

# BEXLEY, GREENWICH AND LEWISHAM LEARNING DISABILITY BIG HEALTH DAY ‘Being healthy, having fun’



27  
Information  
stalls

## Magpie Dance classes



Yoga and  
exercise

A theatre performance by  
the **Baked Bean Company**



Cancer  
screening  
information

## Mini Health Checks



# SELCA

South East London Cancer Alliance

## WHO MADE THE DAY POSSIBLE?



### Bexley, Greenwich & Lewisham Clinical Commissioning Groups – Members of the South East London Commissioning Alliance

Bexley Healthwatch

Lewisham Healthwatch

Greenwich Healthwatch

POWHER

Greenwich Peoples Parliament

Bexley Mencap

Three C's

Healthy walks

Special Needs Dentistry

Aurora

MAGS

Macmillan

Smoothie Bikes

OT Community Nursing

Lewisham Speaking Up

Bexley Speaking Up

GSTT Rehab Service

See Ability

Care charitable trust

Oxleas

Inflatable Colon

Charlton Athletic

Groundworks

GSTT skin advice

CRUK

Bexley Deaf Centre

Dr Claire Bates

GSTT Audiology

Dr Esther Appleby

Dr Karen Upton

Dr Winnie Kwan

Greenwich CCG

Bexley CCG

Bexley Training Hub

Baked Bean Theatre

Michael Boyce Centre

Carlton Choir

Magpie Dance

Lewisham CCG

Bexley Council

Greenwich Council

Lewisham Council

Therapy Dog

Nexus

- The Bexley, Greenwich and Lewisham Learning Disability Big Health Day was held at Thomas Tallis School on the 25<sup>th</sup> of October 2019.
- This was the first time an event like this was organised across 3 boroughs.
- The event was a cancer awareness and health information day for people with Learning Disabilities, and their friends and family, from Bexley, Greenwich and Lewisham.
- There was a large 'Market Place' with 27 health information 'stalls' plus exercise classes, smoothie bikes, the inflatable colon and of course Thomas the therapy dog.
- The Baked Bean Theatre Group and local choirs performed throughout the day in the theatre.
- The Magpie Dance Group offered dance lessons.
- We had separate classrooms for Health Checks, health information and yoga.
- There were over 40 volunteers from a Cancer and Learning Disabilities background to help out on the day.

- Over 340 people attended the day.
- Almost 100 mini Health Checks were delivered.
- The top 3 stalls visited were;
  - Inflatable Colon (giving bowel cancer prevention information)
  - Three C's (supporting people with LD to have control over their choices)
  - Cancer Research UK (cancer prevention and early diagnosis information).
- As a result of our survey 85% of organisations involved said they felt inspired by the event.
- 100% of organisations said they would like to be invited to future events.

## WHAT WAS THE BEST PART OF THE DAY?

Learning about the different services available for people with learning disabilities



Cancer Signs and Networking

Meeting new people and seeing different services offered in other areas

It was fantastic thank you!

The wonderful atmosphere, meeting up with people, thank you for a GREAT event, very helpful

Everything, blood pressure/health checks, watching the film about ears

The stalls with all the information were great!

## WHAT DID YOU LEARN TODAY?

Makaton

I learned about a social group that takes place near my home



About Emotions, good and bad feelings

Screening, breast examination and where it's safe to do it

A lot of interesting things. I had a health check, I learnt about blood pressure

To look after ourselves, keep healthy

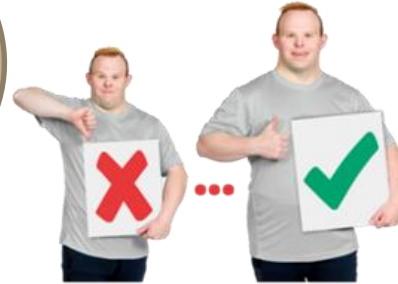
How to be healthier, what services there are to support

About what's bad for you, more fruit and veg, more fibre in the diet

## HOW CAN WE MAKE THE NEXT EVENT BETTER?

I think that you should raise funds through things like Tombola or selling items at future events

Stallholders:  
Prepare an info pack for them, including what's happening on the day



Have a venue that isn't so big it was difficult for some service users to get from workshops to other areas.

Just do it all again, nice and easy venue, I want to see it happen again

More Physical fun activities for clients

Send more information out

Information and help with sugar diabetes and managing my medications



**Smoothie bikes in action!**



**Thomas the therapy dog**



# A few pictures from the day...

**Winnie and the inflatable colon**



**Michael Boyce Choir**



**Carlton Choir**

