



Engagement Team.

c/o Manchester People First • 3 Broughton St. Cheetham Hill M8 8RF
Phone 0161 839 3700 • Email mpfeteam@gmail.com

Report December 2025



Name: _____

Have you had an Annual Health Check?

 Yes No Not sure

Do you have a Health Action Plan?

 Yes No Not sure

If you have a Health Action Plan, is it useful?

 Yes No

Inside...

Health Screening

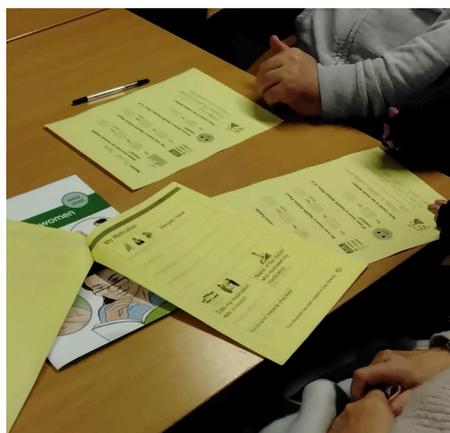
Health Screenings and Checks

Name: _____

Age: _____

 Have you had any of the following routine health screenings?

	Yes	No	Don't know
Diabetic Eye			
Cervical (smear)			
Breast			
Bowel Cancer			
Abdominal Aortic Aneurysm (AAA)			
Other:			



and

Annual Health Checks



NHS Screening and Annual Health Checks.



The third topic for this year was 'Health'. The LDAT wanted us to find out how learning disabled adults feel about having screening and their annual health checks.

We did 8 'Health' workshops. This is one more than we did for the last topic, which we are pleased about. We did workshops at: Scout Drive, Ross Place, Hall Lane, Heathfield, Northfield, MPF, Shaw Centre and the One Club.

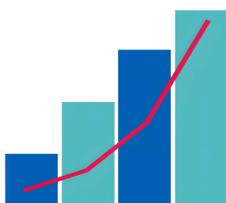


We managed to do a workshop at One Club after sending lots of emails and making calls to arrange this.

Members of the E Team also took the opportunity to do some worksheets during other sessions at MPF. This helped boost our numbers.



We had a workshop booked with Manchester College that they cancelled at short notice. We hope to do our next workshop with them.



In total, we spoke to 76 learning disabled adults. This is the most we have ever done, so we are very happy.

First, we talked about NHS Health Screening. We showed videos of the NHS Screening tests that women and men have. Then we asked some questions:



1. What screening tests they had had, and we put the numbers in a table:

Total Number	Men	Women	Women over 25	Women over 50	Women over 60	Men over 60	Men over 65	Diabetes
76	47	29	27	14	9	15	7	11

Notes:

- We saw more men (49) than women (29).
- 42 of the 76 adults were the right age for screening
- 24 people were over 60 and should have been called for bowel screening - **19** said they had done it
- 27 women were over 25 and should have been called for cervical screening - **13** said they had had it
- 14 women were over 50 and should have been called for breast screening - **11** said they had had it
- 7 men were over 65 and should have been called for AAA - **6** said they had had it

2. 3 things they felt about having screening tests. The 3 top responses were:



- 34 people felt nervous/anxious/worried
- 31 were OK/happy
- 19 were scared



3. If they knew why they were going for screening

- 35 said they did know why
- 25 said they did not know why
- 16 did not answer, probably because they had not been for screening yet



4. 3 things that would make screening better/easier. The top ideas were:

- More information in easy read and no jargon
- having a supporting person with me
- talking about what is going to happen and having it explained to me



5. If any reasonable adjustments were made:

Yes: 23

No: 38

No Answer: 15

6. What were these adjustments? Examples were:



- being given extra time and being patient
- using simple language or an interpreter
- allowing a support worker in the room
- an accessible environment
- clear explanations and good information



7. If they got information in EasyRead:

Yes: 21

No: 41

No Answer: 1

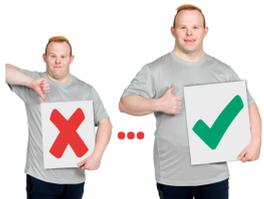
Next, we talked about Annual Health Checks and Health Action Plans. Everyone on the learning disability register should have one from the age of 14. We asked:

- 1.** Have you had an Annual Health Check?
- 2.** Have you got a Health Action Plan?
- 3.** Is your Health Action Plan useful?



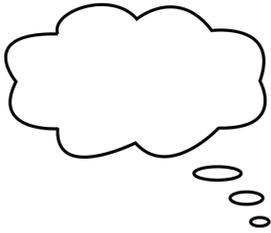
Had Annual Health Check	Have Health Action Plan	Useful Health Action Plan
59	36	32

4. How it could be better:



- If the doctor/nurse listened and understood me
- Simple language, easy read, more pictures
- Better explanations and information
- Someone in the room who knows me
- About me and meaningful to me
- If I was more involved, not just a tick box
- Need to know about it!
- Go through the health action plan with me
- Include good things as well as things I need to do better at
- Be polite and talk nicely and make it fun!
- Take more time, maybe more appointments
- Share it with important people who help me
- Digital format

Our Thoughts and Ideas:



- Could screening tests be done during Annual Health Checks (such as the bowel cancer screening)?
- Could screening tests be explained during the Annual Health Check?
- Lots of learning disabled adults are getting their annual health checks now, but no one could remember having one at the age of 14!
- Most of the adults we spoke to did not know about Health Action Plans or think they were not useful (the numbers say 32 thought they were useful, but we realised the question was confusing and people were saying annual health checks were useful).
- We want to see better Health Action Plans that mean something to the person they are for.
- We were concerned that a lot of women we spoke to over the age of 25 had not had a smear test.
- We did not see many men over 60.
- We were surprised that someone's results were sent to a staff phone.
- One of the houses has created its own health action plan. This is good, but it would be better if everyone just had one that was good.



Other News:



Blaine and Amber are having training for the technology they got from Access to Work.



The team is getting better at doing their own reports. We have had some training with photosymbols and are getting better at doing EasyRead reports and worksheets.



We are still trying to arrange a visit to 'The Voice', which is part of Mediline. We want to go and introduce ourselves and see if we can do workshops with them.



We need to rearrange our visit Capabilities as we had to cancel it due to another priority. This is another day centre for adults with learning disabilities that we have been told about.



Our next topic is life skills, and we are thinking of looking into employment to see how adults with learning disabilities feel about getting a job.

**Many Thanks,
The Engagement Team**