



**Hambleton and  
Richmondshire**

## Local Area Group

### Quick Look Minutes of the Meeting held on

Thursday 13<sup>th</sup> February, 2020



		<b>Item</b>
1		<p>Thelma welcomed everyone to the meeting.</p> <p>Dean explained the house keeping and rules. Julie had to go home as she did not feel well.</p>
2		<p><b>Co Chair Elections.</b></p> <p>Caroline told us that the Co Chair and Independent Co Chair elections are to be held. The election is held every 3 years. If anybody is interested they should contact Kim. Kim can help people to complete the application form.</p> <p>We will be voting for our new Co Chair and Independent Co Chair at our June meeting.</p>

<p>3.</p>		<p><b>Group Activity – The role of the Co-Chair</b></p> <p>We got into groups to think about the job of a Co Chair. We talked about the questions below:</p> <ol style="list-style-type: none"> <li>1. What makes a meeting good?</li> <li>2. Is the role of the Co Chair important?</li> <li>3. What does a Co Chair need to do before a meeting?</li> <li>4. What does a Co Chair need to do during a meeting?</li> <li>5. What does a Co Chair need to do after a meeting?</li> <li>6. Why do we have an Independent Co Chair and a Self Advocate Co Chair?</li> <li>7. What would be good about being a Co Chair?</li> <li>8. What might be hard about being a Co Chair?</li> <li>9. Do you know any Co Chairs?</li> </ol> <p>The answers are attached.</p>
<p>4.</p>		<p><b>North Yorkshire Self Advocate Forum Update</b> - Dean gave a presentation on the North Yorkshire Self Advocate Forum. Dean asked if people were happy for Celebration Day to be in November instead of the Self Advocate Forum? People were happy about this.</p>
<p>5.</p>		<p><b>Mind Matters Project</b> - Mind Matters offer support and art activities to help improve your mental health and wellbeing.</p> <p>Everybody got into 4 groups. Each group was given a drawing which they had to decorate. Art such as painting and drawing is</p>

		<p>good for mental health.</p> <p>They will soon be running a Mindful photography class. This will be for 5 to 6 weeks.</p>												
7.	 <p>North Yorkshire Health Task Group</p>	<p><b>North Yorkshire Health Task Group -</b> Celestino gave a presentation on North Yorkshire Health Task Group. On 5<sup>th</sup> March, 2020 in York, 10.00 am to 3.00 pm. There will be a meeting about training Health Care Professionals to talk to self advocates. Anybody interested in attending let Kim know.</p>												
8.	 <table border="1" data-bbox="228 1238 523 1355"> <tr> <td>LOW Fat</td> <td>LOW Sat Fat</td> <td>HIGH Sugars</td> <td>MED Salt</td> </tr> <tr> <td>7.7g</td> <td>2.0g</td> <td>42.2g</td> <td>2.0g</td> </tr> <tr> <td>Per serve</td> <td>Per serve</td> <td>Per serve</td> <td>Per serve</td> </tr> </table>	LOW Fat	LOW Sat Fat	HIGH Sugars	MED Salt	7.7g	2.0g	42.2g	2.0g	Per serve	Per serve	Per serve	Per serve	<p><b>Healthy Diet</b> - Laura gave a presentation on health eating. It is not good to be overweight or underweight. However everybody has different needs.</p> <p>When purchasing food always check the colour coding label – red, amber, green. Choose foods lower in fat, salt and sugars which are labelled green or amber. You have to have a balanced diet.</p> <p>Everybody then got into 5 groups and we were asked to plan a meal. All the planned meals were good – there was a balance of right foods on the plate - EXCEPT One snack. This snack has 4 pieces of cake which is not good. Too much sugar.</p>
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9.	<p>Tees, Esk and Wear Valleys <b>NHS</b> NHS Foundation Trust</p>	<p><b><u>Tara gave an update on Community Learning Disability Team.</u></b> Tara gave an update.</p> <p>On 30th April, 2020, there will be an Engagement Event. It will be for the full day at The Goosecroft Centre, Northallerton. The Event is to find out what people think about health services. Flyers will be sent out.</p>
12.		<p><b>Thursday 11<sup>th</sup> June, 2020.</b></p> <p><b>We meet for coffee at 9:30am and our meeting starts at 10am</b></p>