



Rights Round Table Newsletter 10



Judith Thompson, from the North East and Cumbria Learning Disability Network, came to talk to the group this week.

Judith spoke about how important Annual Health Checks are, to help keep people well.

Some people have not had an Annual Health Check in 2020 because of the Covid-19 pandemic.

If you haven't had your 2020 Annual Health Check, you can call your GP and ask for a Pre-Health Check Questionnaire.

This is an easy read booklet that asks lots of questions about your health. You might need some help to fill it in, as it is quite long.

Then, you need to send it back to your GP. They will read it carefully and arrange to talk to you on the phone or invite you in to see them, to finish your health check.

Remember – your GP is still open if you have any worries about your health.



We talked about some 'true or false' questions from the North Yorkshire Learning Disability Partnership and KeyRing.



Our group members said...



“I have the right to vote in elections – this is true. I can choose if I vote, and who I vote for.”

“I have the right to stay up late if I want to – this is true. I might want to go to bed early sometimes though! It is my choice.”

“It’s true that I have the right to choose my religion – or I might decide not to be religious.”

Our next Zoom meeting is on Monday 1st February, 2.30pm – 3.30pm.

Get in touch if you would like to be part of the Rights Round Table.



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