



Philippa Murphy

Job Title: GP Partner
Locality: Oldham
Project Title: Improve Awareness and Increase Engagement of Annual Health Checks in Young People with Learning Disabilities



Project Aim

To develop an initiative which will raise awareness of annual health checks amongst young people with learning disabilities and will contribute to increasing the number of people on the learning disability register and attending for annual health checks in Oldham.

What did I do?

I delivered sessions to students at local colleges which aimed to provide them with the knowledge and confidence to seek and attend annual health checks. The sessions included small group work, larger group discussions and an informal opportunity to look at medical equipment/roleplay annual health checks and answer questions. Students were provided with a 'letter to my GP' template to assist them in approaching their GP's to ask to be on the learning disability register and invited for annual health checks.

What did I learn

I learnt about the importance of key partners collectively sharing resources and approaches that have been identified or developed through initiatives such as my own and about the significant impact that a personable approach can have on influencing change. I was privileged to gain a valuable insight into the lives of young people with learning disability and specifically the barriers to accessing healthcare which many experience.

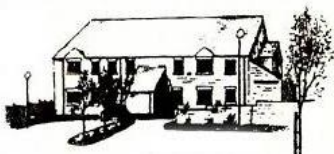
Has this changed how you work?

This fellowship has pushed me out of my comfort zone and allowed me to network with other professionals across all sectors. In doing so it has broadened my understanding of public health and the powerful impact of collaborative working. It has encouraged me to be more pro active in identifying issues relating to health inequality and considering ways in which I can contribute to tackling them alongside others.

What happens next?

The initiative has demonstrated an effective approach to increasing awareness and uptake of annual health checks. Data will be collected in April 2025 to further assess how the initiative has contributed to increasing the number of people on the learning disability register in Oldham and the number attending for annual health checks. The colleges I have worked alongside are considering how this approach can be used to incorporate learning about annual health checks into the curriculum for students in future years. The 'letter to my GP' template is available to be shared with schools, colleges and charities/organisations who can encourage people with learning disabilities to seek annual health checks.

To read more about Philippa's journey, scan the QR code below



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