

LRAG 22.01.2020 Walton Life Rooms

Celebration/review session

Meeting minutes

1. Welcome

Group welcome and introductions

2. Purpose of the group

Reviewed purpose of the group and discussed how we could achieve this more effectively.

3. LRAG achievements

Overview of some achievements thus far:

Badges

Poster

Suggestion boxes

Positive engagement with site leads

Charter

Course blurbs

Areas for consideration in 2020:

Communication of Life Rooms services within the NHS

Encourage new people to access The Life Rooms

Staff roles/photos within Life Rooms sites

Text reminder system – ensure consistency

Diversify learning offering

Opportunities to share achievements of Life Rooms members

Identifying gaps in the service

Activity outside Life Rooms sites to encourage transition to community

Gardening group provision in Walton and Bootle

Generate LRAG communities specific to each Life Rooms locality

4. The Life Rooms '4 pillar' approach

Engagement with the group around The Life Rooms '4 pillars':

Learning

Should this be 'learning for wellbeing'?

Social prescribing

Should this mention pathways service specifically?

Prescribing is a problematic term – medicalised/clinical

Opportunities/signposting instead of prescribing?

Vocational and employment support

Positive feedback, clear and self-explanatory

Community

What does this mean?

'Community connectedness' instead?



Potential gaps in the 4 pillars included the therapeutic element of The Life Rooms service, and the way it links up different services. It was agreed that the therapeutic element runs through all the 4 pillars, and that linking up of services is articulated within the social prescribing pillar.

Linking up services

5. Date of next meeting

Wednesday 19th February

1pm – 4pm

Life Rooms Southport