

Improving our Health: What matters to people in Sheffield?



**This leaflet is in
Easy Read**



Why we're doing this
Why do we need to talk
about the health of
people who need more
support?



**What work have we been
doing?**
Find out what different
teams have done to help
people since the first
strategy in 2019



**What are our plans for
the future?**
How we want to support
people going forward,
and our next steps.

Introduction



This leaflet has been made to show plans to **improve people's physical health** in Sheffield.



It is a plan to support people **with learning disabilities, Autistic people, and people living with severe mental illness.**



This leaflet is in **Easy Read**. Easy Read makes information accessible for people with Learning disabilities. We do this by using **Plain English and pictures.**



This plan is called the **Physical Health Strategy**. A **strategy** is a plan of things to get done.



This leaflet mentions things that may be **upsetting or triggering**. Please look after yourself and **ask for support if you need it.**

What's in this leaflet?



Why do we need a strategy?
Pages 4-5



What do people with lived experience think?
Page 6



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Page 7



What work do we want to do in the future?
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Why do we need a strategy?



We know that people with learning disabilities, Autistic people, and people living with severe mental illness are **very different groups**. But these groups **share barriers to healthy lives**.



For too many people this means living for many years with **bad physical health** and **lower quality of life**.



Very sadly, this can sometimes lead to **people dying earlier**. On average, people from these groups have a **lower life expectancy**.



An example of this is that on average women with learning disabilities **die 27 years earlier** than people not in this group.

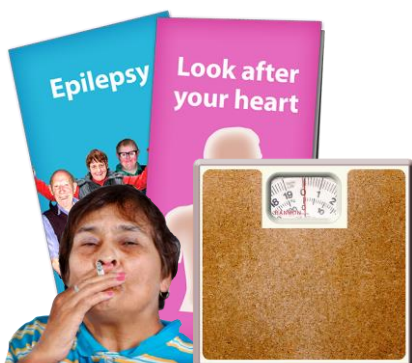
Why do we need a strategy?



Research done by LEDER shows that people with a learning disability and Autistic people **do not always receive the same care**. This can make people's **health worse**.



It is also important that people have regular **medicine reviews** with their doctor and that they are given medicines for the right reasons, in the right amount and for the right amount of time.



Some **other reasons** that can cause early death are; smoking, lifestyles affected by different conditions, weight and diabetes, breathing problems, and epilepsy.



We want everyone in Sheffield to live **longer and healthier lives**. We want to do more to support these three groups of people who have **more barriers to living healthy lives**.

What do people with lived experience think?

I need affordable disability-friendly sessions at the gym, and better accessible changing rooms

Carers and family members also need support. They should be valued as experts and partners



Doctors and nurses need to be trained to understand Learning disabilities and Autism. I need people to understand what it's like to be me!

Long wait times for appointments and noisy environments make things inaccessible.

NHS services need to make more Reasonable Adjustments

I need support to go to something for the first time or it is not accessible.

What work have we done so far?



In 2019, lots of different people came together to make Sheffield's first **Physical Health Improvement Strategy**. A strategy is a plan of how to improve things. Some of the things we've done since are...



Made **new job roles** that support people to go to things like annual health checks or gyms.



Helped support people on mental health wards **to quit smoking**.



Helped 79% of people in Sheffield with a learning disability receive their **annual health check**.



Sheffield has been trying out annual health checks with **Autistic adults** too



We have listened to what people with **lived experience** have to say through groups and events.



We have put what people said into our **new strategy for 2023-2028**.

What are our Aims for the future?



There are lots of things we want to work on **in the next five years**. We know for the groups we are supporting; some things are more important than others. This is called a **priority**. We currently have **three** priorities.

Priority 1



We want everyone to have **access to healthy living activities** and support.



For example, helping people to move more and get active. Or with things like being **a healthy weight or stopping smoking**.

Priority 2



2. We want everyone to have access to the **medical appointments and health care they need** to stay well.



This can be things like reasonable adjustments at the **doctors, hospital, or dentist**. We also want to improve staff training and the use of hospital passports.

Priority 3



3. We want different teams and services to help make it easier for people to have **good physical health**. This could be social care, or from **mental health and learning disability**.



For example, **helping people get to their health appointments**. Or providing better physical health care if someone is in hospital being treated for a mental illness.

We also want to...



Make sure this strategy covers people of **all ages**. We will make sure that teams looking after younger and older people are involved.



Recognise that **family carers** need support to do their role. We think their expertise should be valued.



Better understand and meet the needs of all our **different communities in Sheffield**. We will do work to address people with more health inequalities, including working with the **Sheffield Race Equality Commission**.



Work with the **Sheffield Adult Safeguarding Partnership** to make sure people who are vulnerable are not at risk of abuse.



Make sure to consider **the cost of living challenges** that affect the three groups we are supporting.

What are our next steps?



We will continue to work with people who have **lived experience**, including family carers, to make sure we are doing things right.



We will **make a plan** of how we are going to reach our goals. This is called a **delivery plan**. We will make sure people with lived experience agree with this plan.



Our group will report to the **Mental Health, Learning Disabilities, Dementia and Autism Delivery Group**. They work with many different people across the city.



We will work with different groups and other strategies where **our goals overlap**. For example, we want to work with Sheffield wide stop smoking campaigns.



We will listen to feedback from people with lived experience on our **delivery plan**. We will use this to shape our **next steps**.

Thank you and contact information



There are some details from the strategy not in this Easy Read booklet to keep it accessible. If you want to see the **full strategy, please visit:**

www.sheffieldhcp.org.uk/what-we-do/integrating-care/delivery-groups/mhldda/improving-the-physical-health-of-people-living-with-smilda/



Thank you to people with lived experience who took part in feedback and events through our partner organisations. They include: NHS Sheffield, Sheffield City Council, Mind Sheffield, Sheffield Mencap and Gateway, and Disability Sheffield.



Disability Sheffield
Centre for Independent Living



Thank you to Sheffield Voices for translating the strategy into Easy Read.