

**Charnwood  
Action  
Group**



## Charnwood Action Group

### Notes from our meeting

All dates and venues for 2018 meetings can be found on the Betterlives website [www.betterlives.org.uk/charnwood](http://www.betterlives.org.uk/charnwood)

**Friday 6 July 2018**

**10:15 - 12:00**

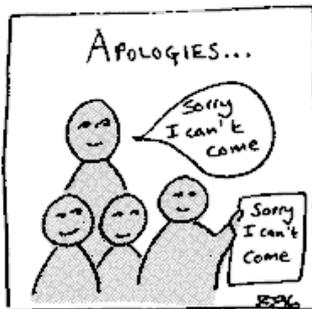
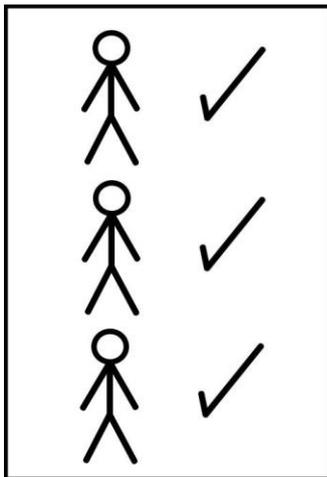
**Loughborough Tennis Club**

**Ingle Pingle, Off Forest Road**

**Loughborough**

**Leicestershire LE11 3NW**

### Present - People who came to the meeting



Alix Glazier	Chair
Peter Scott	Loughboro (Co Chair)
Amanda Bolton	Fearon Hall
Seamus Gall	Fearon (Co Chair)
Zoe Powdrill	Fearon Hall
Tim Yarwood	Fearon Hall
Aaron Deguchi	Homefield College
Sharni	Homefield College
Daiman Hessele	Homefield College
Reuben	Homefield College
Paula Ray	Homefield College
Tracy Parrott	Homefield College
Peter Warlow	Glebe House
Andrew Williams	Glebe House
Sue Attwood	Glebe House
Joanne Hirst	Glebe House
Lorraine Shelton	Glebe House
Danny Tibbett	Glebe House
Katie Hicks	Glebe House
Harry Burton	Glebe House
Paul Maddison	Glebe House
Seetal Couchan	Glebe House
Rachel Chapman	Leicestershire Police
Graeme Harrington	Leicestershire County Council
Russel Lacey	NWL Locality Group
Jenny Lacey	NWL Locality Group
Jo Weston	Shared Lives

	<p>Jo Simons  Leanne Shelton  Susan Hovell  Phil Linggood  Brian Geeson  Michelle Maweeney  Becci Fuller  Marie Moore</p> <p><b>Apologies:</b></p> <p>Trudie Exon  Mat Richardson  Jane Parr  Nicola  Milo Poli</p>	<p>Shared Lives  Shared Lives  Shared Lives  Carer  Loughborough Police  Leicestershire County Council  RMF Training &amp; Consultancy  Minute Taker</p> <p>Leicestershire County Council  Sport &amp; Active Recreation Team  Quorn  Hate Crime Officer  Charnwood Borough Council</p>
--	---	---

	<p><b>We used the red and yellow cards</b></p>
--	--

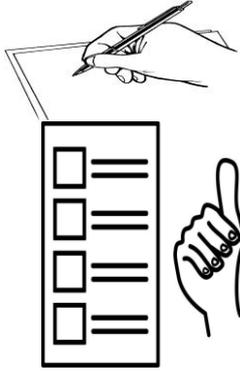
	<p><b>Word Police</b></p> <p><b>Graeme</b></p>
---	--

	<p><b>Someone to write down the minutes</b></p> <p><b>Marie Moore</b></p>
---	---

	<p><b>People to do the washing up and teas and coffees</b></p>
---	--

## Notes from the last meeting

This meeting was mainly for First Aid Training.



Becci Fuller  
RMF Training Consultancy

Becky introduced herself and explained that she would be talking about first aid within the home.

Graeme pointed out that everyone who participates will receive a certificate and a simple First Aid Kit.

Discussion took place with regards to the following:

### **Cuts, plasters, bandages:**

Plasters should only be left on 24 hours and if bleeding persists then you should either visit your Walk In or A & E depending on how serious the cut is.

### **Burns:**

It was agreed that you can get burns from kettles, saucepans, cooker or an open fire. If you get a burn put it under running water for 10 minutes, then check and repeat until it feels slightly better.

You can also get burns from the sun so you should

- Keep hats on to keep the sun off your head.
- Wear sun glasses if sun is very bright.
- Use lots of cream and continue using throughout the day.
- Drink lots of water.
- Do not pop blister as the pocket of water will be protecting the skin underneath.
- If the burn is any bigger than a 50p piece then you should visit the Walk In Centre or A & E.





**ALERT:**  
Bee Sting Allergy



If it does not get better then you should consider going to Walk In Centre.

**Nose bleed:**

To stop a nose bleed pinch nose and put head forward, if it persists then GP or Walk In Centre.

**Stings and Bites:**

It was agreed that you can get stings from:

- Bees / Wasps / house flies / misquotes / ants / dogs and sometimes cats.

If bitten by a dog you would need to go to your GP to have the wound cleaned properly and you may need a tetanus injection in case of infections.

Bee stings should always be taken out and an easy method is to use your bank card, bus card and push away from the sting.

If you think you are allergic you should go to see your GP but should you feel really poorly then call for an ambulance.

**Broken bones:**

It is easy to fall over on ice, or just fall down and break a bone but you would not always know immediately that you have broken a bone.

It would be very painful, there would be swelling and sometimes hanging in a different way. If it was a very bad break call an ambulance – sometimes you may need help from a Support Worker or even a First Aider.



© Can Stock Photo - csp22616618



<b>999</b> <i>Emergency</i>	<b>111</b> <i>national non-emergency medical number</i>
<b>112</b> <i>Emergency number. 112 will work on any mobile phone anywhere in the world.</i>	<b>101</b> <i>non-emergency number for the police</i>

## Seizures:

Having a fit, collapsing or fainting. You should never touch anyone who is having a fit or hold them down – allow them to have the fit.

Put the person in the recovery position to open up the airways and loosen any tight clothing.

Some people will recovery fairly quickly from a seizure but if you are in doubt call an ambulance.

## Choking:

It is possible to choke from nuts, apples, chewing gum and lots of other hard foods.

You should always chew your food properly before swallowing and take smaller mouthfuls. In between mouthfuls have some water which will help to wash the food down.

If choking pat on back with some pressure and never put your fingers into anyone else's mouth to take something out, you must get them to spit it out themselves.

## Recovery Position

Some people had a go at trying the recovery position – see chart opposite.

If someone collapses because of a seizure or fainting check nothing is broken then put them in the recovery position.

## How to ring emergency services from a mobile

It is important that when you are out and about that you have your mobile phone with you in case of an emergency and it is also important that it is always charged up.

In an emergency ring **999** – you will be asked if you want the Coast Guard, Police, Fire Brigade or Ambulance. You will be asked for your name, where you are and if

	<p>there is something you can describe where you are so they can get the full address.</p> <p>If you require the Police for something that is not an emergency then you should ring <b>101</b>.</p> <p><b>111</b> is the national non-emergency <b>medical</b> number in this country.</p> <p><b>112</b> is the emergency number anywhere in the world.</p> <p>Discussion took place about identification and the Police told everyone never to let anyone into your home if you are not happy who they are.</p>
	<p style="text-align: center;"><b>COFFEE BREAK - 15 minutes</b></p> <p style="text-align: center;"><b>Graeme / Phil / Marie</b></p>
	<p><b>Any other Business</b></p> <ul style="list-style-type: none"> <li>• Because this was a training session, there was no other business.</li> </ul>
 	<p><b>Date of the next meeting</b></p> <p>Friday 28<sup>th</sup> September 2018  10.15am - 12.00pm  St James Day Centre  The Village Hall  Birstall  Leics  LE4 4DH</p> <p>All dates and venues for 2017 meetings can be found on the betterlives website  <a href="http://www.betterlives.org.uk/charnwood">www.betterlives.org.uk/charnwood</a></p>

	<p><b>If you need to talk to someone about these meetings you can email Alix Glazier at <a href="mailto:charnwoodactiongroup@gmail.com">charnwoodactiongroup@gmail.com</a> or Glebe House 01509 218096</b></p>
--	--