

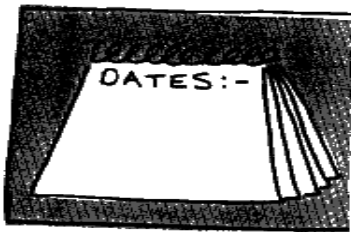


Health Action Planning: Working together to get the best out of Health

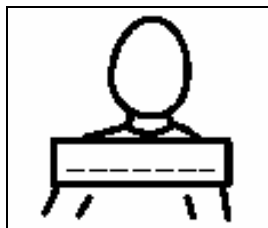
What we did



5 training days at
Strood library



In January, February and March
2007

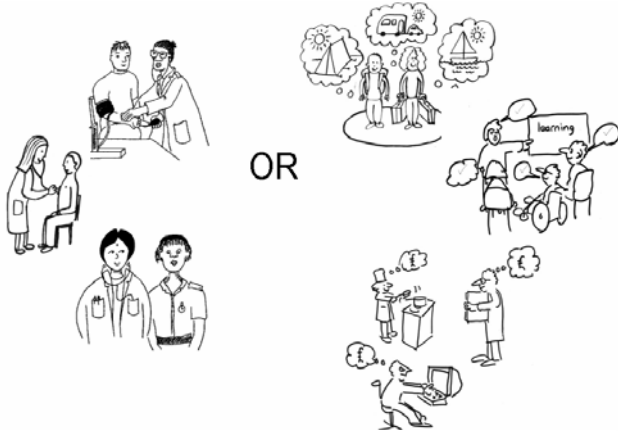


61 people came to the training

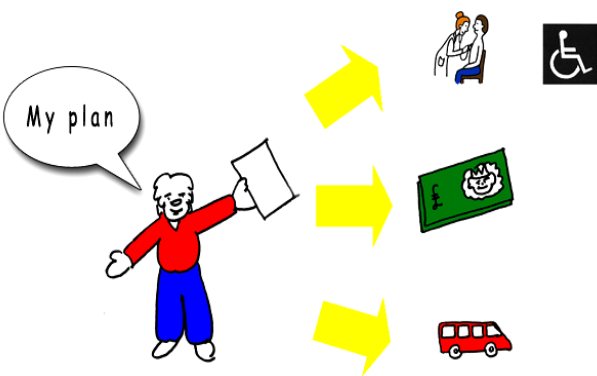




What we wanted



What does health mean



How a Health Action Plan can help



Who can support you to have a Health Action Plan





People said some good things about the training



Understanding the health action plans

Doing activities

All people will learn with help and not sitting all day



Telling people about my dreams

Working and learning from other people

I liked everything



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Daniel Marsden – Community Nurse Tel 337433 email Daniel.marsden@nhs.net



People said they would change things about the training



It was not always easy to hear in the room

More exercises

Make the day shorter

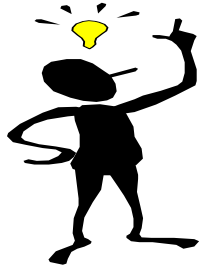


Smaller groups

More role play

More attendance by clients





Things people have learnt



How easy it is to implement a health action plan

You should go to the GP

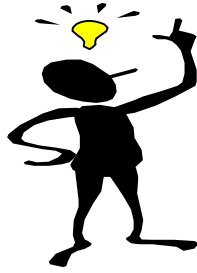
I have got dreams

Putting myself in someone else shoes

How people see and understand things differently

Confident to stand up and speak up





What we learnt



Inclusion means
Everyone is invited

No-one likes being excluded

We can all learn together



We all have dreams and wishes





What is next?



Train more people in Health Action Planning



Support people with learning disabilities and parent carers to be trainers.



Make sure everyone is included



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