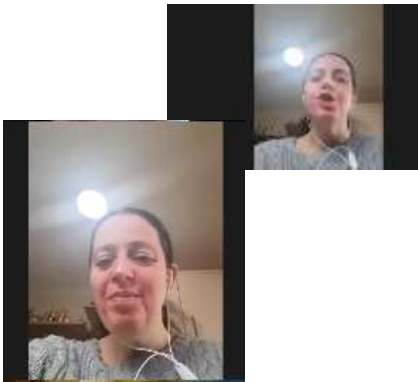
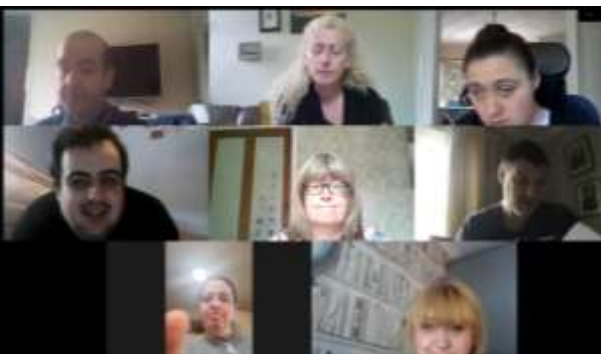




Minutes Leeds Learning Disability Peoples Parliament

Minutes Tuesday 8th September 2020



Hello,

We had our 2nd Leeds Learning Disability Peoples Parliament meeting on zoom.

On zoom the screen gets more people minute by minute.

It is different on the screen but it is very nice to see people.

Gavin showed his haircut, he had raised money for charity by shaving his head.

Kenny said how people didn't seem to be wearing masks when out and about.

Some people don't have to wear masks if they can't, if it is too difficult for them and they have a special reason.

Some people had got the minutes from the meeting in June, some people hadn't got them.

It takes a while for us to get started as being on zoom is new for lots of us.

Bernie went through the ground rules

We took it in turns to say hello and our favourite fruit

People liked lots of different fruit, bananas and strawberries were the favourite.

If you would like to join the next meeting but are not sure how, please call Claire or Caroline on 0113 2440606



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Julie told us that the NHS is open

If you are unwell contact your GP

You may have an appointment on the phone or on zoom.

The doctor may need to see you in the practise, they will tell you if you need to go in.

If you go in to see the doctor you will have to wear a mask if you can.

Peter is paying for someone to do his ears.

Julie said you should have speak to your GP. You should not have to pay for services you need.

The NHS is still open, they are just working a bit differently.

Julie can send people reasonable adjustment forms, the doctor can then make changes to help you.

UPDATE

**Julie has been told that ear syringing is no longer provided by your GP.
Please still ask your GP if you are worried about your ears.**

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Some people had been sent a form to fill in.

It's good that the form is in easy read.

Some of the questions are hard

There are questions for men and women.

Susan said it would be helpful if some of the questions were crossed out, like the ones for men if you are a woman.

Some of the questions aren't very nice, they are very personal. We talked about how some things are difficult, like if you have mental health difficulties.

It is important that people know that they can tell their doctor and the GP will listen and can help.

Susan said it would help if the GP talked through things on zoom, not just send a form.

Call your GP if you are worried about your annual health check

They can send a form for you to fill in

They should then speak to you about how to have your annual health check.

It might be over the telephone, or computer or face to face



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People talked about going to the dentist, it felt very unfair that they were having to wait so long.

We talked about how you could only see a dentist when it's an emergency. If you are in pain with your teeth you should call your dentist.



We talked about how saliva can transmit corona virus so we have to be extra careful with things that can spread spit. This is why we have to be extra careful with dentists, singing and shouting.



Some people are going back to some day services. Leep1 were back in for their first day back.

People were pleased there were some things going back to normal.



If you think you have coronavirus you can call 119 and you can arrange to have a test. One of the signs is having a high temperature

Some people have had tests. They are all ok.

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Next Dr Alex Grove talked to us about healthy eating, we sent everyone recipes with the letters about Peoples Parliament.

Did you get a recipe?

Did you try cooking it?



Em had got a recipe to cook aubergine bake, most people had the same recipe. Bernie had got a recipe for fruit salad.



Kenny said he did lots of cooking and suggested a healthy curry recipe he had cooked. Kenny said he would share it with Alex



Amy said they had tested some of the recipes out at work, at Your Health Matters. Amy said the aubergine bake was really yummy.

Gavin talked about losing weight, he had help from Aspire

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If anyone wants to, they can join in with the Wednesday night friendship group with Leep1, they cook something every week. If you want to find out more email beckie@leep1.co.uk The group is 6pm to 8pm and anyone is welcome.

They might try one of Alexs recipes as they try and cook something healthy. Last time they made a slimmimg world chocholate cake which was amazing, thanks Jamie!

People said they liked the way the minutes had been done and would like them like that everytime

Beckie told everyone about some digital inclusion training that is going to be on zoom every Tuesday at 1pm



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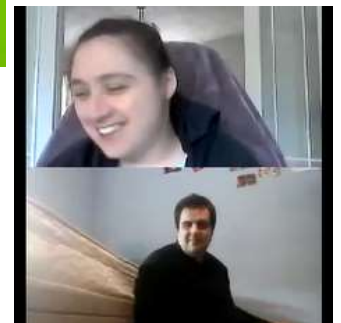
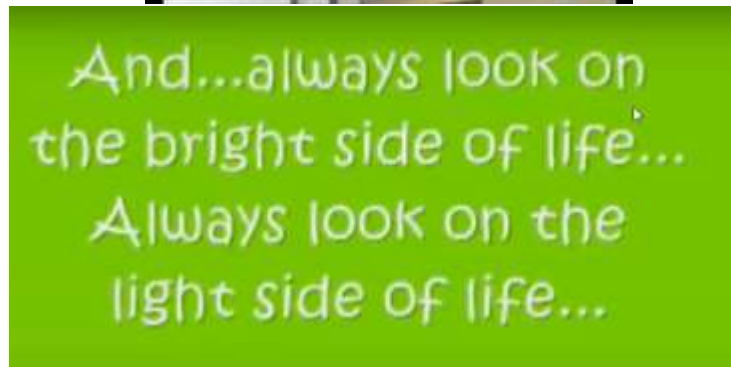


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We finished the meeting with a song.



Our next meeting is on zoom on Tuesday 24th November

Bye for now!



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