



Your Voice Network Meeting Wednesday 13th of July 2022

Who came?

	Your Voice		Devon County Council
	Inclusion Gloucestershire		Devon People First
	Citizen Checkers		People First Forum

What did we talk about?



We said 'hello' to everyone.

The icebreaker question was 'What is your favourite topping to put on toast?'



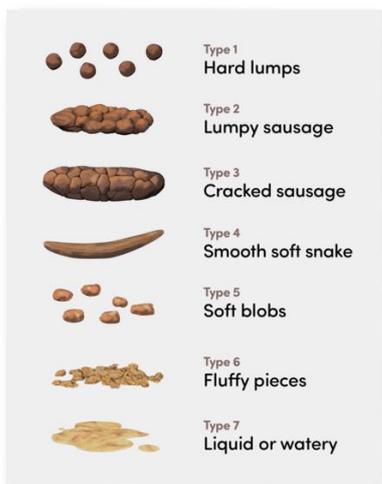
Cody and Kayleigh did a presentation about bowel health.



They said it can be hard to talk about constipation.

They said it is important you talk to someone you trust.

This might be a carer, a friend or a doctor.



They told us about how you know if you are constipated.



They told us things that might make you constipated.

These could be medicines, food, drink and other conditions.



They told us about things that can stop you from getting constipated.

These are things like eating healthy food, drinking lots of water and exercise.



They told us about what can help if you are constipated.



They said it is important to talk to your doctor if you are constipated.



Sammy told us about a person called Pipsy who died in Gloucestershire.

She had a hole in her bowel.

She died because people did not know there was a problem with her bowel.

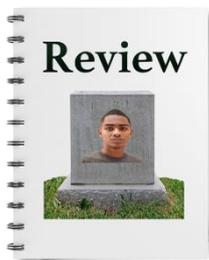
It is really important to let people know if there are any changes with your poo.



People from Cornwall, Devon and Gloucestershire said their doctors have not asked them if they have any problems with their poo.



People said it should be part of your Annual Health Check but they have not been asked about going to the toilet at their Annual Health Check.



People talked about LeDeR.



In Devon, when they talked about LeDeR at a meeting lots of people with a Learning Disability were upset and left the meeting.



We talked about how it can be very upsetting to talk about death and dying.

Kayleigh talked about how it is important to still have hard conversations.



She thinks we need to make sure people have the support they need ready.

She said it is important to choose a good time to talk.



Kayleigh asked if the group would be okay if they did a meeting about when someone dies and bereavement?

Most people in the group said they would.



We had a quiz that Jenny and Amanda made.



We heard updates from the different groups.

Devon County Council told us there had been staff changes.

Devon People First said the friendship groups are meeting up again in person.



They met in Exeter last month and are meeting in Barnstaple this month.

People First Forum says they have made some Annual Health Toolkits.



Their team have been phoning the doctors to see how they are doing with the toolkits.

They said that the doctors are talking to them more than they were when ICB professionals phoned.



Someone asked about what is an ICB?

Here is a video about what the ICB is:

[How does the NHS in England work and how is it changing? | The King's Fund \(kingsfund.org.uk\)](https://www.kingsfund.org.uk/insights-and-analysis/healthcare/how-does-the-nhs-in-england-work-and-how-is-it-changing/)



Inclusion Gloucestershire said they have been training people with a Learning Disability about how to get the a good Annual Health Check.

They have been training support workers too.

They have trained them on how to give someone good support with an Annual Health Check.



Citizen Checkers said they have been working hard.

They have been talking to people who are in hospital – online or in person.



In Cornwall, they had a Blue Light Day. Citizen Checkers read a poem about home. They did a protest with placards about people's rights and all the people who are still in hospital.



Citizen Checkers are still looking for people to do their Peer Mentor training.

If you know someone who used to live in a mental health hospital and who would like to help others, contact Emily.

The Your Voice team said there will be some changes to the team.

Debbie is starting as project coordinator this week.

Emily will not be the Your Voice manager anymore. She will be managing the Quality Checking project work instead.

There will be a new manager, Helen Ginman who starts next week.



Dates for the diary

Coffee Morning –

Thursday 28th July - 11am



Network meeting –

Wednesday 10th August 12.30 - 2pm