

## Leeds Learning Disability Peoples Parliament Minutes Being Safe



We had our 3<sup>rd</sup> Peoples Parliament on zoom.



### Sing and Sign with Louise Palin

We started with a song.



Louise has been teaching us 3 Little Birds



Louise did a great job leading the song.  
It made us feel good.

Thanks Louise



## Pharmacist update



Amy, Shaun, Helen and Caroline talked to us about the work they are doing.



They are trying to make the labels on the medicine we get from the pharmacist easier to understand

We told them the writing was too small.



They have made the writing bigger and wanted to know what we think.



Everyone thought the bigger writing was better.



People asked if the information could be clearer.

It is difficult to make all the changes people wanted.

Also the medicine bottles are small, how do we get the message on there?

There are laws that say what information has to be on medicine labels.



Tanya said it was difficult to understand the dose. It can be confusing to know how much to take.

It would be easier if it said how many spoonfuls to take.

Is it easy to read and understand the information on medication?



How do you find it ?



They showed us a film and some examples  
It's good to have it bigger, but that will not help if you cannot read.

It is also confusing as different medicines describe things in different ways e.g. take with food

It will only give the instructions if that is the law for that medicine



Susan said it would help if the labels had pictures on them

The drug names are long and confusing.



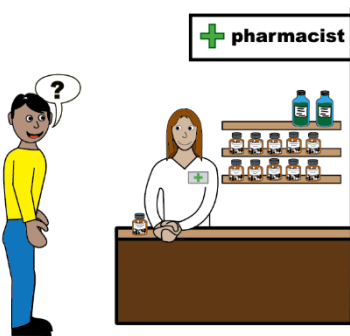
Cllr Ritchie, asked do pharmacists have time to go through the medication with people.

Cllr Ritchie also said the way the numbers are written e.g. 1 tablet 3 times a day is confusing.

Could they have pictures of 3 tablets and times next to each picture?

**Give people a sheet of extra instructions in easy read with pictures.**

**We said this would help us with our medicines**



What can be done about the experience at the pharmacist?

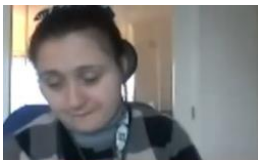
Chemists are busy places but they should all have a room where people can have extra

time to go through their medicines.

A lot of the changes we suggested can not be made because of the law.

Caroline said there is law to say what you can and can't put on labels.

## We asked how do you change the law?



Em suggested adding colour and people agreed.



Susan asked about the background colour because some people don't like black on white.



Caroline said the pharmacist wouldn't have access to a colour printer and the labels are a certain size, shape and colour. There are strict rules about the information that can be on a label.



Julie said because there are so many rules would it be better to develop something that goes alongside that is colourful / has pictures / have days etc. We could then concentrate on something that met peoples needs.



We can still challenge the system of labelling but that's a longer legal battle.

Shaun said it's good that some changes are being made, that even the writing being made bigger makes a big difference.



Caroline is working across the local trust, this would need to be done nationally to change the law.

**How do we change it across the country?**



Cllr Khan also asked about helping people who first language isn't English.

Caroline said they couldn't put labels in another language but pharmacists could get a leaflet for people in other languages Choice of medication website

If an easy read document was developed it would help more people, including those whose first language is not English



David talked about the work he does to help support doctors and nurses

Amy said that was a good point about staff training

Ian talked about having someone talking, so on a DVD or on your phone to make it easier for people with learning difficulties



## Safeguarding, what does it mean?

We heard from Mandy from the Being Safe task group. ]

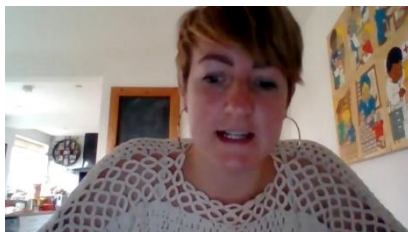


When Mandy came to Peoples Parliament before, people didn't understand what safeguarding was.

Because safeguarding is the word that is used, it's important that people understand that word.



David said about the work he is doing with the safeguarding board



We met Steph from CHANGE  
CHANGE is part of The Advonet Group  
Steph is working with the Safeguarding Board.

We watched a video from Haringey council which told us more about safeguarding.

We saw that safeguarding is about protecting children and adults from abuse.

We heard some different stories about keeping people safe.

Leeds wants to make their own video to help us all understand more about safeguarding.

We split into groups to talk about how we thought we could make things better in Leeds.

**We liked the idea of making our own film and to be in it ourselves.**

**We thought it might be good to have training and have a refresher training every year, otherwise we forget.**

Should safe places link (0113 3781919) to safeguarding?

People were also worried about having to contact adult social care, the thought of contacting them is hard work.

We broke up into break out rooms, it was the first time we tried this at Peoples Parliament.



We liked splitting into groups, we felt it gave us more time to talk and hear more peoples voices.

People shared their ideas, who they would contact.

If it was a hate crime they would call 101

If they were scared they would call the police on 999

Call 101 to report something to the police after it has happened or if it is not an emergency

**Call or text 999 in an emergency.**

**Call 101 for non-emergencies.**

**You can also use Text Relay/TypeTalk on 18001 101 for non-emergencies.**

We talked about the different risks in each story we heard.  
Everyone had some good ideas.



Steph thanked everyone for their time.  
Steph said we can get safeguarding help  
in different ways.

Steph told us about a project she is working on.

Please contact them if you would like to share your story. Your details  
will keep private.

They want to hear peoples  
stories to help make the safeguarding board better.

## Be involved

Contact us by email at  
[hearmyvoice@advonet.org.uk](mailto:hearmyvoice@advonet.org.uk)  
or by phone on:  
**0113 244 0606**



if you would like to know  
more about being involved in  
the project.

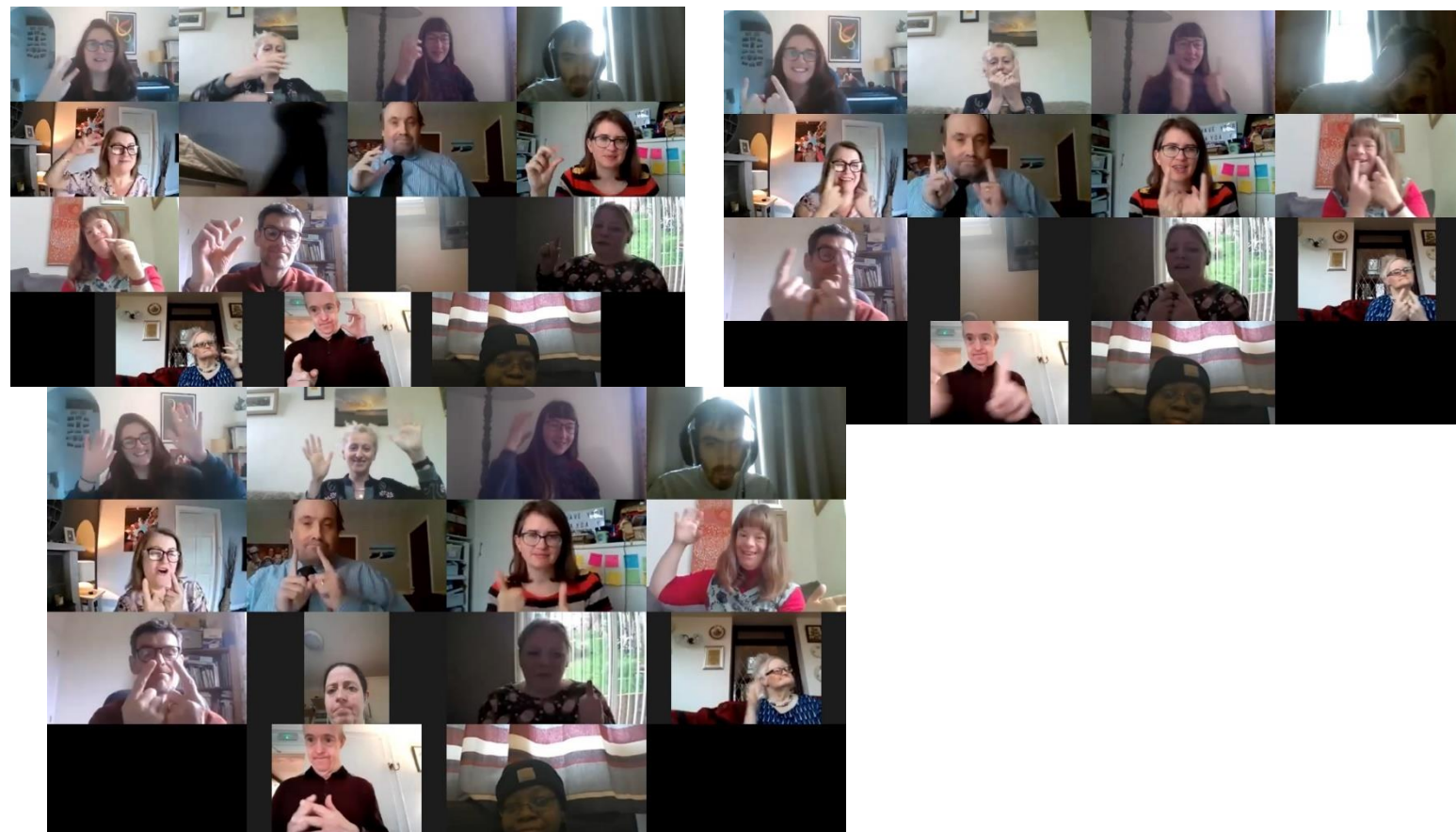


# Leeds Learning Disability Peoples Parliament Meeting Minutes Tuesday 24<sup>th</sup> November 2020



We finished with a song and jazz hands!

It was really nice to see everyone.  
Thank you for your ideas.





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