



Your Voice Network Meeting Minutes



13th November 2024



Attendees: Devon County Council, Inclusion Gloucestershire, Devon People First, People First Forum

We talked about:



Kayleigh and Cody welcomed everyone to the meeting.



Icebreaker Question: What do you prefer Halloween, Christmas or Easter? Most people preferred Christmas as it goes on for weeks! They enjoy seeing family.



We discussed **Sleep**.



We told people that sometimes it can be difficult to fall asleep.



These are some of the reasons why: Being cold, extra noise and bright lights.



Women's Health issues like periods and menopause may make it more difficult to sleep.



You might have stomach cramps, mood swings or have hot flushes.



People told us that living in supported living can make it harder for them to sleep.



People told us it is hard to get to sleep when staff and other residents are being loud.



People told us that other residents might come back drunk and they are also disturbed by noise and traffic.



You might have to wake up your parent's or carers in the night if you need support.



People told us that they felt like they had to wait until it was a 'reasonable time to ask their parent or carer for support.



People told us that if they live on their own it can be hard to know when they need medical support in the night.



People told us that it can be hard as they can't ring paid support staff in the night.



We discussed that it can be harder to sleep in hospital.



People told us that when they were trying to sleep in hospital, they were connected to lots of wires. This made it harder to sleep.



People told us that when they moved whilst trying to get to sleep in hospital the alarms would go off.



It can also be hard when you can hear other people being poorly.



People also told us that they are unsure when staff are coming in to check their health in the night.



We discussed that routine is important for having a good night's sleep.



People in the network liked to have a warm night time drink to help them sleep.



Other people like to use black out blinds.



People try not to have TV's in their rooms.



Some people said that medication to help you sleep can be useful.

December

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Our next meeting is the 11th
December.



It will be on the topic of
Christmas Struggles.