

LRAG 07.08.19 Southport Life Rooms

Meeting minutes

1. Introduction

JP (Southport manager) introduced herself and spoke about the meeting format. The focus of the meeting is Southport Life rooms; it is about growing and developing together. Every thing discussed will be taken Life Rooms All Site Meetings.

S.A and M.L introduced themselves and spoke about the Research Group they are involved in around Volunteering.

S.A one of Southport's volunteers spoke about his interest in Inclusion and Diversity.

2. Review of previous minutes discussion

Suggestion 1: Newsletter

The group asked would it be possible for the newsletter to be forwarded to Communications Department.

Life Rooms response: Jackie will take this forward to the All Site Meeting and will respond back at next LRAG meeting.

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 still staff to be more aware especially with things like background noise timing and making our members with autism/Asperger included

Life Rooms response DJ (Southport co-ordinator) said this could be taken into account when booking rooms and timetabling.

Suggestion 3: Communication

Life Rooms Response Notice about no hot food anymore in Southport Life Rooms

Discussion: Group felt that the notice was not appropriate, not respectful and dictatorship

Action: clarified that this was a decision made by senior management and that they may have got it wrong with the sign being in bold and underlined but the reasons for no hot food is because of smells and no ventilation in the building.

Suggestion 4: Clarity of Rules

Life Rooms response: Jackie informed meeting that Southport's approach is that everyone can attend Yoga ,new members attending yoga take priority Individuals to be respectful and fair if class is full Yoga is offered as an Introduction to Yoga. For members who are attending repeatable anxiety courses for e.g. we would want to help them and understand how we could help them more possible by seeing a Pathway Advisor and seeing what's next and what we can do to help them move forward.

Suggestion 5: Badges –.

All staff wearing them and it is easy to identify clearly now. Volunteers wondered could they have them.

Life Rooms Response Jackie felt that at this moment it may be cost and that she would ask and respond at next LLAG.

Suggestion 6: Timetables

Life Rooms Response M.H Kindly proof read Southport August time-table Jackie thanked Michaela this was a great help and we will send each month for Michaela to proof read. Jackie said consistency of timetable picture on front- front and back exactly the same and colour scheme same across the three sites. Southport LLAG only advertised on Southport's timetable. Jackie to arrange another meeting about leaflets (putting Bootle on leaflet) and members distributing these to GP surgeries and many other public places. Suggestion was made about promoting at Flower Show but we think they charge. Volunteers and staff have recently been promoting at Edge Hill University this went well.

Suggestion 7: Comments out of suggestion box:

This needs to be used appropriately not rants, Jackie asked about any suggestions and help for Christmas decorating as we will not be using company again for our decorations we will have to decorate ourselves.. There is now a QR on suggestion box so any body can download on to form and put suggestions on using this method.

Suggestion 8 Building –Issues, Events, Timetable, Open Days

Discussion: Toilets lock on disabled toilet tough to turn- Diane will get Albert or MITE to look at this as soon as possible. Group spoke about members being Light Sensitive in classrooms

Life Rooms Response Jackie asked could members please make facilitator aware and appropriate measures would be put in place to help member. Jackie asked group any suggestions for events Big Brew's please let us know.

Suggestion 9 Staffing

Jackie informed group that there would shortly be more jobs advertised for Life Rooms staff.

Suggestion 10 Volunteering

Jackie informed group about there would be a new way to be a volunteer later on in the year you would have to apply online and specific volunteer roles would be advertised. Also that volunteer's would all eventually have to complete mandatory online training

3. Open forum discussion

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

It was asked about do we do recycling in SLR. Sorry currently not available

Member asked about Energy saving- staff are putting lights out when not needed.

It was noted that our public computers here do not need a password and this was good made it easier to access.

Larger timetables we print several off for each site and just to make a request at reception and these would be quickly made available.



Member informed us of some free online courses Vision to Learn, Future to Learn and Learn Direct.

Jackie discussed with group the allotment- this is on-going and still developing this – possible in September a barbecue. Trying to attract more members to join us there Alastair is there Wednesday's and Jackie from 12:00 pm on Thursdays.

Discussion was held on courses cancelled, we only cancel a course were absolutely necessary we can not run a group with only two needs to be a minimum of three to make it safe group. If only two members facilitator will have a chat with them and offer alternate course or same one later on in the month. If there was only two and volunteer was available to go in we would try and facilitate the course running this way so as not to disappoint. External facilitators are out of hands if they let us know they are unable to attend we will text and ring everyone who is on the database for that course to let them know in advance, if we do not know the external facilitator is not coming till everyone is here we can only apologise and talk to everyone about the situation which is out of our control.

6 Any other business

One member of the group asked about a volunteering course run by The Recovery College, Jackie advised that this would be best directed to Collette.