



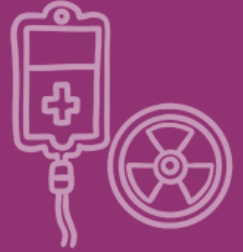
MacIntyre

Providing support...your way



HEALTH TEAM NEWSLETTER

ISSUE 2 - APRIL 2025



Get in touch anytime by:

- 01908 230 100
- nicola.payne@macintyrecharity.org
- rachel.furniss@macintyrecharity.org
- meg.wilding@macintyrecharity.org
- [@macintyrehealth.bsky.social](https://www.bsky.social/macintyrehealth)

Hello and welcome to issue 2 of our newsletter!

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.

Since our first issue, our team has been out and about visiting different home and hubs across MacIntyre. It's been fantastic getting to know you and the wonderful people drawing on our support, and we can't wait to meet more of you throughout 2025! We hope you enjoy reading this issue!



Let's Talk. Period.



Live Sui-Ling Show



South Ignite Conference



Christmas!

The Health Team out and about in MacIntyre



Nicola Payne

"It's been a while since I managed to make my way over to see the wonderful people in Wrexham. So, I planned with their area manger Carly Morrissey and a date was set. My plan was to go to see two homes and get to know the people who lived there and build a plan of support with the home's manager. On my visit I started to gain an understanding on how the Health Team could provide some extra support for people who live there but also the staff teams. Some of the advice was:

- Health Recording Refresher Workshops
- Advanced Care Planning Workshop
- Environmental Assessments
- Annual Health Check support and awareness

The advice we provide is to ensure that everyone feels supported and in control of health needs of people who draw on support at MacIntyre. We continue to work together and plan to link closely throughout 2025. If you need any extra support or just want to talk something through, you can always reach out to the Health Team, as we are all happy to help if we can."

"Well what a few months this has been so much going on with the Health Team!

Since our last issue I have successfully helped set up two new Beyond Words Book Clubs in MacIntyre. Warrington held their first book club in January and are eager to learn about health topics such as diabetes, epilepsy and healthy eating. Watch this space to find out what they call their group and find out how they get on running their clubs.

Chesterfield has reviewed the new and upcoming book 'The Naughty Seagull' who they called Steven Seagull. They had fun reviewing the book and the twist at the end made everyone feel sorry for the seagull.

If you want to know more about book clubs and want to open one in your area please contact Rachel.furniss@macintyrecharity.org and I will help you."



Rachel Furniss



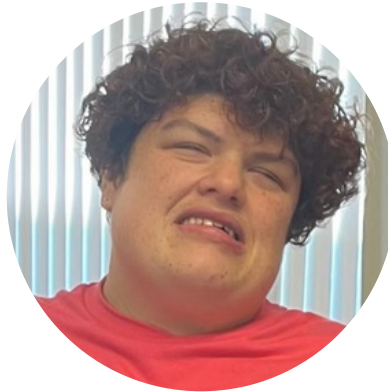
Meg Wilding

"It's been amazing getting to know teams across MacIntyre better, these past few months, by visiting homes and hubs across the country. I've met some truly inspiring teams who are always going the extra mile for the people drawing on our support.

I've had some great chats with people we support, talking about their health and how they feel about accessing healthcare. These conversations have given me a real insight and understanding of their experiences.

So far, I've been to The Wirral, Leicestershire, Buckinghamshire and homes in Milton Keynes, where I am based. I'm really looking forward to meeting more people throughout 2025 and learning about all the fantastic things happening across MacIntyre. I'm excited to share these great ideas with everyone too!"

Voice of a Co-Trainer Gemma!



Gemma is a MacIntyre Co-Trainer and is employed to work on the Oliver McGowan workshops. Gemma said:



I love my job because I'm helping people to understand about learning disabilities and autism.

Also, I feel really comfortable being a part of the team. Hopefully it inspires more people with working with learning disabilities and autism in 2025.

Going to Birmingham awards and Marjorie Newton Wright Awards were both amazing because the whole team was together at both. Also meeting new people and listening to their stories of experience because they inspired me with my story to tell.

To be employed by MacIntyre is just awesome because I always wanted to work and was told I couldn't work because of my disability. I also like to help care staff managers and NHS to understand and how to support people with learning disabilities 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 they wish to.

- ➡ Dementia Awareness for people drawing on our support to understand why they may see changes in their friends, housemates 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, co-produced 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".



Let's Talk. Period.

The Health Team were awarded funding to run workshops on periods and perimenopause by the WellWoman Grant and Holland & Barrett. We are currently running workshops for people supported by MacIntyre and staff to join and learn together about period health and products and the signs and symptoms of menopause.

We had a wonderful day filming an awareness video to support the project and create a lasting resource. Look out for the video coming soon!



'I found this workshop very informative and helpful, Gemma the Co-Trainer, was amazing'
-MacIntyre Staff Member

Watch this space for more updates.

If you feel that you would benefit from having a session at your home or hub, or for more information, please contact Rachel.furniss@macintyrecharity.org

The Dementia Pathway

We've always provided person-centred, responsive support to any MacIntyre team where staff are noticing changes in a person which could be due to dementia. We are pleased to share a new formalised structure to share with local teams that shows staff exactly what support is available to them.



We are thrilled to be launching our Dementia Pathway, an internal MacIntyre structure that takes staff from the very first steps when someone is showing symptoms of dementia, all the way through to in-depth education for the advanced stages of dementia. This is dovetailed by our 'Dying to Talk' offering that provides structure around advanced and end of life care planning, best practice advice when someone is dying, and loss and bereavement support.

What's in our Dementia Pathway?

Our Dementia Pathway is split into three sections and staff are expected to work through it chronologically for anyone who is newly suspected of developing dementia.

Local teams move onto this Pathway once they've completed the Health Team's Dementia Referral Document, which asks for key information about the person with suspected or diagnosed dementia. Local teams that are already working with the Health Team to support a person with diagnosed or suspected dementia will be guided to the most appropriate section of the pathway depending on the needs of the person or persons we support.

Our bespoke support offer for MacIntyre teams

For many years we've provided bespoke support for MacIntyre teams where someone is living with suspected or diagnosed dementia. This has been provided by our Health Team in conjunction with our external dementia consultant, Beth Britton, and our nursing colleagues.

This approach enables the people who draw on our support to have the best quality of life possible, staff teams to feel informed and empowered, and for us to achieve key aims for individuals which are often around ensuring someone can remain in their home of choice as their dementia advances.

Scan the QR code to take you to the Dementia Pathway.

Scan to find out more about the
Dementia Pathway here



Beth Britton Reflections on 2024

2024 was another year of providing bespoke, meaningful, practical and actionable support within MacIntyre for teams and service as well as continuing to keep MacIntyre's external profile as a leading social care provider prominent.



The work we do with people who draw on MacIntyre's support will always be a highlight in my work with the Health Team, and from being interviewed by Sui-Ling, to working with Jess on the ARC England/MacIntyre training, our truly co-designed, co-produced approach is the very best example of what makes MacIntyre special.

Without a doubt 28 June 2024 will remain in my mind for a long time.

Joining Jess and Nicky to pick up two Palliative and End of Life Care Awards for our ARC England/MacIntyre Loss and Bereavement training was a wonderful moment. These awards are testimony to what Jess brings to the table as a co-designer and co-trainer, and the wonderful support we've had as a team from MacIntyre and ARC England to develop this training. The feedback we had in 2024 for the Loss and Bereavement training (from both NHS and social care staff) was lovely to read.

Let's Talk Poo

Rachel has been out and about in services too. Have a look at this case study on Matthew and see how Rachel helped support him and his staff team to break down the barriers around the topic of poo, and see how practices have changed to become more person centred now leading to open conversations with Matthew and his poo.



“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.

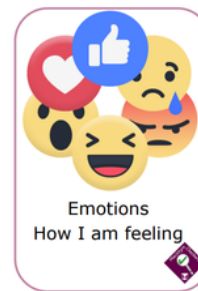


Living Well / Dying Well Cards

The Health Team and Jess have created signing cards and a film to help open up conversations about death and dying



Emotion Cards



Easy Read Health Film



“Dementia Special Interest Group”



Topic: Communication

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.



Tuesday 21st Oct 2025



9:30 - 12:30



Sign Up