

Nottingham Mencap My HealthVision

Funded by Nottingham CitiHealth and NHS East Midlands until April 2012, My HealthVision is a series of short films produced for people with learning disabilities. Each film is a walkthrough of a health check or procedure, showing people exactly what will happen.

Going for a health check or treatment can be a major source of anxiety for anyone. For a person with a learning disability, the anxiety is often compounded by the inaccessibility of information about their health need. Reading ability is often a barrier to obtaining good health information, whereby watching a video requires no reading skills and can convey messages quickly and simply.

Led by Nottingham Mencap, a steering group was set up to plan and coordinate the project, bringing together the expertise of health professionals, learning disability

specialists and, most importantly, people with learning disabilities and their carers.

Many of the films were shot and edited by media students at Nottingham's Confetti Institute of Creative Technologies, as part of their coursework. This partnership enabled the project to deliver a greater number of films than initially planned, within budget. The students also gained valuable experience of working within a corporate environment.

GPs and dentists were recruited by Learning Disability Health Facilitators from NHS Nottingham City Care, and other professionals from Nottingham's two main hospital campuses were recruited by Nottinghamshire Healthcare Trust's Acute Learning Disability Liaison Team. All those approached supported the project and volunteered their own time for filming, so as not impact on patient care.

Most of the actors for the films came from VoiceAbility Nottingham, a local learning



Nottingham Mencap My HealthVision

disability advocacy service, with others coming from Springwood Day Centre, run by Nottingham City Council.

To date, nine films have been produced, covering:

- GP annual health check
- Dentist check up, filling, scale and polish
- The emergency department
- Radiology
- Having a blood test
- MRI scan
- PET scan
- CT scan and radiology
- Chemotherapy.

Further films will be shot in 2011/12, including surgery, cancer screening, MCA and DOLS, podiatry and maternity.

“It was great...people in the City Hospital were very polite...I hope the films stop people worrying about going to hospital or the doctors”
Jason Williams, One of the My HealthVision actors

For further information on My Health Vision visit www.my-healthvision.co.uk.

To request a DVD of the films, free to individuals and organisations within Nottingham, contact Nottingham Mencap on 0115 956 1130 or email info@my-healthvision.co.uk.