

## **LRAG Life Rooms**

**Meeting minutes: Zoom 28.10.20 1-2.30pm**

**Chaired by Clare Rotheram**

**Minutes by Ginny Mathieson**

### **1. Welcome and Introductions (CR) 1 – 1:10pm**

Everyone introduced themselves and shared how they were feeling about the session with one word in the chat.

### **2. Review of minutes from last time (CR) 1:10 – 1:25pm**

### **3. Review of current activity (All) 1.25 – 1:40pm**

- Digital team activity (Zoe)
- Social Inclusion team activity (Leila)
- Learning activity updates (Tom)
- Pathways activity updates (Claire)

### **4. Thoughts and feedback from the group around activity updates – opportunity for discussion/questions (All)**

- Question around whether or not Life Rooms users need to sign up to each session of Zoom courses that span across multiple weeks.
  - Advised to turn up to the first session and follow guidance re: signing up to subsequent sessions
- Highlighted that people are struggling to get on courses because they're not seeing the timetable on social media/EventBrite is only open for a couple of days
  - Learning and Digital to liaise around this
- Shared reading – promote this further.
  - CS to liaise with Reader Organisation around promotion of shared reading opportunities at The Life Rooms
- Positive feedback in terms of condensing the learning offer into a weekly program
  - Possibility of courses around bereavement in order to adapt to Covid
- Positive feedback re: going back to basics and then building on from that
- Highlighted the need for socially isolated individuals' voices to be heard
- Positive feedback in terms of Zoom sessions but these seem poorly attended

- Discussed the reasons for this – usual limit of 4 courses per person does not apply to Zoom sessions; sign up for as many as you would like to attend
- Discussed difficulties in attending Zoom sessions as a result of technology as a barrier
  - Zoe and Sarah to liaise re: older adults and support to access the online offer
  - Potential for a course/video to be developed on how to navigate the website, including accessing the Zoom sessions

## **5. Future work of LLAG (All) 2 – 2:30pm**

Explored ideas in terms of Life Rooms development including the following suggestions from breakout room discussion:

- Discussion around accessibility and inclusion of everyone across Merseyside, including a digital presence.
- Suggestion to invest more in creative arts in terms of equipment
  - Could take home art supplies and then participate in an interactive Zoom arts session
- Life Rooms podcast
- Discussion around ensuring that Zoom sessions are grounded in the 'here and now'
  - Bereavement
  - Social Inclusion
  - It's okay to cry
  - More interactivity with the Zoom sessions
  - Assertiveness skills and training
  - Boundaries during Covid
- Suggestion for involvement of animals/animal therapies
- Evening/Weekend opening hours
  - People in work would still benefit from learning sessions
- More outdoorsy things
  - Sessions outside?
  - Expand allotment offer to allow for outdoor work
- Saturday Kitchen with Ant and Iain

## **6. Close (CR)**

Next LLAG date is 25.11.20 – Michael will be joining us for a Q&A.

## **7. Chat/Catch-up**