



Your Voice Network Meeting
11th June 2021

Who came?

	<p>People First Forum, (Poole/Christchurch, Dorset)</p>		<p>CHAMPS</p>
	<p>Cornwall Advocacy</p>		<p>Cornwall People First</p>
	<p>Dorset People First</p>		<p>SWAN</p>
	<p>Your Voice</p> <p>Inclusion, Gloucestershire</p>		<p>Devon People First</p>

What did we talk about?

	<p>Hello and welcome!</p>
	<p>Ice Breaker</p> <p>Everyone said their favourite breakfast.</p>



People First Forum showed us a presentation about supporting disabled people to have fair treatment in court.

They shared the presentation for the groups in the network to use and share.

The Your Voice team shared a video from Inclusion, Gloucestershire about mental health and what it means to have ill mental health.

Here is the link to watch it: <https://youtu.be/VaJqLh8vx7k>

Mental Health top tips:

Try and make positive relationships and friendships.

Do things you enjoy.

Eating healthy food.

Get enough sleep.

Exercising.

Talking to someone about your feelings.



We asked the group how easy it was for people to get mental health help where they live and if they are supported.

We had positive and negative feedback.

Some people said that:

You needed to be in crisis to get support.

You need to have a visible disability to be listened to.

The NHS were too stretched.

The language on the phone was difficult to understand.



Some people said:
Dorset mind were very useful
Every mind matters were supportive
Free crisis lines were accessible.
The Retreat in Dorset had a space for people to come and relax and talk.
MIND has free access for people who need help with mental health.



We had an ABBA Quiz



We asked what people would like to talk about at future meetings?

CHAMPS agreed they will lead the July network meeting and SWAN will lead the August network meeting.



Next Network Meeting

Our next meeting is Wednesday 14th July at 12.30-2pm



New time 12.30-2pm



Join Zoom Meeting Link

<https://us02web.zoom.us/j/81674802458?pwd=eHFWaVZDTChcO9vRHFNaJArbjRuUT09>

Meeting ID: 816 7480 2458

Passcode: 608101