



MY HEALTH, MY ACTION PLAN



When:
Thursday 24th September
12.30–3.30pm

Where:
Sports Hall, Brentwood Centre
Doddinghurst Road
Brentwood CM15 9NN



This is a FREE event, no need to book

Join us for a welcoming and supportive event designed to help you review your Health Action Plan and get the support you need to achieve your health and wellbeing goals.

You will have the opportunity to:

- Meet health professionals and local organisations
- Find out about services and support available to you
- Get advice to help you achieve your health and wellbeing goals
- Learn about opportunities in your local community
- Take part in fun and engaging activities
- Get information on reasonable adjustments that may help you access the services you need.

Why is this event important?

Everyone aged 14 years and over with a learning disability should be offered an **Annual Health Check** by their GP. During this check, you should receive a **Health Action Plan**, which identifies your health needs and sets goals to support your wellbeing.

This event has been created to help you understand your Health Action Plan, review your progress, and connect with professionals and organisations that can support you in achieving your goals.

What should I bring?

Please bring your Health Action Plan with you if you have it.

Don't worry if you can't find it or don't have a copy – you are still very welcome to attend.

Who can attend?

People with a learning disability aged 14 years and over whose GP is based in Brentwood, along with their families, carers, and supporters.