



Charnwood Action Group

Notes from our meeting

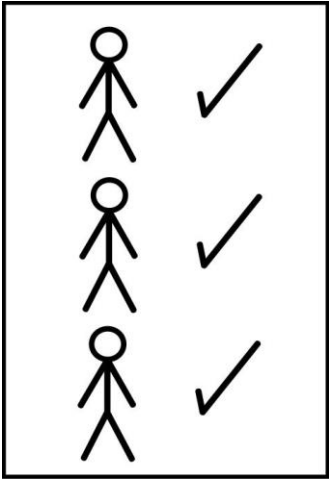
Friday 31 January 2020
10:15 - 12:00



Woodgate Chambers
Old Magistrates Court
70 Woodgate
LOUGHBOROUGH
Leicestershire LE11 2TZ

All dates and venues for 2017 meetings can be found on the Betterlives website www.betterlives.org.uk/charnwood

Present - People who came to the meeting



- | | |
|--------------------|---------------------------|
| Alix Glazier | Chair |
| Phil Linggood | Co-chair/Carer |
| Paul Maddison | Glebe House |
| Peter Warlow | Glebe House |
| Mat Richardson | Charnwood Borough Council |
| Jane Parr | Quorn |
| Sarah Allen | Thera Camden Society |
| Tatasha Smith | Student Nurse LPT |
| Claire Summerfield | Partnership Board Support |
| Phil Wright | Officer |
| Nuala Sherlock | Leicestershire Police |
| Elaine Newitt | Leicestershire Police |
| Wayne Hazlewood | Loughborough |
| Sian Wilson | Loughborough |
| Charlotte Kew-Moss | Victim First |
| Rueben Aldred | Homefield College |
| Simon Goodyear | Homefield College |
| Paula Ray | Homefield College |
| Tracy Parrott | Homefield College |
| Marie Moore | Minute Taker |

Apologies:

- | | |
|---------------|-------------------|
| Russell Lacey | NW Leicestershire |
| Jenny Lacey | NW Leicestershire |

Mike Anderson
Sue Attwood
Sarah Morris
Trudie Exon

Homefield College
Glebe House
Disability Nurse
Leicestershire County Council



We used the red and yellow cards



Word Police

Graeme / Paula



Someone to write down the minutes

Marie Moore



People to do the washing up and teas and coffees

Claire / Marie



Notes from the last meeting

The notes from last meeting were right



Notes Arising from the Minutes

- Homefield College signed up to do work with Freya Tyer, Leicester University. It was suggested to chase up and report back to the meeting.
- We now have a new Conservative MP in Loughborough and her name is Jane Hunt, she has replaced Nicky Morgan.
- Claire Summerfield reported that Aaron from VAL will



be taking on Gig Buddies (Stay Up Lane Campaign) on our behalf and will put in for funding from the Lottery.

- Information will be posted out to find out who is interested in having a Gig Buddie. Claire will be meeting up with Heather Pick and other managers to discuss recruitment for this project and she will get back to all Locality Groups with the outcome.
- Well Being Event will be on 25 March 2020. There will be lots of information sharing and partners are invited to come along.



Partnership Board

Partnership Board will be updated at next meeting



Sian Wilson introduced herself and gave out some leaflets.

What do we do

- We offer support after the crime has been reported.
- We can offer you support over the phone, face to face or meet with you out in the community.
- We talk to you about how you are feeling, give advice on how to keep safe and tell you about other people who can help you.



How does it work

- Once you have been referred to our service one of our caseworkers will contact you within 48 hours. There is no waiting list at the moment but this can change.
- We will go through a support Plan to look at how we can help with your safety and your emotions.



What to do if you feel you would like support

- Let the Police Officer know that you would like support and we will contact you.



- Contact us directly yourself and ask for support.
- Get help from a carer or professional to contact us.

How to Contact Us

We are open Monday – Saturday 9.00am – 6.00pm and 9.00 – 8.00pm on Wednesday

Call us for free on 0800 953 9595

Email us at support@victimfirst.pnn.gov.uk

The following questions were raised:

Q: How much support do you get and does it extend if you have to go to court?

A: We would still be in contact and probably make sure a referral went through to Witness Services so that they could support you through court.

Q: Where are you based?

A: We work from different Police Stations in allocated areas. We sometimes use Sure Start Centres.

Q: How can we get vulnerable people to speak up?

A: Gig Buddies could be used, family and friends could also be used which would be helpful to allow victims to speak up.

Q: Where do you advertise yourselves?

A: At local events in communities run by the Police and anywhere else we get invited to. Also, by word of mouth if we have helped someone, and obviously at local groups like this one.

Graeme said that he had given this information through to Social Workers which he thought would be useful.



**COFFEE BREAK - 15 minutes
Marie and Claire**

Health Checks and Health Action Plans

Siouxie Nelson
Learning Disability Care Liaison Nurse
Leicestershire Partnership NHS Trust
07500 993 864
Siouxie.nelson@leicspart.nhs.uk



Purpose of the Presentation

- An update on the health checks and health action plans.
- To tell you what is happening across the county in GP practices.

Primary Care Liaison Nurse Team

Siouxie Nelson – West Leicestershire
Sam Screaton – East Leicestershire and Rutland
Louise Hammond – City



What do we do?

- Work in Doctors surgery's dentists (teeth), optician (eyes) and more.
- Make it easier for people to access health care and check that people have good healthcare treatment the same as everyone else.
- Find out how things can be done better in primary health care and make plans to get them done.



Annual Health Check

- Which you have at your usual Doctors, it is called a Learning Disability Annual Health Check.
- A full check from you head to your toes.
- Once a year.
- When you are well.



What to expect?

- Everyone is different
- So every health check is different.





- But here are some things you can expect.

A Physical Health Check

- A check on your mental health
- Medication check
- If you have a condition that will be looked at too, like Epilepsy or Diabetes.

My Health Plan
Name: _____

What I do that affects my health

Smoking
The most recent information about this is:
Cigarette smoker
I would like to reduce my smoking: Yes No

Alcohol
How much do I drink every week?
More than 14 units a week is bad for my health
I would like to reduce my drinking: Yes

Healthy diet
My weight is 80 Kg
I eat healthy food: Yes No
I would like to eat more healthy food: Yes

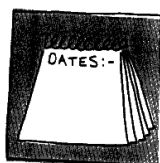
Exercise
I would like to do more exercise: Yes

My next health check will be: _____

Health Action Plan:

At your health check you will be given a health action plan. This will be a list of the things you talked about in your health check that you and your doctor/nurse want to do to help you have better health. You should try to remember to bring your Action Plan with you when you attend your appointments.

At present only 75% of people are coming forward for their health check, NHS England have asked everyone to try and get more people to have these.



Date of next meeting

**Friday 3 April 2020
10:15 - 12:00**

**Mountsorrel Memorial Centre
105 Leicester road
Leicestershire
LE12 7DB**



All dates and venues for 2020 meetings can be found on the betterlives website
www.betterlives.org.uk/charnwood

If you need to talk to someone about these meetings you can email [Alix Glazier at charnwoodactiongroup@gmail.com](mailto:Alix.Glazier@charnwoodactiongroup@gmail.com) or Glebe House 01509 218096