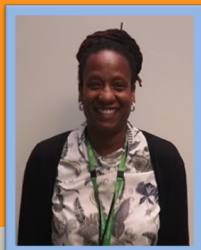
They should provide an updated Health Action Plan for you.



The Health Action plan says the things you must do to stay healthy.

If you need to see any other health professional it will also tell you about this.

Health Facilitation Team Members



Toni McLaughlin Tel: 07973 231 509
(Mon-Wed)

Joyce Joseph Tel: 07796 273 415

Sarah Kelley Tel: 07580 719371 (Thurs/Fri)



Tosan Ejuetami Tel: 07990 850866

Jeanette Broadhurst 07899 065737



Karen Ferguson 07983986082

Jackie Errington 07983 986083



Jeanette Broadhurst 07899 065737
(Lead)

Bukola Agunbiade



Karen Walsh 07983 410 519

Michelle Robertson 07983 410458

Contact us

Specialist Services for People with a Learning Disability -
(Bedfordshire and Luton)
Clinical Resource Centre
Milton Road
Clapham
Bedfordshire
MK41 6AT

Tel: 01234 310589

Email: Elt-tr.spldreferrals@nhs.net

Web: elft.nhs.uk/services/specialist-services-people-learning-disability-bedfordshire-and-luton



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[NHSELFt](https://www.youtube.com/channel/UCNHSelft)



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.

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