

# What we need to help us keep healthy



“We would like support so we can live in our own homes.

We want to be able to cook and eat healthy food.”

The Healthy Living Network can give advice and support to organisations.

To find out how to join contact Herefordshire Council’s Healthy Lifestyle Trainer Service.

Please telephone:

01432 383567



If you are 16 you can receive 1 to 1 healthy eating and weight loss support.

Herefordshire's Healthy Lifestyle Service can support you for up to 12 weeks from

To find out more, contact:

E-mail: [hlts@herefordshire.gov.uk](mailto:hlts@herefordshire.gov.uk)

Phone: 01432 383567



“Where can I grow fruit and veg?”



There are a number of care and community farms or community gardens.

They can be found on the WISH website by clicking the link below:

<https://www.wisherefordshire.org/>

There are many places available throughout Herefordshire where you can grow fruit and vegetables.

Prices start from £25 per year. Contact your local town or parish council for more information.



“How do I make sure I have enough support around my health needs especially if I live in my own home?”



All GP surgeries carry out health checks and you can ask for a health action plan.

If you let your GP know you have a learning disability, they will be able to make reasonable adjustments such as a longer appointment.



“We would like to have lots of activities around Sports and Fitness.”

Halo run some great activities and are very helpful

<https://haloleisure.org.uk/>

Also, try WISH for what's on near you.

<https://www.wisherefordshire.org/>



The Special Olympics is starting again in Herefordshire.

Mencap runs the community games which is a great place to try new sports.

Keep a look out in **News and Views** for information on special events.



“Access to Physiotherapy without having to wait when your health condition changes”



The usual waiting list for physiotherapy is between 4 and 6 weeks. Ask your doctor if you need to include physiotherapy support on your health action plan.

# Keeping Safe



“We would like to be able to access Travel training to help us walk to places we go to regularly and help use a train or a bus”



Travel trainers can support you to use transport and learn skills so you can travel on your own.

The travel trainer will work closely with the people who support you to decide when you are ready to travel on your own.

To find out more information please phone:

Linda Philpott Mobile  
07792880542

James Robertson Mobile  
07792881144



“” We would like support to look after our money such as direct payments, saving accounts and how to budget.



You can use Money Box Credit Union.

They are a not for profit community bank. They offer easy ways to save regularly and access to affordable loans.

You can find out more information by clicking the link below:

<https://www.wisherefordshire.org/marketplace/cat/vendor/1635>



“We think that people with learning disabilities should be able to go on a course to learn about:

- How to look after yourself
- What to do if someone is bothering you or commits a crime against you
- What are our rights
- How to report Mate Crime, Hate Crime , Abusive Staff, abusive family and Internet Crime”

“We would also like to learn about the Health and Safety responsibilities when you move into your own home e.g.:

- fire hazards
- why you need to keep your fridge clean
- the difference between recycling and rubbish
- basic first aid at home”



We think you have raised some really good ideas, and we have passed these onto people who are organizing the talk communities' hubs, and asked they think about how they can do this.