



## Improving the uptake of Annual health checks for young people aged 14+

### Free webinar!

Bemix and Tricia Nicoll Consulting have been commissioned to lead this project by Kent & Medway Clinical Commissioning Group, for NHS England and Improvement Learning Disability and Autism programme. Click here for further information about the pilots across seven regions across the UK: <https://www.england.nhs.uk/learning-disabilities/improving-health/annual-health-checks/>

### Are you a family carer for a young person with learning disabilities in Kent or Medway?



Young people with learning disabilities aged 14 and older have the right to have an **Annual Health Check with their GP**. This is a chance to check their health and wellbeing and make a plan to make sure they stay as healthy as possible.



To get offered an Annual Health Check you have to be on your **GP's Learning Disability Register**. Lots of people may not know about this.



We are running **three free webinars** for family carers to share information about Annual Health Checks and how to make sure the young person you support is on their GP learning disability register.

**The webinars are on:**

Tuesday 19<sup>th</sup> July at 10.00am

Tuesday 19<sup>th</sup> July at 2.00pm

Friday 22<sup>nd</sup> July at 7.00pm

Webinars will last for no more than one hour. **You only need to come to one.**

We will also record the webinar so you can watch it at a time that works for you if you are not able to make any of the scheduled times.



The webinars will be run by Tricia Nicoll who is mum to two young autistic people.

Please get in touch if you would like to book a place or ask for a recording – [tricia@tricianicoll.com](mailto:tricia@tricianicoll.com)