

Disability and Carers Action Group

Wednesday 13th September 2023 @ 11am Civic Centre Room 7.

	Present: Hedley Brown (HB), Barrie Andrews (BA), Brian Cook (BC), Terry Swinny (TS), Edna Phillips (EP), Sarah Gallagher (Covering chair and Minutes).	
		Action
1.	Apologies for Absence: Apologies for absence were received from Keith Ducker, Brenda Tilley & Chris McPhillips.	
2.	Declarations of Interest: None	
3.	Minutes and Matters Arising from 12th July 2023: All agreed & No Actions	
4.	Election of Chair, Vice-Chair & Minute Taker: Still to be completed.	Needs Voting on
5.	Ideas for us to concentrate on going forward: Discussion followed about how the group could increase membership and promote the group. BA felt that returning to Sheltered schemes would be advantageous. SG commented that KD had spoken about going along to schemes to speak with residents. TS advised that he had done this some years previously however would support this going forward. BC and BA suggested using Insight magazine to detail the dates of meetings. SG suggested that an article detailing the aims of the group also looking at what disability means as some resident may not recognise that they have a disability. SG suggested using the SAVS (Southend Association of Voluntary Services) weekly email that goes out to services, professionals and to residents of Southend. It was felt by the majority that the 11am was better for residents attending the meetings as gave time in the morning especially for carers.	To be discussed at next meeting
6.	Future meeting ideas It was raised that having a speaker at meetings was greatly beneficial to the group especially around services that impact on residents with disabilities and their carer's.	
7.	Sara Hadden – Talk on COPD (Chronic Obstructive Pulmonary Disease) Community Connectors project.	

	<p>Sara gave an excellent presentation of the work she is doing in the areas of Southchurch, Southend, Shoeburyness and Victoria and Milton wards.</p> <p>The project is set up to bring people together who understand what day to day living with COPD is like and to help shape the future of services for people with COPD in Southend.</p> <p>Sara will be working with SG to run a workshop at one of the sheltered schemes. The aim is also to increase the Community connectors in the area. EP is a Community Connector.</p> <p>TS and HB gave the group their lived experiences from diagnosis and effects on day to day living.</p> <p>TS-EP-HB will be invited to attend the workshop to talk with others about their life experiences of living with COPD or breathing related illnesses.</p>	
6.	<p>Any Other Business:</p> <p>SG thanked the group for their warm welcome and wished them success.</p>	
7	<p>Next meeting items:</p> <ol style="list-style-type: none"> 1. Sara Hadden will be attending to explain Community Connectors and how they can help. 2. Discuss where to hold future meetings. Maybe a good idea to hold them at different sheltered units and this would allow more residents to get involved. 3. Discuss the time of following meetings as some request 10am and some would like it as it is 11am. 	
8.	<p>Date of next meeting:</p> <p>11th October 2023 in Room 7 of the Civic Centre at 11am Terry will be taking the meeting.</p>	
9.	<p>Minutes by post to: Others via email.</p> <p>Barrie Andrews (Large Print Please), Hedley Brown, Brian Cook, Peter Sommerfield and Edna Phillips.</p>	
10.	<p>At all meetings you can bring anything that has to do with disability or carering. We welcome any concerns or ideas you have and will discuss anything that is of concern or worry to you as a disabled resident or carer within the city</p>	