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**Thinking about health and   
people with learning disabilities**

**A free event** *supported by*

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| https://cdn.shopify.com/s/files/1/0606/1553/products/GP-Weight_large.png?v=1511018654  https://cdn.shopify.com/s/files/1/0606/1553/products/Flu-Vaccine_large.png?v=1511018101 | This event is about what people with learning disabilities, their families and supporters need to know about some important health issues:   * Weight and the importance of being a healthy weight * Mental health and wellbeing * Flu jabs and other ways to stop getting flu   It is also about what people with learning disabilities, families and supporters can do so that people with learning disabilities can live better, healthier lives |
| Question marks | We have asked questions about the care people get for these issues.  The answers have come from GP note systems. |
| Health leaflets | We have found out what GPs are doing about these issues.  We have looked at how this compares to the care that people without learning disabilities get. |
|  | We are running some events to tell people with learning disabilities what we have found out.  We would like to hear what people think about what we have found out.  We want to talk to you about your ideas to make things better.  We want to share information on how people have made things better for you to think about. |
|  | Our event will take place on **Tuesday 27th November   at Orsett Hall, Prince Charles Avenue, Orsett, Essex RM16 3HS** |
|  | It will start at 11am. There will be drinks from 10.30am  It will finish at 3pm. |
| **Drinks_1024x1024**    **Sandwich_1024x1024** | There will be drinks for you.  There will be lunch for you. |
| **Mother_daughter_1024x1024** | This event is for people with learning disabilities and their family carers.  People with learning disabilities can bring a paid supporter with them who can help them be more healthy. |
| http://cdn.shopify.com/s/files/1/0606/1553/products/Form_white_large.png?v=1417850535 | If you would like to come to this free event you will need to book a place.  The application form is attached to this flyer |

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#### Application form

**Thinking about health and   
people with learning disabilities**

**27th November 2018**

**at Orsett Hall, Prince Charles Avenue,   
Orsett, Essex RM16 3HS**

Please complete a separate application for each person

|  |  |  |
| --- | --- | --- |
|  | Your name | ------------------------------------------------------------ |

Tell us the best way to contact you

|  |  |  |
| --- | --- | --- |
|  | Email | ------------------------------------------------------------ |
|  | Telephone | ------------------------------------------------------------ |

All information that we give out will be in easy read format.

Please tell us if we need to be aware of any specific needs that you have to help you take part in the day.   
  
This might be accessibility or mobility requirements, sight/hearing issues, reading/writing or dietary preferences for lunches during the training.

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| https://cdn.shopify.com/s/files/1/0606/1553/products/Dentist-Patient-Supporter-1_large.png?v=1417848908 | Please tell us if you are coming with a supporter | YES / NO |

Thank you for your application.

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|  | If possible, you can send your completed form as an email attachment to countmein@choiceandcontrol.co.uk |

or send to:

|  |  |
| --- | --- |
|  | Thurrock Lifestyle Solutions CIC  7th Floor, Thameside Complex,  Grays Library, Orsett Road, RM17 5DX |

Or Phone :

|  |  |
| --- | --- |
|  | Tel: Billie on 01375 370 460 |

If you send us a completed application form and a place is reserved for you, please let us know if you cannot attend so that we can offer your place to someone else

