

# The Big Meeting

6th December 2010



## Who came to the meeting:

Maria Borrer Co chair

Diana Mills Co chair

### Link Group

Sarah Watson

Mathew Hellet

Betty Vincent

### Belgrave

June Hall

Ken Lindsey

### Connaught

Amanda Kite

Martyn Billings

Andy Thomas ( supporter)

### Avondale

Ron Hart

Rosemary Bradford

Andrew Jones

Patrick Coles

Terry ( supporter)

John ( supporter)

### Tuesday Group

### Wednesday group

Debs Hartin

Colin ( support worker)

### Loud and Clear Group

Tony Miller

Mikey Hodson

### Beach House

Caroline Regan

Mark ( support worker)

### Speak Out

Sarah Pickard

Ingrid Ashberry

Jeanette

Lee

Jude

17 people with learning disabilities

4 Speak Out groups represented

4 day centres/respice

Represented

## Getting out and seeing friends

The Link Group talked about going to the Partnership Board. They told them that people with learning disabilities want to see more of their friends outside day services



Sometimes rules that staff have to follow about health and safety get in the way of people getting out and socialising.

It was suggested that the Link Group could meet the Providers Forum to talk to them about this issue. It was also suggested that they could meet with the Travel Buddy Scheme to work out how they deal with health and safety.



## Food issues

At the Big Meetings and in advocacy groups people have talked a lot about not being able to choose and cook their own food.

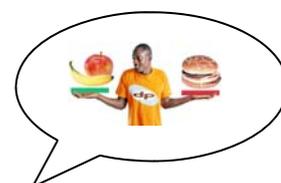


Ingrid has talked to the Person centred Approaches group about this issue. They take this issue seriously and want more people to be able to be in control of the food they eat.

There is going to be a lunchtime learning session about involving people in food preparation for managers of homes.



The Providers Forum and Staff Conference will also talk more about these issues.



## The What's to do project

Dom from Speak Out came to the Big Meeting to tell people about writing reviews of different services in Brighton and Hove. The reviews can be for lots of different places that people go to. Examples might include swimming pools, pubs, café and libraries



The reviews will go on our on our website.

He asked people to send him any reviews that they write which can then go on our website for other people with learning disabilities to read.



## We had an open mike where people could talk about what ever they wanted



Matthew talked about wanting to find out more about individual budgets. He says it's difficult to get information

Maria and Sarah both talked about wanting more help around staying calm and keeping active

People talked about different activites you can do to stay calm. These include

- Yoga
- Relaxation
- Art
- Going out to Blue Camel Club