



## Life Rooms Advisory Group

### Minutes

#### 20.06.18 Southport Life Rooms

1. Welcome/introductions	
2. Present/apologies	10
3. LLAG priorities	<ul style="list-style-type: none"> <li>• <b>Community events</b></li> <li>• <b>Carer support</b></li> <li>• <b>Recovery College developments</b> (including earlier timetables, opportunities outside of term time, more social groups and greater opportunity for volunteer involvement)</li> <li>• <b>Improving awareness</b></li> <li>• <b>Out of hours opportunities</b></li> <li>• <b>Improving access</b></li> <li>• <b>Café improvements</b></li> </ul>
4. Improving awareness	<p>Light blue version is easier to read. Vibrancy of darker blue was well received.</p> <p>Need to amend Southport address.</p>
5. Recovery College	<p>Feedback given to Recovery College Manager in relation to:</p> <ul style="list-style-type: none"> <li>• Communication</li> <li>• Course length</li> <li>• Course content</li> <li>• Suggestions for other courses</li> </ul> <p>These will be picked up at RCAG.</p>
6. Life Rooms research and evaluation	Did not discuss.
7. Life Rooms principles/ethos	Developed charter as group – see additional notes.
8. Pathways Advice service	Positive feedback from those that had experienced the Pathways service.

	<p>Some gaps identified in signposting:</p> <ul style="list-style-type: none"> <li>• Dieticians</li> <li>• Anger management</li> <li>• Self-harm</li> <li>• Support for younger people</li> <li>• Carer support</li> <li>• Addiction support</li> </ul> <p>The group felt the service could be better communicated in the following ways:</p> <ul style="list-style-type: none"> <li>• Leaflets</li> <li>• Meet and greet volunteers explaining service</li> <li>• GPs understanding service better</li> <li>• Mersey Care practitioners understanding service better</li> <li>• Local media</li> </ul> <p>Sub group to be created to work on Pathways Service developments.</p>
<p><b>9. AOB</b></p>	<p>Supporting people to feel less lonely (did not discuss)</p> <p>Engagement with older adults with physical health issues who may not be IT literate (did not discuss)</p>
<p><b>10. Date of next meeting</b></p>	<p>Wednesday 1<sup>st</sup> August 1pm – 4pm Life Rooms Walton</p>