



MacIntyre

Providing support...your way

HEALTH TEAM NEWSLETTER

SEPTEMBER 2024



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Hello and welcome to our first newsletter! We are excited to introduce our Health Team Newsletter - a dedicated space to keep you informed, inspired, and connected.

Each edition will bring you the latest updates from our team, health and wellness tips, upcoming events, and highlights of our collective achievements.

Whether you're looking for expert insights, motivational stories, or ways to stay engaged, this newsletter is designed with you in mind.

We look forward to sharing best practice towards better health outcomes for people drawing on our support and building stronger connections with all of you in the future!



Palliative Care Awards



Memory Café



Victoria & Stuart Project Work



Oliver McGowan Trainers

“Meet the Health Team”



Name: Nicola Payne

Job Title: Health and Families Manager

I have had the pleasure of working at MacIntyre for the past 18 years. My job is to oversee the Health Team's workplan ensuring that people with a learning disability have good health outcomes and staff teams feel educated and supported in different health topics such as dementia and death and dying. I also support everyone to be able to work well with families and circles of support. Part of my job is working closely with people with lived experience and I love running training sessions together. My passion is to empower people with a learning disability to have more choice and control in their life's when it comes to their own health.

Name: Rosie Joustra

Job Title: Health Assistant

I joined MacIntyre in 2016 on the Dementia Project. I am an expert by experience and I love helping the team work on their workplan. I am also supported by MacIntyre. I especially love to talk about dementia and share my experience. I co-presented talking about my experience during the last conference at Dementia Congress which I have presented at on a number of occasions during my employment at MacIntyre. I have worked with Dementia UK and the NHS to create a film about learning disabilities and dementia.



Name: Rachel Furniss

Job Title: Health and Wellbeing Facilitator

My background is in elderly dementia care in the private sector. I have worked in this sector for over 13 years. I started my journey with MacIntyre in 2018. My first role was in the Derbyshire Day Services as a Learning Support Worker. In 2022 I was seconded as the lead on the Dying to Talk Project. I then had the opportunity to join the Best Practice Health Team as a permanent member in 2023. I enjoy working with people who draw on MacIntyre's support to raise awareness of health inequalities and taboo topics.

Name: Meg Wilding

Job Title: Health and Wellbeing Facilitator

I have had a few roles in my years at MacIntyre from Support Worker to Administrator and have been lucky enough to be involved in lots of different projects; Dementia Project; creating specialist support for those living with dementia and a learning disability. Victoria & Stuart Project; creating an accessible, sustainable and co-produced toolkit to facilitate conversations about death and dying. The Co-Pro's; MacIntyre's internal co-production working group. My passion is people who draw on our support and improving outcomes for people when it comes to their health and wellbeing!



How can the Health Team Support You?

Oliver McGowan Training: Making a Difference

We offer the Oliver McGowan Mandatory Training in partnership with MacIntyre Co-Trainers who are experts by experience, who can answer your questions and guide your practice.

Our mission is to ensure that people with a learning disability and autistic people receive the best support that they deserve when accessing health care. We tackle a sensitive topic with passion and commitment hearing directly from people with lived experiences. Our team thrives on collaboration, working together to bring a meaningful change and see improvements for those facing health inequalities.



Health at Your Finger Tips: Health Recording Training

This mandatory training from the Health Innovation ensures detailed health records are created and easily available as evidence for person drawing on our supports changing health needs. Here is a brief overview:

- 1 MacIntyre Health Recording, including the Health Calendar is an incredible tool. The Health Calendar is daily monitoring, enabling health professionals to clearly see changes through the month allowing for a timely diagnosis.
- 2 The Description's and Actions inform us of the action to take when recording in the Amber and Red sections of the Health Calendar.
- 3 Significant Communication sheets are completed when recording in the Amber and Red sections which provide clear communication of action taken, and the outcome.
- 4 The Baseline Health Assessment details what a persons 'usual' is regarding their health, it is crucial that if support staff don't know the person well that it sits with the health calendar in order for recording to be accurate.
- 5 Monitoring Health Assessments are to be in place if a person's 'usual' has changed, it may be a new diagnosis, all this information then sits in the Monitoring Health Assessment and should also be kept with the Health Calendar.

	DESCRIPTIONS (AMBER)	ACTIONS (AMBER)
Physical	Person is unable to perform basic physical tasks (e.g. walking, standing, sitting, lying down) or has difficulty with mobility. This may be due to a physical condition, pain, or a mental health condition.	Refer to GP or other health professional for assessment and advice. Consider referral to a specialist service if appropriate. Consider referral to a community care team if appropriate.
Mental	Person is experiencing significant changes in mood, behaviour, or thinking. This may be due to a mental health condition, a physical health condition, or a combination of both.	Refer to GP or other health professional for assessment and advice. Consider referral to a specialist service if appropriate. Consider referral to a community care team if appropriate.
Social	Person is experiencing significant changes in social interactions or relationships. This may be due to a social condition, a physical health condition, or a mental health condition.	Refer to GP or other health professional for assessment and advice. Consider referral to a specialist service if appropriate. Consider referral to a community care team if appropriate.

ANTICIPATORY CARE CALENDAR - SIGNIFICANT COMMUNICATION SHEET

Name	Significant Communication	Completed
John		
Carla		
Health Professional		
Outcome		

How can the Health Team Support You?



Dementia Champions: Empowering Staff:

Building on our award-winning Dementia Project, we offer workshops and advice on supporting staff, families and people we support living with or suspected of dementia.

People with learning disabilities, particularly those with Down's syndrome, are at increased risk of developing dementia. If a person with a learning disability develops dementia, they will face different and additional challenges to people who do not have a learning disability.

1 in 5 People with learning disabilities who are over the age of 65 will develop dementia.

2 in 3 People with Down's syndrome have an even higher risk, with about 2 in 3 people over the age of 60 developing dementia, usually Alzheimer's disease.

Team Debriefs:

Following an incident or death or difficult times, debriefs provide safe space for teams to discuss concerns, share and learn from experiences, and offer support. Its not about finding blame, its about learning and growing together.



Start Early, Start Strong: Advance Care Planning

Help people who draw on our support, their families and your staff have open conversations about growing older and planning for the future. We offer:

- ➡ Award winning co-facilitated workshops with experts by experience on Loss and Bereavement.
- ➡ No Barriers Here workshops, a is a creative, unique and innovative approach to Advance Care Planning for people and communities who experience inequity accessing palliative and end of life care.
- ➡ Victoria and Stuart Project Toolkit workshops. The toolkit was created together with people with learning disabilities, families, support staff, and healthcare professionals. It includes resources and approaches to support staff with end of life care planning with people with a learning disability and autism



How can the Health Team Support You?

Knowledge is Power: Accessible Workshops & Resources

From Health Inequalities to Healthy Lifestyles, we offer a range of informative workshops and resources to equip the people who draw on our support with the information they need to make an informed choice, ensuring that they feel empowered and have control over their health, where there wish to.



- ➡ Dementia Awareness for people drawing on our support to understand why they may see changes in their friends, house mate or peers.
- ➡ Loss and Bereavement workshops, creating a safe space for people to talk about their experiences of loss.
- ➡ Talking about Death and Dying, a workshop that takes the fear out of talking about death, and helps plan for the future and what can help us live life well.
- ➡ Easy read resources, created in co-production with MacIntyre easy read advisors we have a whole suite of resources such as "Vince has Dementia", "What is Sepsis" and "Let's Talk about Flu"

Watch this space.....

We are currently in the process of creating more accessible workshops, made in co-production with experts by experience and people drawing on our support.



Jasper Pickles Climbs Everest

Focusing in on the health inequalities people may experience when accessing healthcare, with the aim on highlighting rights to request reasonable adjustments and the objective of improving experiences for people. If you attended the Ignite conferences last year you would have insight into this immersive audio learning created with [Made by Mortals](#) and people who draw on our support at MacIntyre.

Lets Talk. Period.

This summer we were delighted to be granted funds from Holland and Barrett to work specifically on Women's Health. The project will be focused on periods, peri-menopause and menopause. We plan to run workshops for both people we support and staff and will create accessible resources throughout.



Easy read health films:

We know that easy read is a fantastic resource, however we understand that it's not accessible to everyone. We are in the process of making all our easy read into films, with audio to listen to. The 'A Good Doctor' series will be available soon!

“Useful Films and Resources”



We Need to Talk About Death



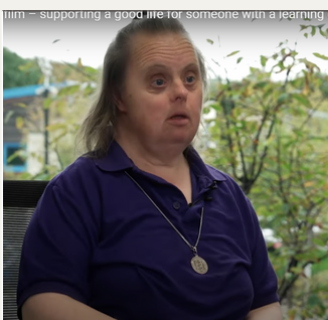
Commissioned by NHS Somerset, [biggerhouse film](#), worked with a group of adults with learning disabilities from [My Day Care Services](#) to produce this film called "We need to talk about death". The intention of the film is to remove the taboo from talking about death and dying and open up conversations.



Poo Busters



Constipation can be a life-threatening issue for people with a learning disability who are at heightened risk from complications if it is left untreated. In fact, 23% of people with a learning disability who died in 2019 had constipation as a long-term condition. Some studies report constipation being a problem for up to 70% of people with learning disabilities.



Supporting a Good Life for Someone with a Learning Disability and Dementia



Someone with a learning disability is more likely to develop dementia than the rest of the population, sometimes at a younger age, and it may get worse more quickly than someone without a learning disability. This short film shares what works to support timely diagnosis and a good life at home in the community, hearing from Rosie and some of the people involved in Rosie's care and support.



Misfits Theatre Company: Reasonable Adjustments

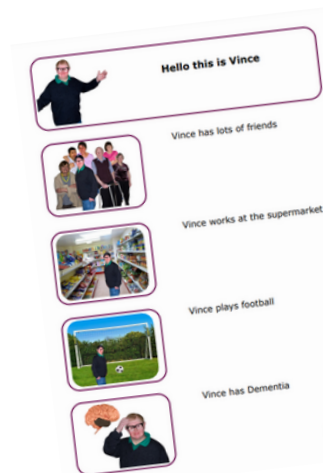


Reasonable adjustments are small changes that can help people with a learning disability be treated equally. The law says that reasonable adjustments should be put in place. It's people we support's right to ask for reasonable adjustments when attending an appointment for your health. Misfits Theatre company have created this film to show ideas of what can be asked for.

“Useful Films and Resources”

Easy Read NHS Newsletter

This newsletter is for, people with a learning disability and autistic people, their families, carers and advocates. Also for community groups and charities. There is lots of information in this newsletter including: The importance of reasonable adjustments and the Reasonable Adjustment Digital Flag. What is Diabetes? How to get support and speak up.



Vince Has Dementia

This is an easy read resource, created by people who draw on our support in Chesterfield, alongside MacIntyre's easy read advisors. It is a really valuable tool to help people we support understand Dementia. It's been successfully used to help educate peers who don't understand why their flat mates or friends behaviour has changed or are unable to do things that they used to.



Living Well, Dying Well Makaton

During the Dying to Talk project we highlighted a few areas in which staff had requested more help and support with, in particular, around communication and how to navigate those difficult feelings and conversations.

We were then approached by Jess, a person who is both supported by, and works for MacIntyre. She asked us if we needed any support around Makaton and signing. It was at this point that we identified there was a gap in some of the resources which no one else had created (that we could find). So, we created the Living well dying well cards and films



“Dementia Special Interest Group”



Topic: Understanding Behavioural Changes due to Dementia

The Dementia Special Interest Group is open to anyone who would benefit from sharing experiences arising from the changing needs of people with dementia, as well as listening to people with lived experience and other specialists in the field.



Wednesday 22nd October



9:30 - 12:30



Sign Up