

# Health Promotion Team

## Learning Disability Service

### Sunderland



Patient and Carer Information Leaflet  
Easy Read

Shining a light on the future



# If you need support to read this leaflet



A member of staff or a carer can support you to read this leaflet.

They will be able to answer any questions that you have.

## Sunderland Action For Health website



Our website provides useful information for people with learning disabilities, their carers and health professionals.

Information on the website includes Easy Read factsheets, leaflets, health action plans and appointment letters.



[www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

# The Health Promotion Team

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Helen Wharton



Emma Reid



Sandra Parkinson

We are the Learning Disability Health Promotion Team based at Monkwearmouth Hospital.

We support people who are attending Annual Health Checks.

The team works with other health professionals and agencies to make sure that the healthcare you receive is managed well.

# Support we might give

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support you or your carer at your annual health check at the doctors.



support you to get the best out of your health appointments



support you to have a Health Action Plan.



get to know you and your family and provide support.

# Support we might give

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signpost and refer you to other agencies



provide health workshops for small groups



support you at hospital appointments



can provide you with easy read health information

# How to contact us

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Please contact us if you feel you need support from our Health Promotion Team.

## Contact numbers:



Helen - 07468 710 804

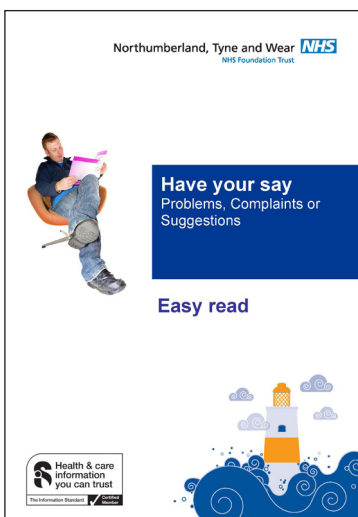
Emma - 07468 710 800

Sandra - 07468 710 825

Our services are based at Health Promotion Team, Learning Disabilities Services, Monkwearmouth Hospital, Newcastle Road, Sunderland, SR5 1NB.

# Problems, complaints or suggestions

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Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy.

We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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