

INCLUSION
GLOUCESTERSHIRE
BIGGER DREAMS • BETTER LIVES • BRIGHTER FUTURES



Your Voice Network Meeting Minutes



Your Voice

The South West Self-Advocacy Network

**Wednesday 8th
March 2023**

INCLUSION
GLOUCESTERSHIRE
BIGGER DREAMS • BETTER LIVES • BRIGHTER FUTURES



Devon People First

The voice of learning
disability



Devon
County Council



People from these groups came to the meeting

We talked about:



Kayleigh and Cody did a presentation on men's and women's health.



They told us about some women's health issues. For example, periods can be difficult for some people to manage.



The menopause is when periods stop and other symptoms happen like hot flushes and not being able to sleep.



Women can also have some problems with their health if they get pregnant. For example, high blood pressure and diabetes.



Men's health problems can include dealing with stress.



More men die because of suicide than women so it is important for them to manage their stress and mental health.



Men can get problems with their blood pressure if they eat fatty food and drink alcohol.

What people said:



It is easier to manage your health if you have support from someone close to you like your parents or a partner.



Some people would like to have support with healthy eating. One person wanted this to be more than a one off lesson.



People said that being lonely is a big problem and that you cannot try to be healthy if you feel alone and down.



One person said that being healthy starts with connections. People in a women's group were relieved to hear that other women struggle with the menopause too.



One person said that loneliness is why they set up a friendship group. They said it might be good to have Easy Read information about loneliness.



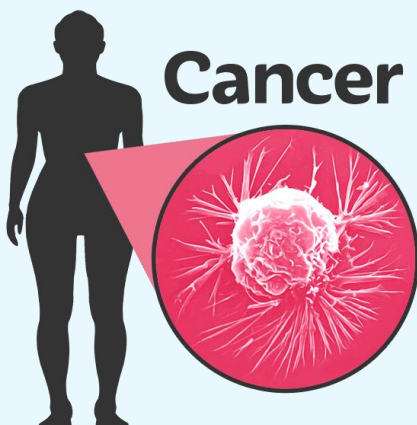
Doing something like going to a cooking group means you can socialise and learn to look after your health.



Not having much money can make it hard to be healthy. Lots of social groups and exercise activities have to be paid for.



It can be harder to manage health problems like painful periods when you have a learning disability. Doctors need to know it's not just the same as for other women.



People were not asked about cancer screening or checking themselves in their annual health checks but thought they should be.

Changes we will ask the NHS and social services to make:



All easy Read information should be on one website in each county so people can find what they need easily.



Training for support workers and carers should include understanding loneliness and how to support people with it.



Loneliness should be recognised as a support need in health and care assessments because it has a big impact on physical and mental health.



People with learning disabilities should have support to understand and manage their own loneliness.



Services helping people with learning disabilities with their physical and mental health should be free or very low cost.



There should be a free or very low cost service supporting people with learning disabilities to do accessible exercise.



Health professionals should have training to understand that health conditions can be harder to manage for people with learning disabilities and may affect them more because of other disabilities they have.

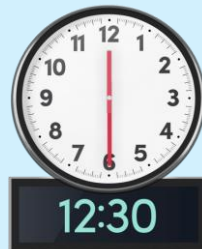


Discussion about cancer screening and self checking should be part of annual health checks.

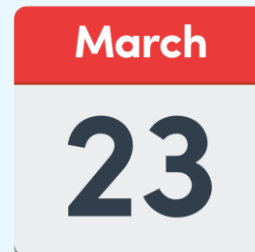


The next Your Voice meetings are:

The network meeting is on Wednesday 12th April at 12:30pm



The coffee morning is on Thursday 23rd March at 11:00 am



At our next meeting we will talk about how we want the network meetings to run in the future.

Here are some questions to think about:

What do you like about the network meetings?

What would make the meetings better?

What topics would you like the meetings to be about?

Would you like to run some or all of a meeting in the future?

