



Your Voice Network Meeting Minutes



**Wednesday
10th August
2022**



Icebreaker
What was your
favourite childhood
toy?



Topic
Dying and
bereavement



Quiz
Football

We talked about:



The icebreaker question was “What was your favourite childhood toy?”. Some people said “Sindy”, “Scalextric”, “Polly Pocket”, “cars”.



Kayleigh and Cody from Inclusion Gloucestershire talked about dying and bereavement (losing someone important to you).



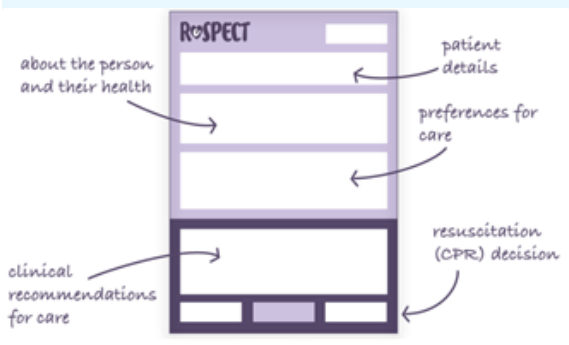
Whatever you feel when someone dies is ok. You might feel sad, relieved, happy, shocked or confused.



People with learning disabilities should be able to choose if they go to funerals.



People with learning disabilities and autistic people can die earlier than other people.



You can plan what you want to happen before and after you die. You can use a Respect form or do an End of Life Plan.



It can be just as hard when a pet dies as when a person dies.



What people said about dying:

One person said having a plan about what you want to happen helps the people who are left behind when they die.



One person told us they had difficulty making a will, possibly because of the cost.



Some things that helped people when someone died were making art and a teddy bear.



One person asked if it was usual to be upset if a celebrity you have never met dies. We agreed that it was. A lot of people were upset when Princess Diana died.



Inclusion Gloucestershire drama group made a video on dealing with bereavement. It is on YouTube:
<https://www.youtube.com/watch?v=XWGTOr05tw8>



Updates:

Citizen Checkers are having a meeting in September to plan their future. They have been meeting patients in hospital and on zoom.



Swan having been putting on workshops about different things such as health, relationships and jobs. They would like more people to attend the workshops.



Tim shared a survey from Inclusion Gloucestershire about things that are stopping people from having a good life.



Know Your Rights told us they are making a short video about helping people with a learning disability.

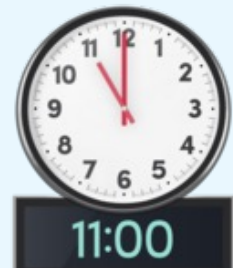


The next Your Voice meetings are:

The network meeting is on **Wednesday 14th September** at 12:30pm



The coffee morning is on **Thursday 25th August** at 11:00 am



The topic for the next network meeting is 'How the cost of living increase can affect your health and wellbeing'.



Thank you for coming to our meeting. We look forward to seeing you next time.