



LRAG Life Rooms

Meeting minutes: Southport site 20/2/20

Chaired by Jackie Pearson

Minutes by Chris Kirby

1. Introduction

LRAG identity explained to the group, JP made group aware that there are now different LRAG meetings for each Life rooms site and that today's meeting would focus on Southport site.

2. Review of previous minutes discussion

Short "you said we did" with regard to influence of the input from LRAG meetings looking at the implementation of larger name badges and pictures of staff up in the building.

We discussed the promotion of the courses and their attendance.

The new leaflet was shown to the group and there was discussion about how we might distribute it and reach out to the wider community.

3. Comments out of suggestion box

For a tub of anti bacterial wipes to be available in the IT suite for cleaning keyboards

The drop-in groups on the timetable should be highlighted in different colours so they are more easily discernible.

There were multiple suggestions that the music appreciation groups should be reintroduced. **This had already been done.**

4. Building – Issues/Events/Timetable/Open Days

In the Ladies toilet the taps are labelled wrong.



The door to room 4 is too close to the floor and stops when it is half open, this could be dangerous.

There is noise from the servers in room 6. **JP informed the group that this is in the process of being addressed.**

It was suggested that the Life Rooms website is not easy to use.

It was mentioned that when you click on the Southport Life Rooms time table it doesn't go directly there.

It was suggested that the timetable for the current month shouldn't be removed until the end of the month not when the new timetable is posted.

Will the old website be taken down as there are now 2 different Life Room's websites?

It was mentioned that the description for the Women's mental health course states that it is for men.

All slide shows should be checked as occasionally the wrong information is displayed and it might not all be up to date.

5. Staffing

It was mentioned that 2 Southport staff are on long term sick.

It was suggested that we might have a female group facilitator here as some groups are specifically for women. **JP said that groups that are specifically for women will always be run by female members of staff.**

6. Volunteering

We discussed the need for more volunteers at Southport site.

7. Open forum discussion

JP discussed wellbeing Wednesday's

The importance of creating more links with the community and fighting stigma were discussed at length. As a group we made a list of local organisations and groups then we started to put a plan together regarding promotion of Southport Life Rooms.



Our list of possible potential connections included

- Supermarkets, community champions.
- Businesses running mental health days for their staff
- GP surgeries
- Frazzle café's
- Churches and local festivals

8. AOB

JP informed the group that CAB input into the Life rooms would be coming to an end and that we would be directing people to the drop in office in Southport.

JP would be contacting Andy from the Bijou theatre regarding journeys through film.