

A plan to make your health services better



At Southern Health, we want to make our learning disability health services the best they can be.



We ran two workshops and invited service users, carers and their families and our staff to hear what you all had to say, and get your ideas.



We have taken all your ideas and put them into our plan to make services in Southampton and Hampshire better.

In our plan we have 6 ideas to:



1. Help you to stay healthy.

We want to help you, your GP and the people who cook and care for you.

We will share lots of information about healthy living, food and exercise.



2. Make your care easier for you.

NHS workers, our staff will talk to social care workers more.

Then everyone that cares for you will know what help you need.



3. Reduce the number of meetings you have to attend.

NHS teams and social care teams will work together.

They will have one big meeting so you only have to go to one meeting.

4. Get help from the NHS learning disability team faster.



When your GP says we need to meet with you, it takes 28 days.

We want this to only take 7 days.

5. Make sure we have the right people in the NHS to help you.



We want to have more people who can talk with you to help you stay healthy.

6. Tell everyone about the changes we are making.



We will have more 'easy read' information, so you understand what we are saying and doing.



The plan is starting now.

But it will take time before you see the changes.



If you want to talk about this,
you can call Nicky MacDonald on
023 8087 4681.