



Your Voice Network Meeting

8th September 2021

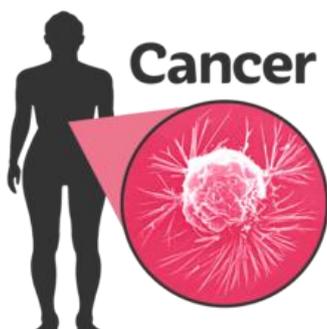
Who Came?

 <p>People First Forum, (Poole/Christchurch, Dorset)</p>  <p>Your Voice</p>	 <p>Healthy Cornwall</p> <p>CHAMPS</p>
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What did we talk about?

	<p>Hello and welcome!</p>
	<p>Ice Breaker</p> <p>Everyone said the best thing they had brought this month</p>
 <p>Healthy Cornwall</p>	<p>CHAMPS</p> <p>CHAMPS shared a presentation on a project called FRESH</p>

FRESH



FRESH stands for friendships, relationships, and sexual health

CHAMPS present the FRESH project to special educational schools, day centres and community halls.

It is important that people with a learning disability understand what healthy friendships and relationships are.

It is important that people know they can say 'no' or 'go away'.

We talked about everyone having a right to say no.

Some people do not realise they can say no.

It is important that people can look after themselves and check for any sexual health issues.

It is important that people are told about signs of cancer on their bodies.



We talked about what makes good and bad friendships. The group said trust and loyalty makes a good friend. The group said someone that steals from you or hurts your feelings is a bad friend.



We talked about what makes a romantic friendship different. People might choose to kiss and cuddle. They might hold hands and share a house together.



We talked about intimate relationships. People might decide they want to have sex.



We talked about consent.

For sex to take place both people must give permission for it to happen.



People First Forum said they have a sexual health team that works closely with their members.



We agreed that local hubs and social events for people that are lonely and vulnerable would be a good place to meet people.



Generally, if people with a learning disability are given enough support and accessible education, many people can be in safe and happy sexual relationships.



The companionship that a partner can give is important and can help with wellbeing and confidence.



Sexuality is a human right.



Our next meeting at 12.30pm-2pm

October

13



On Wednesday 13th October

Join Zoom Meeting Link

<https://us02web.zoom.us/j/81674802458?pwd=eHFWaVZDTCthc09vRHFNajArbjRuUT09>

Meeting ID: 816 7480 2458

Passcode: 608101