

Disability and Carers Action Group Minutes

Wednesday 9th October 2024 @ 11am Civic Centre

	<p>Those Present:</p> <p>Hedley Brown (HB), Keith Ducker (KD), Edna Phillips (EP), Majzoub Ali (MA), Michael Kannangara (MK) & Frank Ottley (FO). Sara Hadden (SH) SAVS, Community Connectors.</p> <p>IMPORTANT: PLEASE PRINT YOUR NAME, EMAIL OR ADDRESS ON THE ATTENDANCE SHEET, SO WE CAN SPELL YOUR NAMES CORRECTLY & SEND TO THE CORRECT ADDRESS.</p>	
	<p>Previous Minutes can be downloaded and read on the following website strf.uk – click on Focus groups and Board – click Disability & Carers then scroll down to read the minutes you want.</p>	Actions
1.	<p>Apologies for Absence:</p> <p>Apologies for absence were received from Barrie Andrew, Elaine Turner and Robert McAllister.</p>	
2.	<p>Declarations of Interest:</p> <p>None</p>	
3.	<p>KD welcomed all to the meeting and said that it was a pity that more could not attend today.</p>	
4.	<p>Minutes and Matters Arising from Previous Minutes:</p> <p>The minutes were agreed as a correct record.</p> <p>Matters Arriving from Previous Minutes:</p> <p>Item 5: Have since found out that I had not provided the change of date to the guest speaker.</p> <p>Item 6: The list of guest speakers or organisations will be on each set of minutes.</p>	
5.	<p>FIRSTLY, I MUST APPOLOGIES TO THOSE OF YOU WITHOUT INTERNET ACCESS as a lot of the information is on the internet and cannot be printed out for you to see or read. the total number of pages that would need to be printed is 315 and you cannot print out videos. my only suggestion is for you to ask someone you know to let you see the information on the system.</p>	

Sara Hadden (SH) our Guest speaker from SAVS, Community Connectors (CC)

She gave us all a very interesting insight in to what the CC do for the people in and around Southend.

You can find out more of what COPD Community Connectors do by going to [COPD Community Connectors – SAVS \(savs-southend.org\)](http://savs-southend.org) A volunteering opportunity for people living in Southend who have COPD or care for someone with COPD.

One of the things that she introduced us to was the Patient Participation Groups within Southend and you can find if you have one at your surgery by going to: [ppg patient participation group Southend on sea - Search \(bing.com\)](http://ppg-patient-participation-group-southend-on-sea-search.bing.com)

The 2nd thing was the MSEICB ([About NHS Mid and South Essex Integrated Care Board - Mid and South Essex Integrated Care System \(ics.nhs.uk\)](http://ics.nhs.uk))

In simple terms, the Integrated Care System means:

Integrated: joining up the services we deliver for people during their lifetime from cradle-to-grave. This could be anything from self-care to intensive care and everything in between.

System: how we set and improve standards and common clinical policies, with strengthened clinical and professional leadership, prioritising and organising our resources and processes, so that we deliver better outcomes and run an effective, efficient and value-for-money operation.

Care: high-quality care which is easy to access and tailored to local peoples' needs. This means focusing on individuals, listening to them and recognising the important part that families and communities can play in supporting health and well-being.

You can visit the NHS England website for more information on Integrated Care Systems at [NHS England » What are integrated care systems?](https://www.nhs.uk/what-are-integrated-care-systems/)

HB said that he did not think that when he telephoned his doctors that the receptionist should be allowed to ask him about why he wished to see the doctor and everything about it.

SH explained that the receptionists are trained in **Care and Navigation** and ask questions, so that they can point you to the correct person to see at the surgery and not just because they wish to know.

SH went on to explain about a few things that may be of interest.

Stretch & Breathe: This is a class designed for those with COPD & breathing issues. They hold classes across the borough on Mondays, Tuesdays & Thursdays.

	<p>You can contact them by going to active.uk.com or telephone 01702 567327.</p> <p>MK & FO gave information on this activity that was very informative and interesting as they both go along and join in.</p> <p>Breathe Easy Southend: They hold a meeting at St Edmunds Community Hall, St Edmunds Close, SS2 4AS from 1pm till 3pm 1st Wednesday of each month. You can get more information by contacting Jan 07941 673821 or 01702 466827 or Heather 07881 903911 or 01702 469120 you can also email them at breatheeasysouthend.co.uk</p> <p>MK & FO gave information and advice on this activity, as they both go along and join in.</p> <p>COPD DROP-IN: This is held at Shoebury Youth Centre, Delaware Road, Shoeburyness SS3 9NS every Thursday (term time only) 11am till 12 noon. You can get more information or chat to one of the volunteers on 07944 056547</p> <p>How does the NHS in England work and how is it changing? What are the key organisations that make up the NHS? And how can they collaborate with partners in the health and care system to deliver joined-up care? Watch our animation to find out at How does the NHS in England work and how is it changing? (youtube.com)</p> <p>Afterwards there was a lot of questions from the residents and answers from SH. The group thanked SH for coming along and updating them on what is happening within Southend and the surrounding areas. Also, for all the information she was able to supply to those present and for answering all the question fully.</p>	
6.	<p>Items for Future Meetings:</p> <p>Departments or organisations who have agreed to attend: Occupation Therapy SCC Adults and Communities Lead - jSCC Community Builders Age Concern Healthwatch Southend - SAVS Achieve, Thrive & Flourish Southend Carers Breathe Easy Everyone Health SEH Fire Manager Carers First</p> <p>If you know of anyone who would be willing to attend and give us a talk on their organisation or department that could help the disabled or carers in Southend, please let him know and he will contact them on our behalf.</p>	

7.	<p>Any other Business:</p> <p>There was no other business</p>	
8.	<p>Meeting Agenda.</p> <p>At all meetings there is a set agenda, but you can bring anything that has to do with disability or a carer to the meeting as any other business. 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> <p>After the meeting you will have time to bring to our attention anything that is not disability or carer related.</p>	
9.	<p>Date of next meeting:</p> <p>13th Nov 2024 11am at the Civic Centre room 2</p>	
10.	<p>Future Meeting Dates and Venues:</p> <p>All meeting will be held at the Civic Centre until the Sheltered are clear for us to return visiting.</p> <p>Please provide me with an email address if you have one, as it cost a lot to send through the post. A copy of the agenda and minutes will be available at meetings, so no worry about printing.</p>	