

## Getting your Experience & Feedback



Telling us about your experiences and stories is so important.

We really want people to be at the heart of everything we do. We want to make sure that people get the best care and support they can.



Your stories can make a difference to what we do and can help make other people's experiences better.

If you would like to give feedback about the Welsh Ambulance Service you can:



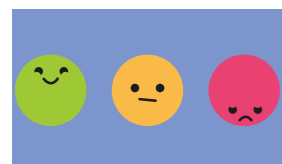
Telephone 01792 311773



Email at [PECI.team@wales.nhs.uk](mailto:PECI.team@wales.nhs.uk)



Or you can visit the 'Have Your Say' section on our website at [www.ambulance.wales.nhs.uk](http://www.ambulance.wales.nhs.uk)



How was your experience with us?



GIG  
CYMRU  
NHS  
WALES

Ymddiriedolaeth GIG  
Gwasanaethau Ambiwylans Cymru  
Welsh Ambulance Services  
NHS Trust



## Annual Health Checks

For people with learning disabilities



- People with a learning disability can get an Annual Health Check.
- In an Annual Health Check a doctor checks if you are healthy.
- The doctor can tell you what you need to help you to be healthy.



- It is really important for people with a learning disability to have a health check.
- People with a learning disability can get more health problems than people who do not have a learning disability.



- You can have 1 Annual Health Check every year
- It is a really good idea to go every year.



- The health check should take about 45 minutes.
- The doctor should ask about lots of things.



- A nurse might help the doctor with some parts of the check.
- You might meet with the nurse in another room.



- Some doctors surgeries do not do health checks.
- If your surgery does not, they should be able to help you find a surgery that does.



If you want more information Mencap have made a book called **About having a health check**



You can get the book at **[www.mencap.org.uk](http://www.mencap.org.uk)**



Or by phoning Mencap Direct on **0808 808 1111**



You can also get easy read information about health services on the Learning Disability Zone at **[www.ambulance.wales.nhs.uk](http://www.ambulance.wales.nhs.uk)** and at **[www.nhsdirect.wales.nhs.uk/easyreads](http://www.nhsdirect.wales.nhs.uk/easyreads)**