

Chapter 7

Health

Being healthy and looking after your health is an important part of your life. There are organisations and people who can help you do this and some of these are listed here.

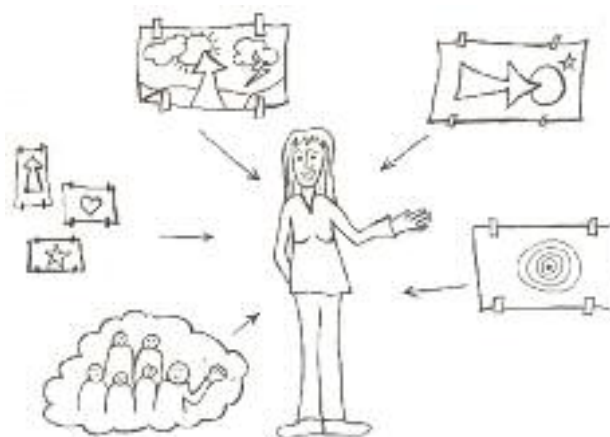


Health action plans

A health action plan is all about what you would like to happen, so that you can be healthy. You can ask other people - like your GP and carers - to help you to write this plan.

Your health action plan might include:

- having regular health checks
- getting support to find out about good health - such as healthy eating and exercise
- finding out who you can talk to if you are worried about your health or going to hospital
- doing things that make you happy - such as seeing friends, enjoying where you live and having a hobby.



Everyone should have the chance to write a health action plan, if they want one.

If you would like a health action plan, then you can contact:

- your GP or nurse
- your social worker
- the Valuing People Team (see p.11 Chapter 1 - Getting support).

If you would like a health action plan then please tell one of the Community Learning Disabilities Teams. See p.7 (Chapter 1 - Getting support).

Health trainers

Health trainers are there to help you improve your health. This could be helping you to lose weight or to stop smoking. They can encourage you and work with you to reach your health goals. If you have a long-term health condition they can also help you manage that.

For more information about the health trainer programme in Dewsbury area contact

Tel: 01924 816 176.

In the Huddersfield area contact Tel: 01484 344 349.

Expert Patients

This is a short course for anyone who has a long-term health condition. It helps you learn skills for looking after and improving your health. (For contact information see Chapter 2 - Rights and choices).

PALS (Patient Advice and Liaison Service)

PALS is there to help anyone who has a question about the health service they receive. There are different PALS services for the hospitals and for NHS Kirklees (for questions about your GP, dentist and pharmacist).



NHS Kirklees PALS

Open Monday to Friday from 9.30am to 4.30pm.

Tel: 01484 466 172 or 01484 466 214

Email: pals@kirklees.nhs.uk

NHS Kirklees

Patient Advice and Liaison Service

St Luke's House

Blackmoorfoot Road

Crosland Moor

Huddersfield HD4 5RH



Dewsbury and District Hospital PALS service

Tel: 01924 212 672

Dewsbury and District Hospital PALS service

Halifax Road

West Yorkshire WF13 4HS

Huddersfield Royal Infirmary and St Lukes Hospital PALS service

Tel: 01484 342 128

PALS Office

Huddersfield Royal Infirmary

Lindley

Huddersfield HD3 3EA

Dentists

It is important to look after your teeth and visit the dentist. If you do not have a dentist, or if you would like to change your dentist, Tel: 0800 587 2417.

If you need urgent dental treatment, and are not registered with a dentist, contact the **Emergency Dental Service on Tel: 0845 4647.**



Making a complaint

See p.32 (Chapter 2 - Rights and choices) on how to complain about a health service you have received.

NHS Direct

This is a national telephone service that can give advice if you are feeling unwell.

Tel: 0845 4647

