



Lancashire Friends and Relationships and Sexual Relationships Meeting

Voice for All Office

Lisieux Hall, Dawson Lane, Chorley,
Lancashire, PR6 7DX



Meeting Notes

Wednesday 27 July 2- 4.30pm

1. Welcome and introductions

Members introduced themselves and said who they are, where they are from and the organisation they represent and answered the opening round question:

If you wanted to use a sexual health service what type of help would you expect to get?

Mark O'Farrell, React, Preston
Pat Afflick, Integrate, Inclusion Coordinator



Stephen Haywood, U-Night, Meet n Match, U-seful Training
Sue Sharples, U-Night, Meet n Match
Rachel, U-Night, Meet n Match
Gillian Smith, React, Morecambe
Brian Atkin, Sunnyfield
John Whitehead, Brothers of Charity, Voice for All
Tania Cockcroft, Under 25 years sexual health service
Amanda Topps, Community Engagement Officer

Things people said they would expect to get from a sexual health service:

Warm welcome and someone to explain about the service and give an introduction.

To have confidentiality.

To be treated with respect.

Some information about the service.

Someone with a lot of information and knowledge to help my particular needs.

To have a friendly face and respects me and understand boundaries.

Somewhere with accessible information that everyone can read.

A good welcome and easy read information.

To advertise themselves widely so people know about their services, accessible building and accessible information.

To be treated with dignity and respect and to feel confident to express my views.

I want to speak to someone who is knowledgeable and comfortable to talk about the questions I ask and be able to give me information there and then and not keep me waiting.



2. Apologies

Lucy Hamlin
Lizzie Smart
Julie Madden
Mike Holt
James Hughes
Becky Gammon
Carol Walker
Lianne Wilkinson



3. What's going on around the county?

Tell us about new events and activities that are happening near you.

U-Night Pool Night St Annes due to start soon.

One off event Britain's Got Talent style talent show, Preston Guildhall, free tickets, 5pm 1 August.

FX Project Friday night disco at Sedgwick Street in Preston, Caritas Kola Bar every Wednesday night run by Spire.

Sue said there are a lot of activities in East Lancashire:

Pop Club weekly disco in Accrington

The Mix nightclub Burnley every three months

Mates n Dates run by AFG – disco in October at Blackburn Football Ground -1-4pm Wednesday.

U-Night Disco once a month Blackpool Football Club, last Friday of the month

Fizz at the Wainwright Club in Blackpool Paul Stamper, Cherish, quarterly

Film Night monthly at Brothers of Charity, Voice for All 6.30 film starts at 7pm.

40 people are going.

Preston Pride in September

Halloween Disco at St Josephs in Chorley



4. Update on U-seful training

How the training is going and what is happening next.

The 6 week Y Be Shy course in Accrington went well but there were not enough people attending. The feedback was positive.

The last Train the Trainer is starting tomorrow in Preston for 5 weeks. 8 self-advocates have signed up and a lot of those people work for React.

In America there is a campaign to get self-advocates fighting for their sexual rights called Sexual Self-Advocacy. Sue has talked to React about thinking about this.

There are two courses left. One at Myerscough in September. Sue found out that Myerscough do not have a sexual relationships policy!

There is a sexual health nurse drop in clinic run by Angie in Lancaster at Myerscough.

The final course will be in Lancaster. It will start in October.



The conference is on 24 November at Plungington Community Centre.

The purpose is to celebrate the Useful Training project. Look at what we have learnt. Think about the successes. Have some workshops run by self-advocates who have completed the train the trainer about: Sexual health; Staying Safe; Different kinds of Relationships; Dating; How to be a good partner or friend.

At lunchtime people will be able to make a 'Private' door sign.

Katherine Runswick-Cole has been involved in an international project about intimate citizenship. People around Europe have been talking about their right to have an intimate relationship.

There will be groups in the afternoon to look at what needs to change.

We can ask the question:

What do we need to do in Lancashire to improve things?

There will be marketplace stalls.

We will collect stories from people who have had relationships and look at what worked and what did not work.



5. Update on Meet and Match

News from Meet n Match and their new events, membership and activity.

There are lots of applications from men. Meet n Match need more women to join up.

There will be an all-women's event in Great Harwood run by Lucy. Mark suggested getting the support workers together to talk to them. Sue said we need money to do that.

Sue said they could charge £30 per support worker to attend some sexual health training.

Action: Sue will send Amanda an email to send to all providers in Lancashire telling them about the one day training for £30 per person and ask how many places they will want. (We can do 3 one per area).

Tania offered to put Meet n Match flyers in the sexual health centres.

About 20 men have signed up.
About 2 women have signed up!

Stars in the Sky have closed male applications because they have the same problem as Meet n Match.

Some problems identified are people wondering about payment. Others seem to be put off by their support workers.

Lucy has met with Bethany from Lancashire LGBT they have having an advisory group with a view to set up activities. First meeting 14 September in Preston off Watling Street Road at Lancashire LGBT office 2-4pm.

Two big events:

One in Civic Arts Centre in Oswaldtwistle Event Night Friday 19 August 6.30-10pm £5 (carers go free).

Winter Ball at Preston North End Football Club 11 November 7-10.30pm £10 including food.

They are going to sell Meet n Match T-shirts at events.

Lucy has organised an event at the Mix in Burnley on Sunday 18 September.

If you volunteered for the launch, Meet n Match would like you volunteer for any of the above events? Please let Sue, Lucy, Lizzie or Rachel know, thank you.

Lucy is looking into setting up a club night at Rio's nightclub in Whalley.



6. Sexual Health Services in Lancashire

Tania works for Lancashire Care Foundation Trust. She told us that on 6 July there was a training day for the new under 25 years Sexual Health Service. U-seful Training did a presentation to the team. Tania gave them some feedback.

The team really appreciated the training.

There was a wide range of partner agencies at the training, college nurses, youth services and others.

Lizzie said that not a lot of people knew about the accessible information standard which is now law.

In all clinics there should be a poster telling people they can ask for information in different formats.

Talkwise, near the main Post Office in Urban Exchange is now a sexual health hub for under 25s for information and advice about contraception. It is open 6 days of the week. You can make an appointment using this telephone number:

There are also Drop In clinics. If you make an appointment you are guaranteed to be seen in 20 minutes.

There is a service user forum for CaSH. They meet in Accrington. Tania will let us know.



Sue reported that one self-advocate visited the Brook office, she stated that she enquired if there was information about sexual health relevant to people with a learning disability. She was directed to the rack of leaflets, but was not given any additional assistance. The self-advocate is of small stature and could not reach some of the information. She felt that the level of customer care was very poor and that the two staff who were in the office were disrespectful.

Another self-advocate visited St Peters Health Centre and was given the run around within the building, ending in what she believes to be the Family Planning Clinic. Again her request for information was met with a

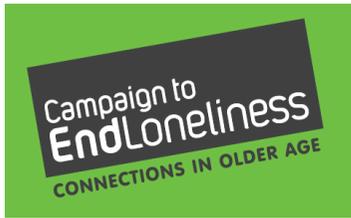
request to help herself to leaflets, with no support to find her ones that may be relevant. She found them extremely unhelpful.

Both people brought the leaflets back to the group and we were able to see that much of it was the same-quite outdated FPA leaflets and some more modern ones from Brook, but none of the information was in easy read format and was not understandable for a person with learning disability. The group are aware that the Accessible Information Standard will be implemented on 31st July 2016 and wish me to represent them by expressing concern that the current situation will be unlawful, if urgent amendments are not made.

The suggestions were that there are two key requirements:

1. Training for staff about reasonable adjustments and responding to the needs of people with a learning disability
2. Development of easy read localised information documents

This meeting will be on Friday 9 September. Sue is inviting two self-advocates from East Lancashire to attend as the meeting is in Blackburn.



7. The Care Act and Loneliness

Amanda showed us a presentation. It is attached to these meeting notes.



It's important for self-advocates to understand that if they are having a social care assessment they need to mention if they feel lonely or if they feel they are struggling with their wellbeing.

It may be hard for people to say they are lonely.

The message is that if you can do something so that people are not lonely services can save money. If people had more friends they would not be so reliant on services. They would not need health services.



We talked about recording Brian's story and how he now doesn't have time to play on his play station. He has a girlfriend and gets out and about and is busy organising and training and hosting.

Action: Do we need to ask the social care team leaders if their staff and forms have been updated to reflect this? We could ask the Head of Service and the Team Leaders.



8. Buddy Scheme in Lancashire

Sue asked why are care providers not allowing their support workers to give lifts to people they support or their friends? Each provider seems to have a different rule.

Peer Buddies could help people get out and about. Sue and Amanda can look out for funding for a Buddy scheme.

We would probably need 3 workers for a Lancashire scheme.

Amanda mentioned Best Buddies which is an international scheme for people with learning disabilities. They mainly work in America and Cindy Crawford is an ambassador.

Here is a link to their website:

<https://bestbuddies.org/what-we-do/mission-vision-goals/>



9. Action Plan

We need to review and discuss our actions. We will do this at the next meeting.



10. Agenda for our next meeting

Action Plan

Involving Family Carers



11. Any other business

Sue spoke to Lyndsey Hoyle Deputy Speaker of the House of Commons MP for Chorley who said that the CCG should fund specialist sexual health training. Sue and Amanda need to talk about that to health organisations.

We need opinions of family carers for our group. Sue was asking how we can get family carers involved in the group. We need to ask if they would like training.

Voice for All have been trying to provide opportunities for self-advocates 15 people have signed up for next Wednesday's session, 1-4. Joanne Farmer Chorley Council Digital Inclusion Officer. John asked if more self-advocates want to do the training they will put on another course.

Self-advocates have requested assertiveness training. £10 for an afternoon session.

Action: John to send Amanda an email to ask people in the networks.



Action: Amanda to invite family carers to the group.

Action: Sue and Amanda to meet to discuss how to talk to the CCG and health services about funding Y Be Shy.

12. Closing Round

People said this about our meeting today:

There was lots of information, useful information, a good meeting which has given me some ideas, a good idea about sharing Brian's story, great meeting, productive meeting and very worthwhile.

Everyone was thanked for coming.

13. Date and Agenda for next Lancashire Friends, Sexual Health and Relationships meeting

Next Meeting: Wednesday 5th October at 2pm at Voice for All Office, Brothers of Charity, Whittle-le –Woods.

