

LRAG17.04.19 Southport Life Rooms

Meeting minutes

- 1. Introduction**
- 2. Review of previous minutes discussion**

Suggestion 1: What's new this week?

'What's on this week' group would like feature on website and possible Newsletter

Life Rooms response: Website is still ongoing but that in its development there would be 'what's on weekly' feature for each building when website is completed. Clare showed the group the website so far, the group felt that the picture of Liverpool across the top of the website did not represent all three sites and that it was not appropriate geographically. Maybe a neutral theme trees, or some thing to do with nature. The group asked could the classrooms photographs have some people in them they looked bare. Clare updated the group that there would be a Partners tab with a full list on it and that there is loads of scope for changing website

Discussion: The group felt that knowing in advance and clear what an event is so it would aide if they could attend. Volunteer meeting held in Bootle was not clear, members felt badly handled not worded correctly. Participation Event the group felt that not enough notice was given.

Action: Clare to feed back to all site meetings can it be made clearer about who can attend meetings.

Suggestion 2: Training for LR staff

Particularly in relation to autism/Asperger's

Life Rooms response: We welcome any training that improves our service

Discussion: Group felt that they wanted to be treated with human friendliness, smiled at and treated with respect. Compassion from staff and that they felt the staff need training to more understand in relation to autism/Asperger's. Clare explained that staff training for this year two staff training days and these would be based on Resilience training and Unconscious bias. Staff also have Reflective Practice.

Suggestion3: Communication

Life Rooms Response: Newsletter would be time consuming and by the time it was completed it could well be out of date so at the moment this is not feasible mainly because of staffing this.

Discussion: Text hit and miss, Southport still use text service for reminding members courses they have signed up for and also if course cancelled.

Suggestion 4: Clarity of Rules

Life Rooms response: Jackie informed meeting that Southport's approach would be trying not to have strict rules and to be very flexible and that members could repeat courses but if for instance they had repeated a course six times then a conversation could be had in how we could help further what other courses may help or a different pathway that could help.

Discussion: the group expressed that there are many course they enjoy and it helps them to continue in their wellbeing for example Mindfulness and Yoga, Jackie appreciated this but that priority for new members wanting to access these course to give the same opportunity for all our community. And most definitely if there are spaces your welcome to join in.

Suggestion 5: Badges –.

All staff have there new name badges and are wearing them

Suggestion 6: Timetables

It was noted by the group that the presentation had improved but could the number of the sessions be clearer 1/4, 2/4, 3/4, 4/4 Jackie said that this will be implemented. Also the group would like LRAG on the timetable and could some timetables be printed off in A3.

Life Rooms Response: Jackie will take to all site meetings and ask for LLRAG to be put on timetables. Diane assured group that some A3 timetables will be printed off for any member who requires one.

3. Life Rooms Charter discussion

All Charters were on class room walls in frames

4. Open forum discussion

(A number of points were repeated from the first discussion, they have not been included again here)

The group raised about awareness of Life Rooms what goes on, how do we make people aware. Suggestions were GP notice boards, church notice boards, job centre, train station, police stations, libraries, gyms and Aintree hospital. Sub-group to look at this. Promotional materials and how to go out and how to keep it out there. Life Rooms staff promote at events and with care teams and this is ongoing. The group have been promoting and they have a list of who they have visited. At the moment keeping this updated is hard to keep going updating notice boards. At the end of the meeting the group were asked if they wanted to, to give Clare their names and a small group to work on advertisements/posters and how to get the word out there and report back to Southport Lrag. It was also asked could we advertise in local papers the issue with this would be the cost.

The group asked can Bootle directions be clearer; also the parking at the Bootle there is a lack of disabled parking/access making it extremely difficult for disabled visitors/members to access building, can we get onto council/Hugh Baird?

It would be great to get to the place where we could instantly email out events and timetables, we are working toward this with technology.

Message of the Life Rooms- communication-community Life rooms for everyone.

Computer courses- Sefton Council free computer courses- Maureen to pass on to Jackie and she will follow this up.

6 Any. Other .Business:

PRIDE event at Walton Life Rooms 10.00-4.00pm on the 28 June

Lrag meetings dates and places will be sent out shortly.