

## Pioneering Good Health Project

Project title subject to change.

The project involves three aspects:

- 1. Awareness programme.** Working with health professionals to produce Easy Read toolkit mail outs to be sent to MLMC's 795 members advising people of services available to support improved health and wellbeing, and ideas for self-improvement. There will also be complimentary awareness workshops for MLMC's 15 x monthly self-advocacy groups supporting 150 people throughout the county. Finally, a short information film (2 mins 30 secs max.) produced by a multi award winning film company in partnership with MLMC members and our Communications Coordinator, will be shared via networks and local professionals (e.g. Public Health) to help spread the health message/services digitally.
- 2. Consultation support.** MLMC will provide consultation support (via our members with a learning disability) to local health providers to improve health & wellbeing services for people with a learning disability in Oxfordshire. For example, MLMC Consultants with a learning disability, supported by the MLMC Project Coordinator, will work with Active Oxfordshire to develop, test, and fine-tune their [Move Together](#) approach so that it is accessible and suitable for people with a learning disability. There will also be support for a new user-led Health Voices Group designed to ensure local health services receive direct views from people with a learning disability.
- 3. Health & Wellbeing programme.** Twenty individuals with a learning disability, who have the desire and motivation to improve their health and wellbeing, will be recruited for the programme. These individuals (Health Pioneers) will provide peer buddy support to each other in their quest to reach their personal health and wellbeing goals. Working collaboratively with Active Oxfordshire through their Move Together pathway, the cohort will be supported throughout with professional/expert support, personal assessment and goal setting, a comprehensive induction programme (supported through close joint working with existing advice/guidance and services), and regular group check-ins. Training from [Make Every Conversation Count](#) will help the Health Pioneers to encourage others with a learning disability to pursue their health and wellbeing goals. Additionally, there will be group activities (e.g. walking groups, swimming etc.) and financial support to encourage engagement (e.g. gym membership, travel costs).

## Key Objectives

- Design and deliver awareness workshop for 150 people with a learning disability
- Design, deliver, publicise and make widely available to partners short information film
- Design and deliver 4 x hard copy toolkits for 795 people with a learning disability plus digital copies for wider networks
- Recruit and induct 20 people with a learning disability to engage in and complete the Health & Wellbeing programme
- 15 consultation days support provided by MLMC Consultants with a learning disability (supported by MLMC project coordinator) to Oxfordshire Health providers (e.g. Active Oxfordshire).