

Information Sheet: Improving Uptake of Annual Health Checks for People with a Learning Disability from Black, Asian, and Minoritised Ethnic backgrounds

This project builds on our ongoing efforts to address health inequalities, focusing on increasing the uptake of annual health checks for people with a learning disability from Black, Asian, and minoritised ethnic backgrounds. Our previous research has uncovered challenges in accessing annual health checks and a lack of targeted information on annual health checks. This project plans to co-produce promotional materials to address the specific health inequalities and disparities in access to annual health checks (AHCs) that are experienced by people with a learning disability from Black, Asian and minoritised ethnic backgrounds.

What do we want to achieve?

We would like to develop a video that explains what an annual health check is, why it is important, and what happens during an annual health check. By doing so, we hope to raise awareness and uptake of annual health checks for people with a learning disability from Black, Asian, and minoritised ethnic backgrounds, their friends, family, carers and wider support network.

Who can take part?

For this video we are looking for people with lived experience of a learning disability who have attended an annual health check, from Black, Asian and minoritised ethnic backgrounds to take part in filming.

What would your involvement look like?

Participating in filming will involve:

- Talking about your understanding and experiences of annual health checks.
- Travelling to **London on Monday 4th March** or to **Leeds on Wednesday 6th March** to take part in filming.

Location and timings

- **London:** 9am-5pm at Race Equality Foundation offices: Unit 17 & 22, Deane House Studios, 27 Greenwood Place, London NW5 1LB
- **Leeds:** 11am-5pm at SugarMill Leeds: Oakhurst Rd, Beeston, Leeds, LS11 7HL

If you would like to participate in filming, please let us know:

- The location you'd like to attend
- The time-slot that works best for you (we will need approximately 1 hour of your time)
- Whether you'll be bringing anyone with you
- Anything else we can do to help/make you comfortable

Why is your involvement important?

Your involvement is instrumental in ensuring that the video is culturally relevant, accessible, and impactful. The video will be shared with our project partners and relevant organisations to improve the uptake of annual health checks for people with a learning disability from Black, Asian and minority ethnic backgrounds.

What compensation is provided?

To support your participation in this project, each participant will receive a £200 thank you payment for taking part in the short video.

Who to contact for more information?

Please contact Zulehka by email at: zulehka@racefound.org.uk or by phone at: 07926695671. Please get in touch by **5pm Friday 1st March**, if you'd like to be involved in this project.