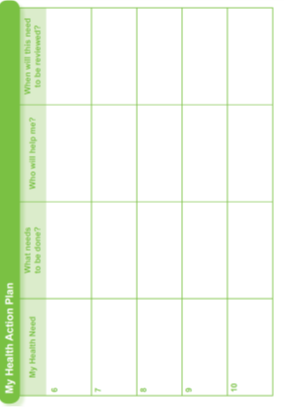
**Cath’s annual health check story**

|  |  |
| --- | --- |
|  | Catherine Horbury and I am sharing my annual health check story with you all. As I have got a learning disability and a condition of Down Syndrome.  I am the co-lead for Yorkshire and Humber Operational Delivery Network (ODN) |
|  | **What has changed when you go to your annual health check with COVID?**  I went into the GP surgery with a face covering on.  The nurse who did my annual health check wore a face covering too.  Sometimes I was struggling to hear what the nurse was saying to me. I asked the nurse to repeat back to me what she said. |
|  | **How did I get an invite for an annual health check?**  Went to the reception to book my annual health check with the receptionist for the new year.  **What did I think of the annual health check?**  Overall, my annual health check went very well. The nurse asked me some questions relating to my health and then gave me some suggestions on how I can improve my health if needed.  I am glad that my annual health check turned out to be a good one. |
|  | **How was the nurse and staff at your annual health check?**  The nurse who carried out my annual health check was very lovely kind lady and she greeted me with a smile and I smiled back at her too.  I felt at ease with the nurse and if I had any questions, I felt comfortable enough to ask them. |
|  | **Did you leave your annual health check with a health action plan and goals?**  Yes, I did leave my annual health check with a health action plan and she gave me some goals, I will also have a copy of my goals too and the notes of was said at the annual health check.  **Were there any reasonable adjustments in place during your annual health check?**  Yes, there was plenty of space around. The nurse made sure that there was a chair for me to sit on and she greeted me with a smile, and she spoke to me rather than my support which was good. I even had the chance to talk to the nurse too on my own.  Everything went great. A perfect annual health check. |
|  | **How did you feel after your annual health check had finished?**  I felt great and glad that all my health is good. I will take the nurse’s advice of what I need to do next for my health.  So, I can say it was a positive annual health check in the end. |

****