



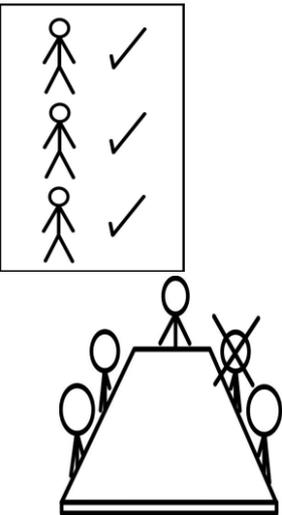
Action In Melton.

Gloucester House, Melton



Date: 25 July 2019

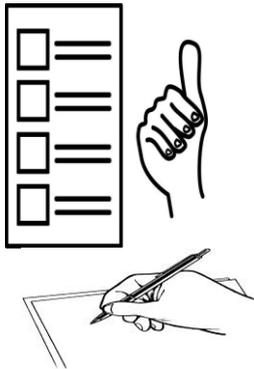
Time: 1:30 - 3:30pm

	Present – People who	came to the meeting
	Helen Illsley Helen Anderson Alison Keightley James Beeson-Hartley Rachael Bunker Hayley Howlett, Manager Sheena Wilford Norah Whittaker Heather Yalden Eddy Kolaso Jackie Goodrick Marie Moore	Treasurer Chair Support and Connections Support and Connections Support and Connections Support and Connections Nurse NHS Learning Disability Nurse Co Chair Self-Advocate CERT Support Minute Taker

	Apologies - People who could not come
	There were no apologies



We did not use the red and yellow cards
The meeting was more informal as the weather
was very hot.



Notes from the last meeting.

It was agreed the notes were correct



COFFEE BREAK – 15 MINUTES



Word Police

Helen

NHS - Learning Disability Nurses

It was confirmed that the recent event was very successful and there were stands for people who were carers relating to Alzheimer's, Diabetes and there were nurses who checked blood pressure and weight.

Norah and Sheena explained to the group how to stay safe in the sun.

Discussion took place about how we can stay safe in the sun and the following was suggested:



- Use lots of sun cream to prevent getting burnt.
- Shade under trees
- If you can avoid it try not to be out in the heat between 11:00 – 3:00.
- Drink plenty of fluid, eat plenty of fruit, yogurt and vegetables as they have lots of fluid in them.
- Wear a floppy hat and sun glasses.
- Drink at least 8 glasses a day, continuously during the day.

Dehydrated: means you are not drinking enough fluid, and this can cause you to have a bad headache and feel unwell

If you get dehydrated, you may feel:

Thirsty
Feel unwell
Cracked lips
Skin can become dry
Feeling sleepy/dizzy
Headaches
Feeling like you are going to faint

Another way to know if you are drinking enough is after going for a wee, if it is clear then you are drinking enough but if it is dark then you are not and you then need to drink more until your wee is light in colour. (a chart explaining this is attached)

It was also suggested:

- to drink 8 glass of water a day and if you go out take a bottle of water with you
- Avoid drinking tea or coffee
- In hot weather reduce the amount of exercise you do and if you go out for a walk, walk slowly.
- When you get up every morning put your sun cream on and then you will only have to top up during the day. It is important you this before you leave the house every morning.
- Eat ice lollies, fruit, jellies, yogurt and ice cream.
- Use a sheet instead of a quilt.
- Hot water bottle filled with ice which will melt and leave cold water to help keep you cool.

If you do get sun burnt use a cold flannel to help cool down, cold cream on skin and pain killers if you are sore, always use 50+ sun cream.

When eating try to eat light – salad, sandwiches, avoid putting on oven and make sure you do eat regularly.





Leicestershire Learning Disabilities
Partners



Update from the Partnership Board

Alison and Eddy said that she enjoyed the meeting and the people were very nice.

People were asked if they would like to go again, taxis will be paid for. Eddy, Helen, Heather, Alison, James and Rachel would all like to go. Jackie will let Claire know so she can get information put together and parking tickets. Eddy confirmed he would make his own way.

Eddy said that they talked about being scammed, no cold callers, no knocking and no nuisance calls. If this happens on a regular basis, you should tell the police.

If you do not know the person who is ringing you put the phone down, do not give them any personal information and report it to the Police, BT or a member of staff. Make sure you tell someone.

Do not advertise anything on face book or other media sights. Do not tell people you are going on holiday.

It was confirmed that there would be another event taking place in September at Leicester Racecourse and will be ticket only. Helen will be able to let us have more information after the Partnership Board Meeting on 6 August.

Any Other Business



Visit to Houses of Parliament:

Jackie confirmed that the visit to the Houses of Parliament is arranged for 2 December 2019 and starts at 11:00. It will be an early start for those who want to go and Jackie suggested meeting up at County Hall where others will be leaving from and a mini bus has been arranged. When we get



to the Houses of Parliament we have booked a room for 1:00.

It was suggested to lobby government about “Stay up late Campaign” so people with Learning Disabilities have the right make their own choices about what time they go to bed, having friends of their own choice, making their own life choices and taking risk. It was confirmed that people who are in residential living or shared living are being asked to go to bed to suit the staff which is not right. It is NOT about staff telling people with , learning disability’s what to do and making decisions for them.

Keep Safe Places:

Melton In Action met with Lucie from Melton Borough Council, Heather kindly allowed us to meet at her home, we have all been invited to their next meeting with the local shop keepers. Jackie confirmed that a survey was carried out a couple of years ago and not many shops knew what Keep Safe Places were about. At the next meeting with local shop keepers, we hope to do a presentation to get across how important it is for us to have Keep Safe Places in and around Melton.

After discussion it was agreed that places like Late Night Chemists, Library, Day Centres, Police Station Mencap, MacDonald’s would be good for Keep Safe Places. Posters need to be displayed clearly and in a good place to be seen.

	<p>Date of Next Meeting Thursday 19 September 2019 1:30 - 3:30</p>
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VENUE TO BE CONFIRMED