



Charnwood Action Group

Friday 17th May 2019
10:15am - 12:00pm



The Rothley Centre
12 Mountsorrel Lane
Rothley
LE7 7PR

Agenda - what we are going to talk about

A collection of icons for the meeting agenda. It includes a yellow triangle with a speech bubble and the text "I want to speak", a red circle with a flame and the text "I'm sorry I can't come", a list of three stick figures with checkmarks, a cartoon titled "APOLOGIES..." showing people saying "Sorry I can't come", and a hand pointing to a list of items.

1. About this meeting

10:15am – 10.25am 10 minutes

- **Chairpersons:**
Alix Glazier, Philip Linggood, Peter Scott
- **Welcome to people who are at the meeting and introductions**
- **We will be using the red and yellow cards.**
- **Apologies** – People who could not come to the meeting
- **Word Police**
- **Refreshments**
- **Ground rules**

A collection of icons for the minutes section. It includes a list of four items with checkboxes, a hand pointing to a list, and a cartoon titled "Agreed" showing a group of people with a checkmark and a smiley face.

2. Minutes from the last meeting & matters arising from the minutes.

10:25am – 10.30am 5 minutes

Were the minutes from the last meeting, right? Please let us know if any changes to the minutes need to be made.



3. Food Safety at Home 10:30am -10:40am
We will be looking at what food safety means and why it is important.
The things we should do before, during and after cooking.
And how we can store food safely.



4. We will be splitting into 2 groups to put into practice safe food preparation and food storage. 10:40am – 11:40am

Some of us will be working in the kitchen to prepare a fruit salad whilst the others will be learning about storing food safely. The groups will then swap over so that everyone gets to take part in both activities.

Can you let us know about any food allergies that you may have, before we start the session.



5. Quiz to see what you've learnt and a chance to eat what you've made in the kitchen and have a drink. 11:40am – 11:55am



A Safe Place is somewhere you can go to if you need help and there is no one around to ask.

6. Keep Safe Places
11.55am- 12.00pm 5 minutes

Update on Keep Safe Places



Our next meeting will be held on

**Friday 5th July 2019
10:15 - 12:00**

**Loughborough Tennis Club
Ingle Pingle
Off Forest Road
LOUGHBOROUGH
Leicestershire**



If you need to talk to someone about these meetings you can email **Alix Glazier at **charnwoodactiongroup@gmail.com** or call **Glebe House 01509 218096****