

Disability and Carers Action Group Minutes

Wednesday 12th March 2025 @ 11am Civic Centre

	<p>Those Present:</p> <p>Hedley Brown (HB), Keith Ducker (KD), Edna Phillips (EP), Majzoub Ali (MA), Robert McAllister (RM)) & Gill Clarke from Southend City Council Community Support on Alzheimer's/Dementia.</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>Barrie Andrew & Terry Swinney.</p>	
2.	<p>Declarations of Interest:</p> <p>None</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 contacted Iwona Kalisz from ATF three times requesting the information she said that would be sent also sent emails directly to ATF with no replies.</p>	
5.	<p>Guest Speaker:</p> <p>Gill Clarke spoke about what Alzheimer's/Dementia is and all the different types there are. Gill explained that Dementia is the umbrella name for many types, over 100 different ones. Gill explained that keeping you brain active helps to give it a workout. Reading, crosswords, sudoku, watching quizzes or just TV & films just anything that keeps the mind working is great for the brain and could help. Even living a healthy life style can help to keep it at bay. People are more productive in the morning and as the day goes on their symptoms begin to show more. Gill said that she would like to hold sections explaining how to recognise the symptoms and wondered if putting notices up in sheltered may help residents to understand when they see someone</p>	

	<p>who they believe is acting strange, that it could be a symptom of dementia and how they can recognise it.</p> <p>No one has control of who get it or doesn't get it, it just happens and it is not hereditary as a lot believe.</p> <p>Just as she was asking this Sarah Gallagher and Sue Richard popped in and Sarah said that she would love to be involved with this. KD said that he will send Sarah Gills details so that they can work out what they are going to do.</p> <p>Gill explained that the Southend City Council Community Support Service are not social workers but are there to support the carers. They are a navigation service that can support you and point you in the right direction to get the help you need. Gill also said that Southend Carers First are another group who help the carers and they can be contacted by contacting www.carersfirst.org.uk/help-and-advice/ or by ringing 0300 303 1555.</p> <p>Gill then took questions from those present and answered them all for us.</p> <p>The group thanked Gill for coming and explaining what Dementia was all about in terms that we could understand.</p> <p>MA asked why when he reports that a neighbour is experiencing health problems, no one within SEH does anything about it. He said he had reported many times and others have also reported that a neighbour needs help and SEH do nothing. Gill explained that they may have done but can not tell MA what the outcome was or what has happened.</p> <p>MA said that this happens all the time with South Essex Homes, that they do nothing about a resident who is having trouble with their health or something else they are struggling with.</p> <p>KD explained that SEH would have visited the individual and spoken to them. After visiting the resident, they may have passed their details to one of SEH's other departments or an outside agency. But SEH could not and will not give you any update as to what has happened, what the resident you reported had problems about, has said to them or what SEH has done for them. This is due to data protection which forbids them to pass any details to you. Even to say that they have spoken to the resident, would be breaking confidentiality.</p> <p>KD said he understands that it is frustrating for residents who do report that there is someone struggling, no matter what they are struggling with, to not know if anything has been done.</p> <p>MA said he understands, but just let us know you are doing something about it.</p> <p>KD said that for an example. An officer goes to that resident you say is struggling and speaks to them, they except help, they turn help down, they tell the office to go away and leave them alone. Unless that officer sees that the resident is in danger, needs help mentally or something else they feel does need intervention, they can do nothing. They can not then say to you we went there, but! Straight away they are giving you confidential information.</p> <p>KD said he understands it is frustrating, but be assured that if you contact SEH about a resident who you feel needs help, that help will be offered in a kindly way and SEH will always pass on any information to another organisation if they feel that it needs to be done.</p>	<p>KD</p>
--	--	-----------

	<p>It could be social care (SCC) or one of our local organisations that can help that they pass it too, but please don't think that nothing is done, because even if they pass on that resident's information or problem, it is never left without follow-ups making sure that that resident has every bit of help they need. Every resident gets the help they need if SEH get to know about it.</p> <p>So, please do continue to report any concerns you have to your estate officer or even ring the free phone number and tell them. If you have CareLine tell them of your concerns.</p> <p>If you wish to contact the Dementia Community Support Department at SCC ring 01702 534772 or referral through the portal at the SCC website. www.southend.gov.uk</p>	
	<p>Key Outcomes:</p> <p>This month is that we are able to get information that residents did not know about Dementia.</p>	
6	<p>Guest Speaker for April 25. They have had to pull out due to personal and work commitments, but will be attending in June. So, ideas and suggestions please for the next two months (April & May) Send them to KD and he will do his best to get them to attend. How would you like our fire officer to attend in May and give us some advice? Let KD know asap so he can invite him along and if not, who would you like to see.</p>	ALL NOTE
7.	<p>Items for Future Meetings:</p> <p>Departments or organisations who have agreed to attend: Occupation Therapy SCC (June 25 Speaker) Adults and Communities Lead - jSCC Community Builders Age Concern Achieve, Thrive & Flourish Breathe Easy Everyone Health SEH Fire Manager</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 us know and we will contact them on your behalf.</p>	
8.	<p>Any other Business:</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. KD to handed over the Dictaphone to RM for recording the meetings.</p>	KD

<p>9.</p>	<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>	
<p>10.</p>	<p>Date of next meeting:</p> <p>9th April 2025 11am at the Civic Centre room 6</p> <p>We hope to see many more residents joining us soon, as the response from the Big Conversation was good with many residents wishing to attend the Disability and Carers Action Group.</p>	
<p>11.</p>	<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 emailed or posted out.</p>	