

Disability and Carers Action Group Minutes

Wednesday 8th January 2025 @ 11am Civic Centre

	<p>Those Present:</p> <p>Hedley Brown (HB), Keith Ducker (KD), Edna Phillips (EP), Majzoub Ali (MA), Barrie Andrew (BA), Robert McAllister (RM) & Iwona Kalisz from ATF</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>No apologies for absence received.</p>	
2.	<p>Declarations of Interest:</p> <p>None</p>	
3.	<p>KD apologised for being late as he had another meeting before hand. He welcomed all to the meeting.</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>KD has made the invites as requested.</p>	
5.	<p>Guest Speaker:</p> <p>Iwona from ATF (Achieve, Thrive & Flourish) attended and gave a great inside look at what they do for the people of Southend. She explained how ATF support SEH residents and their children through many activities and clubs. She explained how the donation from SEH is spent and what a difference it makes to our residents across the city.</p>	

	<p>Iwona took many questions from residents and was able to answer all of them. Iwona said that she would send items that were requested to be added to the minutes. (see below what I could get from their website as after 3 requests still nothing from Iwona)</p>	
6	<p>Guest Speaker for February:</p> <p>Tony Cox from who is the Carer Support Advisor from Carers First. There website can be found at www.carersfirst.org.uk</p>	
7.	<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>	
8.	<p>Any other Business:</p> <p>It was suggested KD has so much to do around his work for the residents of SEH that another resident would stand in for him if he cannot attend. TS suggested that a Dictaphone would be good to have, so the meeting could be recorded for the minutes. KD said he had one and would bring it to the next meeting and hand it to RM who said he was willing to run the meetings if KD could not get there. RM would bring the Dictaphone to each meeting.</p>	KD
9.	<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. After the meeting you will have time to bring to our attention anything that is not disability or carer related.</p>	

10.	<p>Date of next meeting:</p> <p>12th Feb 2025 11am at the Civic Centre room 7</p>	
11.	<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>	



ATF is a charity that helps young people to join with their community and be all that they can be.

Each community has a vast wealth of talent, passion and resources and ATF helps young people, local residents and stakeholders to collectively identify their strengths, aspirations and opportunities and become the drivers of creative, positive change for all, within the heart of their community.

The pillars of ATF's success in empowering young people in their communities are:

Physical activity & wellbeing.: Participation and coaching in a variety of sports and group activities such as gardening helps develop skills, aspiration, personal confidence and physical & mental wellbeing

Cultural & community enrichment: Enabling young people & their community to explore, celebrate and develop their own heritage and culture and to participate in shared creative expression builds community connection, pride

Personal development & achievement: ATF's person and community centred approach quickly identifies the support that is needed to help individuals develop beyond perceived limits to become thriving, active members of their wider community.

ATF support - Benefits to the community

- Enriched lives through community engagement
- Better physical and mental health & wellbeing
- Diversions from temptations including antisocial behaviour & criminality
- Improved confidence and educational achievement
- New skills and pathways into employment
- Active citizenship – supporting the communities in which they live to build 'cohesive communities'

All about the people – How we support change

Explore & discover: Building on new and existing networks and relationships in areas of deprivation, we run initial pilot projects which help to discover the passions, strengths, needs and opportunities within the heart of a community.

People are key: We look to identify key local people that can come together and work as a collective for positive change. This might be a young person, a parent, family, or local stakeholder who has a passion for empowering their community. These individuals have a resilient, can do approach and are able to rise above challenges & obstacles.

Gather, create, do:

Crucially, ATF associates represent the target audience, come from the community itself & can attract other community members to engage in project activity. This is much more powerful than advertising campaigns alone and guarantees authentic, lasting change.

Nurture to thrive:

We support ATF associates to grow and develop into dynamic catalysts who help to generate beneficial change in their community. Through training and mentoring, we support local people to express their natural talents and passions and in turn, nurture other local people and projects for long term success. Nurture to thrive We support ATF associates to grow and develop into dynamic catalysts who help to generate beneficial change in their community. Through training and mentoring, we support local people to express their natural talents and passions and in turn, nurture other local people and projects for long term success.