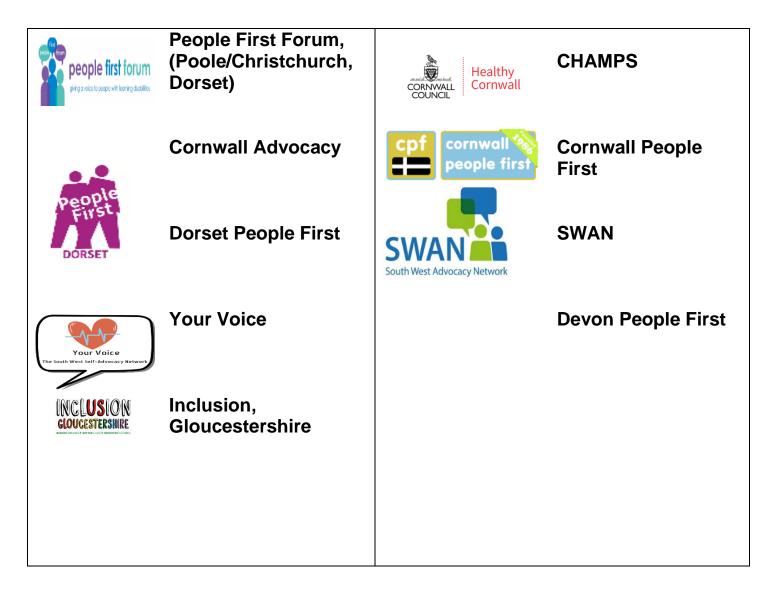


11<sup>th</sup> June 2021

## Who came?



## What did we talk about?

Your Voice The South West Self-Advocacy Network	Hello and welcome!
	Ice Breaker Everyone said their favourite breakfast.







**People First Forum** showed us a presentation about supporting disabled people to have fair treatment in court.

They shared the presentation for the groups in the network to use and share.

The Your Voice team shared a video from Inclusion, Gloucestershire about mental health and what it means to have ill mental health.

Here is the link to watch it: https://youtu.be/VaJqLh8vx7k

Mental Health top tips:

Try and make positive relationships and friendships.

Do things you enjoy.

Eating healthy food.

Get enough sleep.

Exercising.

Talking to someone about your feelings.

We asked the group how easy it was for people to get mental health help where they live and if they are supported. We had positive and negative feedback.

Some people said that: You needed to be in crisis to get support. You need to have a visible disability to be listened to. The NHS were too stretched. The language on the phone was difficult to understand.





	Some people said: Dorset mind were very useful Every mind matters were supportive Free crisis lines were accessible. The Retreat in Dorset had a space for people to come and relax and talk. MIND has free access for people who need help with mental health.
	We had an ABBA Quiz
CORNWALL COUNCIL Healthy Cornwall Cornwall South West Advocacy Network	We asked what people would like to talk about at future meetings? CHAMPS agreed they will lead the July network meeting and SWAN will lead the August network meeting.
July 14	Next Network Meeting Our next meeting is Wednesday 14 <sup>th</sup> July at 12.30-2pm
$12:30 \xrightarrow{\left(\begin{array}{c}10\\9\\9\\7\\6\end{array}\right)}, 5\\12:30 \xrightarrow{\left(\begin{array}{c}10\\9\\7\\6\end{array}\right)}, 5\\12:30 \xrightarrow{\left(\begin{array}{c}10\\9\\7\\7\\7\\7\end{array}\right)}, 5\\12:30 \xrightarrow{\left(\begin{array}{c}10\\9\\7\\7\\7\end{array}\right)}, 5\\12:30 \xrightarrow{\left(\begin{array}{c}10\\9\\7\\7\\7\end{array}\right)}, 5\\12:30 \xrightarrow{\left(\begin{array}{c}10\\9\\7\\7\\7\end{array}\right)}, 5\\12:30 \xrightarrow{\left(\begin{array}{c}10\\9\\7\\7\\7\end{array}\right)}, 5\\12:30 \xrightarrow{\left(\begin{array}{c}10\\9\\7\\7\\7\end{array}\right)}, 5\\12:30 \xrightarrow{\left(\begin{array}{c}10\\9\\7\\7\end{array}\right)}, 5\\12:30 \xrightarrow{\left(\begin{array}{c}10\\9$	<b>New time</b> 12.30-2pm
	Join Zoom Meeting Link https://us02web.zoom.us/j/81674802458?pwd=eHFWaVZDTCthc09vRHFNaj ArbjRuUT09 Meeting ID: 816 7480 2458 Passcode: 608101