

# Healthy Lifestyles Working Group

## 6<sup>th</sup> November 2019



### Who was at the Meeting

David Sheardown, Marie O'Sullivan, Lorraine Abbott, Kerry Gibson, David Bean, Christine Buckley, Laura Howard, Danielle Booth and Pam Grove

### Apologies

We received no apologies



### Minutes from the last meeting

Minutes agreed.

### Actions



Lincolnshire  
Talking Books

Kerry has tried to contact Christine Schofield at Springsfields and has had no reply. Decided we need to meet with Sue Garrett to discuss how best to continue with the Talking Books and how we can work with LPFT. **Action**

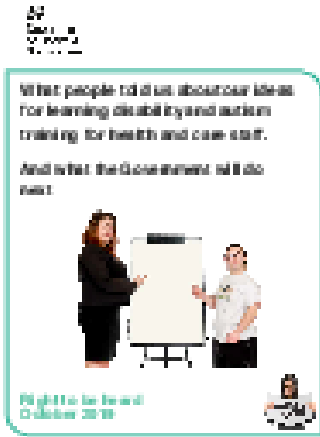


The National  
Learning Disabilities  
& Autism Awards

David and Kerry have followed up awards with Justin and there will be something happening at the next Staying Safe Working Group in December.

Helen and Justin contacted the organizers of the National awards to give feedback on how inaccessible people felt they were.

# Government mandatory training Learning disability and autism



We gave out information on the government plans to make sure that all care staff will need to have training on learning disability and autism.

David and David have done some training with staff at LPFT and at Lincoln Hospital. Attached to the minutes is the easy read information on this.

## One you Lincolnshire

Marie told everyone that she had been contacted by One You Lincolnshire. This is a new healthy lifestyles service for Lincolnshire. They help people to stop smoking, loose weight, move more and drink less.

They are coming to the next mental health meeting . Marie will check if it would be good for them to come to our meeting.

## AOB

Lorraine asked for feedback on proposed changes to health checks. **Action** Marie to feedback to Richard Eccles.



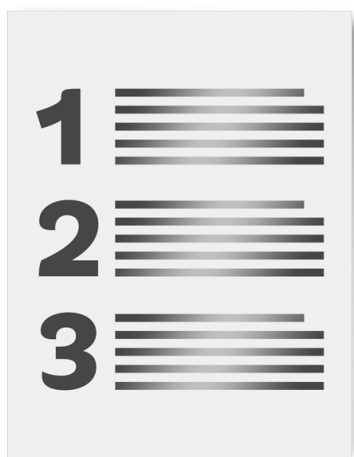
David told everyone about the Sunflower lanyard scheme which helps people with hidden disabilities when out in shops, on trains and at different locations.



## **Dates for Next Year**

Wednesday 29<sup>th</sup> January  
Wednesday 25<sup>th</sup> March  
Wednesday 27<sup>th</sup> May  
Wednesday 22<sup>nd</sup> July  
Wednesday 30 September  
Wednesday 25<sup>th</sup> November

All meeting at Voiceability  
offices from 10.30-12.30



## **Actions from this meeting**

Arrange a meeting with Sue  
Garrett at LPFT Marie and Kerry.

Feedback to Richard Eccles  
Marie.

## **Next Meeting**

Wednesday 29<sup>th</sup> January  
10.30 -12.30 at VoiceAbility  
Offices

