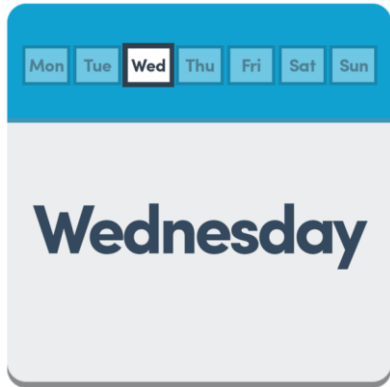


Norwich Locality Group Minutes



The Willow Centre,
Willowcroft Way, Cringleford,
Norwich, NR4 7JJ

Agenda



Update on the Learning Disability Partnership Board



Priority 2 in the Learning Disability Plan - Being Healthy



What needs to change?



What help do you need to go to and use the doctors or dentist?



How do we help people have a healthy diet, exercise more and lose weight, if they need to?



What help do you need to make choices about sex and relationships?



After a discussion about activities in the area people with Learning Difficulties said:



Difficult to attend activities due to not being able to attend

Not given the opportunities the do the things I am able to do

Some carers/support workers are really good and enable independence.

Some carers/support workers take my independence away



What help do you need to go to and use the doctors or dentist?



People with Learning Disabilities said



Parents support
with going to
appointments

Go to a private
dentist by myself

Prefer Saturday
appointment but
dentist on give
what they have

Go into the
dentist and book
appointment
myself

Opening Doors
support me



How do we help people have a healthy diet, exercise more and lose weight, if they need to?



People with Learning Disabilities said

Get weighed in weekly

Eat ready meals as they are quick and easy

Eat a healthy diet

Don't eat too much junk food

Have smaller portions instead of big

Other comment

Gym Classes at the UEA.
Inclusive sports with Able2be
£1.50 a session
Boxing, Rock Climbing, Biking, Football,
Basketball



What help do you need to make choices about sex and relationships?



People with Learning Disabilities said

As GP for advice

Ask staff at day care centre

Easier to make friends then have relationship

Limited time to see friends or have a relationship

Ask parents

Don't like going out at night

Unsure what to say/ask

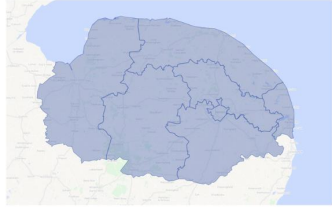
Worried about people taking advantage

Unsafe online sometimes

Strangers adding on facebook/social media



Next locality group: A task for you



Before the next Locality Group, we would like you to



Tell us about something different you have done over the summer



Tell us about it if you would like to. You can just speak or do a presentation.



Date of Next Locality Group Meeting



The Willow Centre,
Willowcroft Way,
Cringleford, Norwich, NR4 7JJ