












Your Voice Network Meeting
12th May 2021

Who Came?

 <p>People First Forum, (Poole/Christchurch, Dorset)</p> <p>Cornwall Advocacy</p>  <p>Dorset People First</p> <p>Your health, your voice, your life</p>  <p>One Network South West Self-Advocacy Group</p>	<p>IG Speak up groups</p>  <p>Cornwall People First</p>  <p>Camphill Village Trust</p>
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What did we talk about?

	<p>Hello and welcome!</p>
	<p>Ice Breaker</p> <p>Everyone said a favourite childhood snack</p>
 	<p>People First Dorset presented a Women's Health project</p> <p>They wanted to get women with learning disabilities to have open talks about women's health, relationships, and wellbeing.</p> <p>They visited a sexual health clinic and breast cancer nurses. They felt model breasts to check for cancer signs.</p>



They looked at cervical screening tests.

They visited a gym, to see how accessible it was.



Live Well Dorset joined a session about how to live a healthy lifestyle.

A police officer did a session on internet safety and friendships.



They looked at emojis and said they can be hard to understand, and meanings get blurred.

They took part in workshops on feelings, relationships, mindfulness, and stress.



They find out about jobs and volunteer jobs and now one of the women volunteers at the local hospital.

The women trust each other and feel more confident about speaking up and asking questions.

The hospitals were happy to help.



Everyone agreed there is a need for his kind of group.



Kerry' gym story

Kerry tried to attend different gyms but had no support from staff.

Anytime Fitness provided a staff member, free of charge to support her to attend gym sessions and work with her physio.

Kerry can now walk outside of her wheelchair because of the work Anytime Fitness has done.



People First Dorset spoke about

The men's group went to barbers to have hair done and a shave.

They went to the hospital and talked about healthy friendships and relationships.






Now they have an ~~independent~~ independent guy's group who go out for lunch, pub and cinema together.



We shared a video from Mencap on reasonable adjustments. We opened a discussion to learn about people's experiences.

Some of the reasonable adjustments people ask for are:-

- Having a quiet waiting room
- Doctor's talking slowly without medical jargon
- Having a double appointment slot
- Having a friend/ family member come
- Having a video tour of hospital before visit
- Having an appointment at home
- The place being wheelchair friendly
- Using the same doctor each time if available
- Direct phone numbers for the doctor
- Having clear, Easy Read information

	<p>It is not something to be embarrassed about. It is your right to be able to ask for reasonable adjustments.</p>
	<p>We voted on our new LOGO and name for our network. We agreed we want the network name to be easy. We decided on Your Voice.</p>
	<p>We had a Music Quiz</p>
	<p>We asked what people would like to talk about at future meetings? People First Forum agreed they will lead June's meeting.</p>
	<p>Next Meeting</p> <p>Our next meeting is Wednesday 9th June at 1pm- 2.30pm</p> <p>1.00pm-2.15pm</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/81674802458?pwd=eHFWaVZDTCthc09vRHFNajArbjRuUT09 Meeting ID: 816 7480 2458 Passcode: 608101</p>