



One Network

South West Self-Advocacy Group

# Your Health Your Voice Your Life Network Meeting

## 17<sup>th</sup> March 2021

### Who Came?

	<p><b>People First Forum, (Poole/Christchurch, Dorset)</b> Kimberly Fields, Anthony, and Todd</p>		<p><b>Cornwall People First</b> Sammy Avery Fliss Hedge</p>
	<p><b>Your Voice, Somerset</b> Colleen Kennedy</p>		<p><b>Inclusion Gloucestershire</b> Rosie Mockford</p>
	<p><b>Dorset People First</b> Zoe Howe</p>		<p><b>CHAMPS</b> Steve Hillman and Laura</p>
	<p><b>Swan</b> Anna Tremblet</p>		<p><b>The Hive Avon</b> Dominic Box</p>
			<p><b>Your Health Your Voice Your Life (IG)</b> Cody Gingell, Lucy Hill and Emily Luckham</p>

### What did we talk about?

	<p><b>What is the meeting about?</b> The team introduced themselves.</p>
	<p><b>Ice Breaker</b> Everyone introduced themselves and said where they came from and what their favourite month of the year was and why.</p>
	<p><b>How are groups making technology work for them?</b> People said the good things about being online:</p> <ul style="list-style-type: none"> <li>• It's Cheaper, no travelling,</li> <li>• It helps people feel motivated</li> </ul>

- It lets people build on friendships,
- It's useful to share screens such as videos and pictures,
- Being able to talk to big groups and having mute button helps with crowd control,
- It has built online confidence and self-esteem to talk with others,
- People can use FB live sessions, take classes such as yoga, tai chi, pottery.
- It keeps people up to date with news and government guidelines.
- People who had used the colour cards agreed it was effective.

People said that they will be happy to keep online groups going when restrictions are lifted as they have become used to them now and it saves money on travelling and get to be in comfort of own home.



People said some things that are not so good about meeting with people online:

- It can be overwhelming and confusing to start with.
- Can be difficult to let everyone speak and be heard.
- Can give you headaches- important to go for fresh air and take breaks
- You always get people that are more outgoing and sometimes they can take over on zoom.
- Miss seeing friends who aren't online- some people aren't getting enough IT support and things like bad signal are affecting those who are unable to connect.
- Support staff often won't support with technology- big barrier created for those with supported living.

We spoke about a digital inclusion course for people that offers funding for equipment – something many people would have benefited from.

**We talked about social media**  
We had a quiz about social media.



We talked about social media. We talked about which networks were popular. What is a healthy amount of time to spend online and how often do we check our phones?

We talked about the good and bad things about social media and how people are addicted to their phones and social media.

Some feedback from people saying that they removed it from their lives and have never looked back.



**Vaccines**

Todd said that he would like to talk about vaccine and get a speaker to talk for 20mins.

People thought this would be too long and be will be overwhelming- it needs to be in smaller chunks for people.

We talked about people who have had their vaccines and how they were feeling. Some people had some side effects, but group all decided it was worth the short-term effects to not get COVID-19. Todd has been shielding for a long time so was very important for him, despite having to go to hospital.



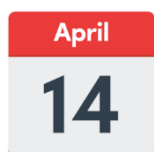
**What would people like to talk about at future meetings?**

We asked people what they would like to talk about at network meetings.

Sammy said she would like to talk more about DNAR. (Do Not Attempt Resuscitation.) It is upsetting and she would like to be able to talk about it openly within the network, but in bite size chunks so it is not overwhelming.

We discussed having meeting for 1hr 15 min and then holding the space for another 30mins for those who might want to continue talking about anything.

Want to be able to have a time structure where people feel comfortable to stay or leave and it feel open.



**Next Meeting**

Our next meeting is Wednesday 14<sup>th</sup> April 2021



1.00pm-2.15pm



## Zoom meeting details

Join Zoom Meeting

<https://us02web.zoom.us/j/81674802458?pwd=eHFWaVZDTCthc09vRHFNajArbjRuUT09>

Meeting ID: 816 7480 2458

Passcode: 608101