



LIVING WELL NEWSLETTER

Issue 7 September/October 2024

North Yorkshire and York

WE NEED TO TALK ABOUT...SEPSIS

What is Sepsis?

Sepsis is an emergency condition. It is caused by the immune system, which usually fights off germs, over-reacting to an infection. If sepsis is not recognised and treated quickly, it can damage organs such as the heart, lungs and kidneys and even lead to death. Spotting the signs of sepsis early and getting the right treatment can prevent it from becoming serious.

Sepsis and Learning Disabilities

Individuals with a learning disability have an increased risk of developing sepsis primarily due to:

- Swallowing difficulties / dysphagia, place people at greater risk of aspiration
- High incidence of chest infections, pneumonia
- Increased risk of Urinary Tract Infection due to lowered fluid intake
- Increased frailty at a younger age

In addition people with a learning disability may be more likely to not communicate that they are ill. This means that when they develop Sepsis they become more unwell before treatment starts.

Seek Medical Help

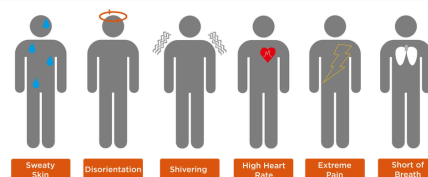
If you, or someone else you know, have any of the following symptoms:

- **S** lurred speech or confusion
- **E** xtreme shivering or muscle pain. High or low temperature
- **P** assing no urine (not having a pee) in a day
- **S** evere breathlessness/fast rate of breathing
- **'I** feel very unwell'
- **S** kin is mottled or discoloured. This includes blue, grey, pale, or blotchy discolouration on the skin, lips or tongue. In different skin types this may be easier to see on the palms of the hands or soles of the feet.

Please see the resources section at the end for links to relevant information and easy read materials on Sepsis.

PLEASE SEE VIDEO BELOW FOR INFORMATION ON SEPSIS AND LEARNING DISABILITIES

Sepsis - Signs & Symptoms



USEFUL INFORMATION CAN BE FOUND AT THE SEPSIS TRUST - CLICK IMAGE



PURPLE ALL STARS CHECK ME FOR SEPSIS VIDEO BELOW



DID YOU HEAR ABOUT ... GETTING MY HEALTH RIGHT FOR ME WORKSHOPS?



Getting My Health Right For Me



Our health workshops are for people with a learning disability and/or autistic people.

If your group, school or college is based in North Yorkshire or York we would like to visit you and share our health workshop with you.



You can choose different sessions for us to share with you, or you can have all of the sessions.



All the sessions are free, but it would be good if there were 10 or more people to share our workshop sessions with.



If you would like more information about our "Getting My Health Right For Me" workshops, please contact:

Sandy Marshall at Inclusion North
Email Sandy.Marshall@inclusionnorth.org
Tel: 07767 776125



We will be talking about some sad things, like being poorly and dying, but there will be fun things as well, including games and quizzes.



We will look forward to hearing from you.



Getting My Health Right For Me



What do you need to know about keeping healthy?



Session 1

- Why people with a learning disability/and or autism are not living as long as other people



Session 2

- All you need to know about Annual Health Checks



Session 3

- Being Body Aware



Session 4

- Bowel, Breast, and Cervical National Screening Programmes

Our workshops have been co-produced, co-designed and are co-delivered by self-advocates, parent carers and healthcare workers



If you would like more information about our "Getting My Health Right For Me" workshops, please contact: Sandy Marshall at Inclusion North Email Sandy.Marshall@inclusionnorth.org

THE LEARNING DISABILITY REGISTER

Find out more about the Learning Disability Register

Does your child get extra help at nursery, school or college as they find it hard to learn or do things for themselves at home?

If yes, they may be able to get extra health support from your GP Practice, including an Annual Health Check from the age of 14 onwards.



PLEASE CLICK ON THE IMAGE BELOW FOR MORE INFORMATION ON THE LEARNING DISABILITY REGISTER



HAVE YOU HAD YOUR ANNUAL HEALTH CHECK AND HEALTH ACTION PLAN YET?

People with a learning disability often have poorer physical and mental health than other people. This does not need to be the case.

It is important that everyone over the age of 14 who is on their doctor's learning disability register has an annual health check.

Please see the resources section at the bottom for link to relevant easy read materials on Annual Health Checks including a video clip.



ABDOMINAL AORTIC ANEURYSM SCREENING

Abdominal aortic aneurysm (AAA) screening is a way of checking if there's a bulge or swelling in the aorta, the main blood vessel that runs from your heart down through your tummy. This bulge or swelling is called an abdominal aortic aneurysm, or AAA. It can be serious if it's not spotted early on because it could get bigger and eventually burst (rupture).

Who's screened for AAA: In England, screening for AAA is offered to men during the year they turn 65. Men aged 65 or over are most at risk of getting AAAs. Screening can help spot a swelling in the aorta early on when it can usually be treated.

How to get screened for AAA: If you're a man and registered with a GP, you'll get a screening invitation in the post when you're 64 or soon after your 65th birthday. If the date/time/venue of the screening offer is not convenient you can call to arrange an appointment that suits you better on **01482 675507** or emailing hyp-tr.nya.aaascreening@nhs.net

If you are 66 or older and you haven't been screened you can also enquire about getting this test on the same number/email.

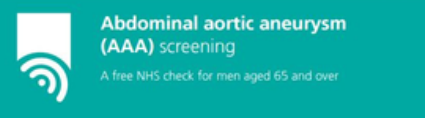
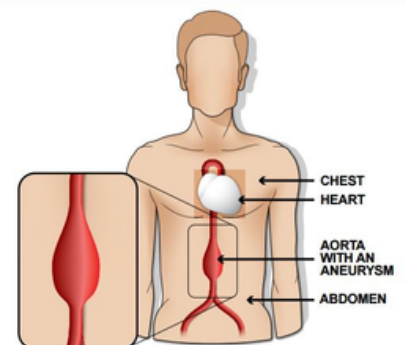
Benefits of AAA screening: An AAA will often cause few or no obvious symptoms, but if it's left to get bigger, it could burst and cause life-threatening bleeding inside your tummy. Screening can pick up an AAA before it bursts. If a small or medium AAA is found it is important to keep checking in case it gets bigger so you will be invited to have regular scans every year or every 3 months, depending on the size. If a large AAA is found you will be offered more tests at the hospital and talk to a doctor about treatment which is usually an operation.

The screening test is very quick, painless and you get your results straight away.

Please see the resources section at the end for links to relevant information and easy read materials on AAA Screening. For any further information or if you would like to make a self-referral please use the contact details above.



NHS
Screening Programmes
Abdominal Aortic Aneurysm



OUR COMMUNITY: BRUNSWICK ORGANIC NURSERY - YORK



Who are we?

Brunswick is a community day service that offers a range of productive and skilled activities for adults with learning disabilities (who choose to be named "workers") to develop their skills, relationships and build communities. These opportunities enable workers to participate and contribute to being part of a team and be valued in their local community and wider society. We are based in Bishopthorpe, York and are a registered charity. [HTTPS://WWW.BRUNSWICKYORK.ORG.UK/](https://www.brunswickyork.org.uk/)

What do we do?

Workers Alex, Robin, David and Ian attend Brunswick several days a week and would like to share with you what they do at Brunswick.

Alex:

There is a whole range of activities at Brunswick: cooking, crafts, land crops, garden services, woodwork, the shop, the office, plant production and 1 to 1 support. Everybody can do something, and people can learn here.

Alex in Garden Services:

We go round people's gardens and community places to maintain gardens. We do weeding, pruning, mowing and speaking to customers. We do skip runs with all the green waste. My favourite thing is working together and learning more about plants. I enjoy that I'm continuing to learn about plants without the pressure of college.

Ian in cooking:

I grate cheese, the cheese is for the cheese scones. Today I'm making mushroom burgers for lunch. People can buy them for lunch, like my keyworker Pleuni. I enjoy working in cooking. I've done hand wash training and training on how to use a knife to chop onions. I'm working towards a certificate.

Robin in Woodwork:

I've been in woodwork for a long time. I've made different things like raised planters for wheelchair users. I know how to make a birdhouse. We sell them in the Brunswick shop, and we do commissions for different people. I enjoy making different things. My favourite thing I made is a planter on a ladder. We use recycled wood. We think about the environment.



David in Community and Events:

I'm in the office. I write emails, we write the newsletter, and we plan events like the Summer Picnic at the Walled Garden. I sang Daniel O'Donnell. I do training on the computer: using Canva, improving my typing and spelling and much more. I get certificates. My favourite task is office work.

I work with Liz (Volunteer and Placement Co-Ordinator), I show student placements round. Students can work here in different areas. Students are helpful. They support us, like in crafts they support me making a collage.



Student placement Emma:

'As I near the end of my year-long placement at Brunswick, I've had the privilege of working in both the Plant Production and Office and Events teams. Throughout this time, I've supported workers in various tasks, from poster designing and email writing to plant propagating and compost making. I've also been creating monthly newsletters for volunteers, and attended several Advocacy meetings. This year has been truly wonderful, surrounded by supportive staff members who have guided me every step of the way.'



I wholeheartedly recommend Brunswick for both short-term (3-week) and long-term placements. It offers the opportunity to learn and develop a wide range of skills, building the confidence and independence needed for the working world. Plus, every day is so unique- there's truly never a dull moment!



Liz Hamilton – Placement co-ordinator

At Brunswick we are keen to support people in their learning, including student placements. Currently we offer placements to Occupational Therapy students, Nursing students, Health and Social Care students and horticulture students. If you are interested in a placement at Brunswick or would like to chat on how we can support students on placement, please contact Liz on:

liz.hamilton@brunswickyork.org.uk



Pleuni de Jong – Service Manager

If you are supporting a person with learning disabilities in York or North Yorkshire and they are looking for activities to do during the week. Please contact Pleuni, our Service Manager, for more information and to book a visit to Brunswick:

Pleuni.dejong@brunswickyork.org.uk



David: Come and have a look around to see what makes Brunswick special.

OUR COMMUNITY: SELBY DISTRICT NEURODIVERSITY NETWORK



In July 2023 Selby Town PCN set up the Selby District Neurodiversity Network, which is a quarterly meeting of local partners partners who have a passion for improving local services, reducing inequalities and creating a more inclusive Selby for our neurodiverse community.

Within the last year the network or partners linked to the network have achieved the following:

- Selby Town PCN and North Yorkshire Libraries have set up a monthly neurodiversity drop in at Selby Library for advice and support for anyone who considers themselves neurodivergent or anyone who identifies as a carer of a neurodivergent person.
- The network has supported local charity Spirit of Christmas to set up a very successful bi-monthly neurodiversity stay and play for children under 11. These sessions allow children a safe place to play whilst parents and carers can obtain advice and support.
- The network held the first Selby Neurodiversity Advice Event, which involved local and national partners coming together to share information and offer support to neurodiverse families. The event was a great success, and we are already looking at planning the next one.
- Miss Hannah's School of Dance now offers SEND dance classes for both children and adults.
- Our local carers charity, Carers Resource, run a bi-monthly SEND parent/carers coffee morning.
- Neurodiverse Parent Support Group, under the umbrella of Spirit of Christmas, runs monthly on an evening at The Summit. This is a support group ran by parent/carers for parent/carers.



Whilst we recognise that there is still a lot of work to do to reduce inequalities for our neurodiverse community, we are extremely proud of what has been achieved in the last year.

For more information about Selby District Neurodiversity Network please email Montana.Baldwin@nhs.net

INFORMATION AND RESOURCES

Sepsis

- [Raising Awareness of the Signs and Symptoms of Sepsis in people with a Learning Disability - NHS England power point presentation \(Has useful information and links to resources\).](#)
- [Sepsis in Adults - What is Sepsis? Symptoms of Sepsis? How is it treated? - University Hospital Sussex.](#)
- [Information about Sepsis for adults - Leeds and York Partnership NHS Foundation Trust \(Easy Read\).](#)
- [How to avoid Sepsis: An easy read guide - NHS](#)
- [Recognising deterioration in people with a learning disabilities - NHS England \(Useful video from a health professional\).](#)
- [Soft signs of deterioration - NHS England \(Useful video from a health professional\).](#)

Annual Health Checks

- [Annual Health Checks - NHS England](#)
- [Mencap Annual Health Check Easy Read Guide](#)
- [Your Annual Health Check - what it is and why it is important - NHS \(Useful co-produced video\).](#)

Abdominal Aortic Aneurysm Screening

- [Abdominal aortic aneurysm screening : Overview - NHS](#)
- [An abdominal aortic aneurysm screening: An Easy Guide - NHS](#)
- [A guide to abdominal aortic aneurysm \(AAA\) screening for people with learning disabilities - NHS and Hertfordshire County Council. \(A useful video taking a person through the proces. **Note: the first section of the video shows the screening process for most men and only 1 in 1000 men screened will go on to be referred to hospital to see a vascular surgeon.**](#)

Contact: If you have any queries about this newsletter or any of the topics raised here you can contact us on hnyicb-ny.mhld@nhs.net