



# Your Voice Network Meeting Minutes



**8th January 2025**



**Attendees: Devon County Council, Inclusion Gloucestershire, People First Forum, Citizen Checkers.**

# We talked about:



Rosie and Cody welcomed everyone to the meeting.



**Icebreaker Question: What are you looking forward to in 2025?** Driving test, holiday to Thailand, spring onwards, Trip to Shetland and a better year than last year.



We discussed **Wellbeing**.



We told people that it is important to look after yourself to make sure you are happy and healthy.



Looking after yourself on your own can be hard and it can cost money if you need help with it.



Other things can help your wellbeing like working in the community.



People told us that voluntary work and jobs are not easy to apply for and they need help.



People told us that when they did do some work they really enjoyed it and were asked to stay on.



People told us that having a job also helped them to make friends.



People also told us that doing voluntary work helped them to get paid jobs.



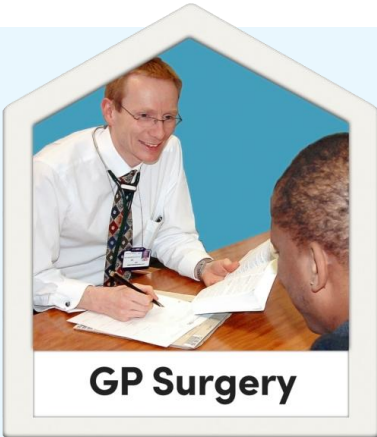
We told people there are things you can do to help you look after yourself.



You can eat healthy, get a good night's sleep and try mindfulness.



We told people it is important to make sure you don't get too stressed.



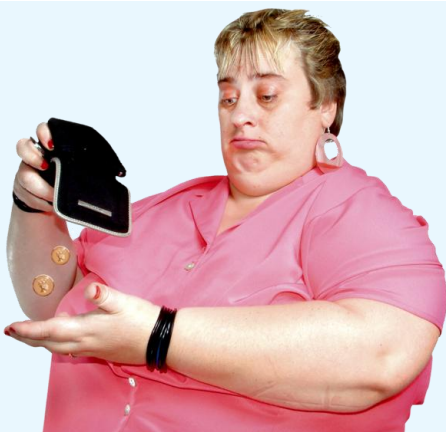
**GP Surgery**

If you feel stressed a lot of the time, it is good to get help.



**Social Club**

People told us they have set up these groups to make them accessible. It is hard for the groups to continue without funding.



People told us they did not know where to get this funding from.



Someone told us that the doctor's treat them differently when they have a PA with them.



They told us that they think the doctor doesn't take them seriously on their own.



We told people that is important that carers look after themselves too. Mencap have a helpline if they need to talk.



People told us that carers/support workers are making decisions on whether the person should have health education.



This doesn't give the person their choice or right.



We told people it is important to go to their annual health checks.



We asked the group what they do to look after themselves.



People told us they like to go walking, swimming at the riverside, and to talk to family and friends.



Our next meeting is on the  
12<sup>th</sup> February.