

**Charnwood
Action
Group**



Charnwood Action Group

Notes from our meeting

Friday 5th July 10.15am-12.00pm



Loughborough Tennis Club

Ingle Pingle

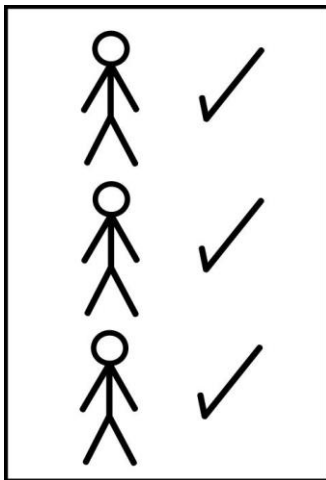
Off Forest Road

LOUGHBOROUGH

Leicestershire

LE11 3NW

Present - People who came to the meeting



Mat Richardson	Charnwood Borough Council
Luke Tinkler	Charnwood Borough Council
Phil Lingood	Parent / Carer
Carol Wincott	WAA Disability Team, LCC
Jane Parr	Safe, Well, Happy
Elaine Newitt	Loughborough
Trudie Exon	WAA Disability Team, LCC
Russell Lacey	North West Leicestershire
Daiman Hessele	Homefield College
Reuben Aldred	Homefield College
Tracey Parrott	Homefield College
Aaron Deguchi	Homefield College
Pat McCall	Homefield College
Paula Ray	Homefield College
Mike Anderson	Homefield College
Simon Goodyear	Homefield College
Sue Attwood	Glebe House
Yasmin Capes	Primary Care Liaison (Student)
Siouxie Nelson	Primary Care Liaison Nurse LPT
Matthew Harburt	Leicestershire Police
Alison Fadesco	Charnwood Borough Council

Apologies:

Mary Perry	Carer
Emma Perry	Leicester
Phil Edwards	Birstall
Dawn Cave	Birstall
Jo Weston	Shared Lives
Graeme Harrington	Leicestershire County Council
Peter Warlow	Glebe House
Wayne	Loughborough
Simon Goodyear	Homefield College



We used the red and yellow cards



Word Police
Matt Richardson



Someone to write down the minutes

Marie Moore



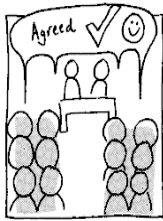
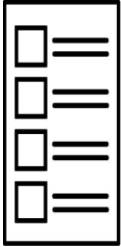
People to do the washing up and teas and coffees

Marie / Sue



Notes from the last meeting

The notes from last meeting were right



Notes Arising from the Minutes

It was agreed the minutes were correct.



3. Keep Safe Places

Discussion took place with regards to Keep Safe Places and Alison informed the meeting that they were in the process of talking to different groups and trying to put something in place. Work is ongoing and Alison is happy to have any suggestions which she will look at. Partnership Board will be included in all discussions.

- **Loughborough Town Hall** – not suitable as not always open
- **Loughborough Train Station** - too far from town centre
- **Fearon Hall** – was agreed this would be a good place as it is open longer hours.
- **Leisure Centre** – although this is open, it is a bit far from centre of town and there is usually only one member of staff on at any one time.
- **Libraries** – Since opening times have changed, not a good idea as libraries are not always staffed.
- **Homefield College** – this could be looked at.
- **Police Desk at Charnwood Borough Council** – only staffed 8.30 – 5.00.
- **Barrow Treats, Barrown on Soar** – will look into this.
- **Sip and Serve** – Loughborough

What makes a good Keep Safe Place:

- Centrally located (normally)
- The place is well known (perhaps to some of our most vulnerable people)
- Easily accessible
- Friendly
- Clearly marked with the Keep Safe door sticker
- Staff have been well informed of their role and what is required from them
- More than one staff member is present at any given time.
- A space is available that is plain sight.

Suggestions made for New Keep Safe Places and reasons why some of these would not be suitable:

Loughborough Town Hall - although it is in the centre of Loughborough, it is on always open and staff are normally very



busy dealing with people going to shows. It can get very noisy and busy.

Mountsorrel Memorial Hall - was agreed this would be a good place as it is open to the community, open at set times and near the town centre.

Loughborough Train Station - too far from town centre and not always fully staffed, you cannot get on to the platform without a ticket and the main doors can be locked.

Fearon Hall - was agreed this would be a good place as it is open to the community, open at set times and near the town centre.



Leisure Centre - although these are open longer hours and well used, it is a bit far from centre of town and generally there is only one member of staff on reception which can be very busy and noise.

Homefield College - this could be looked at.

Police Desk at Charnwood Borough Council - only staffed 8.30- 5.00.



Barrow Treats, Barrow on Soar – will look into this and get back to everyone.

Sip and Serve, Loughborough - this is central and could be a good place, will make contact with them.

What will happen next?

- Allison to make contact with Fearon Hall, Mountsorrel Memorial Hall, Barrow Treats and Sip and Serve.
- Explain what a Keep Safe Place is.
Complete the check list to make sure it is the correct place for it.
- If they are happy to be a Keep Safe Place, then send out relevant stickers and paperwork.
- Inform Anita and get them put on the website.



4.

COFFEE BREAK - 15 minutes

Who are we?



Team of 3 Learning Disability Nurses

Siouxie Nelson – West Leicestershire

Sam Screation – East Leicestershire and Rutland

Louise Hammond - City



What do we do?



Work in Doctor's surgery's, dentists (teeth), optician (eyes) and more.



Make it easier for people to access health care.



Make sure people have good health care treatment.

Check that people are having good health.



- A physical health check
- Everything from your head to your toes



- A check on your mental health



- Medication check



What are we working on?



Learning Disability Register.



Learning Disability Annual Health Checks.



Cancer Screening.



Better ways of having a blood test.



Annual Health Check



• At the GP practice it is called a Learning Disability Annual Health Check.



• A full check from your head to your toes.



• Once a year.



• When you are well.



5. Learning Disability – Primary Care Liaison Nurse

There are three Learning Disability Nurses:

- Souxie Nelson – West Leicestershire
- Sam Screation – East Leicestershire and Rutland
- Louise Hammond – Leicester City

What do we do?

- Primary Care means places in the community that are not hospitals.
- Working in Doctor's Surgery's, Dentists (teeth), Optician (eyes) and more.
- Make it easier for people to access health care.
- Make sure people have good health care treatment.
- Check that people are having good health.

Annual Health Check:

- At the GP Practice it is called a Learning Disability Annual Health Check.
- A full check from your head to your toes.
- One a year when you are well, this might be in your birthday month but it can be any time of the year.

What are we working on?

- Learning Disability Register
- Learning Disability Annual Health Checks
- Cancer Screening
- Better ways of having a blood test
- A physical health check
- A check on your mental health
- Medication check

What to expect?

• Annual Health Check:

Every year you will be asked to attend your Surgery for an annual health check from head to toes. Your Liaison Nurse can attend if you need her to be with you. We will look at things Like:

- Blood pressure
- Listen to chest
- Look in your ears/eyes/teeth
- Breathing
- Feet
- Mental health issues (how you feel)
- Discuss concerns if you are going through any difficult times.
- Check any medication that you may be on.

Booking your appointment



• Your GP practice will usually invite you once a year at the same time.

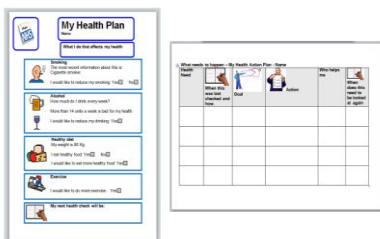


• This might be in your birthday month, but it can be anytime of the year.



• The GP practice usually send a letter in the post, that will ask you to book in when you are ready.

• The appointment can be up to 40 minutes.



- Any other conditions – Diabetes/Epilepsy.
- You may be given information for the future to prepare yourself for when your appointment comes up again.
- At the end of your appointment you will be given a health Action Plan, the Doctor/Nurse will tell you what you need to do so you can stay healthy.
- You will receive letter/phone call to book your appointment and it is very important do book an appointment. The appointment should take about 40 minutes which will give enough time to cover everything.

There was a question and answer session:

Q: If you are in hospital will you get access?

A: Yes, we work all across the three main hospitals in Leicestershire. Specialist nurses are available to make sure the necessary changes are put in place for the person on arrival. You can ask to see the Learning Disability Nurse at any time if she is available.

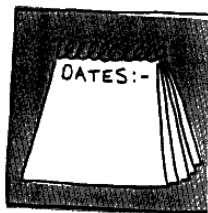
Q: Are we all working to the national template?

A: Doctors will bring up form and fill in any instructions for the Nurse to look at prior to your visit. In Charnwood all the Doctor's surgeries are using the same one. Our job is to check that Doctor's and Nurses are doing the check well.

There was no other business -

time for tennis.

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Date of next meeting

Friday 4 October 2019
10:15 - 12:00
St James Day Centre
The Village Hall
BIRSTALL
LE4 4DH

All dates and venues for 2019 meetings can be found on the betterlives website
If you need to talk to someone about these meetings you can email Alix Glazier charnwoodactiongroup@gmail.com or Glebe House 01509 218096