

# Disability and Carers Action Group Minutes

Wednesday 8<sup>th</sup> January 2025 @ 11am Civic Centre

	<p><b>Those Present:</b></p> <p>Hedley Brown (HB), Keith Ducker (KD), Edna Phillips (EP), Majzoub Ali (MA), Robert McAllister (RM) Tricia Cowdrey (TC), Elaine Turner (ET), Tony Cox &amp; Stephen // of 'Cares First'</p>	
	<p><a href="http://strf.uk">Previous Minutes can be downloaded and read on the following website strf.uk – click on Focus groups and Board – click Disability &amp; Carers then scroll down to read the minutes you want.</a></p>	<b>Actions</b>
1.	<p><b>Apologies for Absence:</b></p> <p>Barrie Andrew (BA) &amp; Terry Swinney.</p>	
2.	<p><b>Declarations of Interest:</b></p> <p>None</p>	
4.	<p><b>Minutes and Matters Arising from Previous Minutes:</b></p> <p>The minutes were agreed as a correct record.</p> <p><b>Matters Arriving from Previous Minutes:</b></p> <p>KD made made the invite as requested and Cares First attended.          KD brought the recorder but the batteries were dead so he will replace them and take to RM.          KD contacted Iwona Kalisz from ATF three times requesting the information she said that would be sent, with no replies.</p>	
5.	<p><b>Guest Speaker:</b></p> <p>Tony Cox and Stephen // from Carers First attended the meeting and gave those attending so much information around what they could do for carers with in Southend that it would take up many A4 sheets to give them here.          They answered may questions and took details from those that wanted help with things and will get back.          They also explained that they are so desperate for funding and the funds they do have won't even allow them to have an office to work from.          We have told them that as a group we will do everything possible to help them fund wise. With Southend Carers closing down leaving so many carers without anywhere to go for advise and help, Carers First is needed so much within our community as they are a great source of help and information that carers need.</p>	

	<p>You can have a one-to one support on Health, Caring Role, Managing at Home, Time for Yourself, how you Feel, Finances, Work and many more things that you as a carer need.</p> <p>Whatever your circumstance, they offer services to support you at every stage of your caring journey to help you find the balance in your life you wish to achieve.</p> <p>They gave out leaflets of some information and said that if you need help or just information on what or where you can get help, then go to <a href="http://www.carersfirst.org.uk">www.carersfirst.org.uk</a> -- email: <a href="mailto:hello@carersfirst.org.uk">hello@carersfirst.org.uk</a> -- Facebook: @carersfirst -- Twitter @carers_first -- Instagram: @carersfirst – Call their free help line 0800 303 1555</p> <p>Write to them at: Carers First, Unit 4, Michael Gill Building, Tolgate Lane, Strood, Rochester, Kent. ME2 4TG</p> <p>They would then put you in touch with the Southend Branch.</p> <p>KD will pass on their information to the SEH communications team to see if they could put some information in the Insight magazine for residents.</p> <p>KD will also put them in touch with ATF to see if they could help in any way as we have many disabled children in our properties.</p>	<p>KD Completed both 13/02/25</p>
<p><b>6</b></p>	<p><b>Guest Speaker for March 25</b></p> <p>Alzheimer/Dementia speaker to be arranged</p>	
<p><b>7.</b></p>	<p><b>Items for Future Meetings:</b></p> <p><b>Departments or organisations who have agreed to attend:</b></p> <p>Occupation Therapy SCC  Adults and Communities Lead - jSCC  Community Builders  Age Concern  Healthwatch Southend - SAVS  Achieve, Thrive &amp; 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>	
<p><b>8.</b></p>	<p><b>Any other Business:</b></p> <p>Robert (Bob) McAllister (RM) has agreed to chair the meetings from the March 25 meeting as KD cannot guarantee that he can always attend, but will if he can.</p> <p>KD to hand over the Dictaphone to RM who will then send over to KD a copy of the meeting so as to get the minutes typed and sent out.</p>	<p>KD</p>

<p><b>9.</b></p>	<p><b>Meeting Agenda.</b></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>	
<p><b>10.</b></p>	<p><b>Date of next meeting:</b></p> <p><b>19<sup>th</sup> March 2025 11am at the Civic Centre room 2</b></p>	
<p><b>11.</b></p>	<p><b>Future Meeting Dates and Venues:</b></p> <p><b>All meeting will be held at the Civic Centre until the Sheltered are clear for us to return visiting.</b></p> <p><b>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 emailed or posted out.</b></p>	