
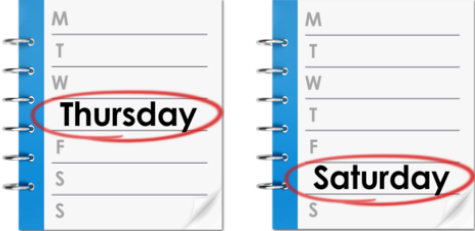





# Craven and Harrogate Local Area Group - 8 February 2019


## Group discussion notes - Part 1: having a good life

We asked what does a good life mean to you?

	No bedtimes!
	Not every day, just some days
	Staying out later (11pm not 9pm)
	Going to the library
	Going shopping

	<p>Going on holidays</p>
 <p>Theatre</p>	<p>The cinema and the theatre</p>
	<p>Making jewellery and recycling clothes</p>
	<p>Being a role model</p>
	<p>Being an advocate</p>

## What stops you doing things you want to do?

 An illustration of two men standing and talking. The man on the left is wearing a black t-shirt and has a speech bubble above him that says "Yes". The man on the right is wearing a white polo shirt and has a speech bubble above him that says "No".	<p><b>Not getting the right support</b></p> <p>Support time is limited</p> <p>Some staff say 'you're late' or 'we don't get paid for that'</p> <p>Support is set up for staff needs, not the person</p> <p>Having to go places you don't want to because there's not enough staff</p>
 An illustration of a woman with short grey hair and glasses, wearing a teal and yellow jacket. She has a large, empty white thought bubble above her head.	<p>Workers worry about getting told off by their boss.</p>
 An illustration of various modes of transport: a red double-decker bus with "CITY CENTRE" written on it, a black car, and a blue and yellow high-speed train.	<p><b>Transport</b></p> <p>Some things are too far to travel to</p> <p>Have to rely on others</p> <p>Transport is expensive</p>
 A blue circular icon containing a white lowercase letter 'i', representing information.	<p><b>Information</b></p> <p>Not knowing what things are happening</p> <p>Not knowing what supports are available</p>



When you don't feel well



Not having enough money







Not having friends to do things with



It gets you down

It can lead to crisis.

## What needs to happen to make things better?

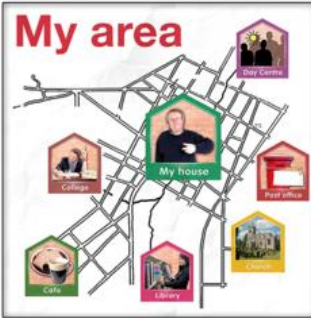
	<p>Services need to be more flexible and give more choice</p> <p>Culture needs to change.</p>
	<p>Role of support workers should be to support <b>me</b></p>
	<p>I need information so I know about opportunities</p>
	<p>I don't always way to rely on paid staff.</p> <p>Meaningful relationships and friendships are better.</p>

## Part 2: What does being safe mean to you?

	<p>Being safe is a feeling</p>
	<p>When you are not safe you feel anxious. You get butterflies Something is not quite right</p>
	<p>Feeling accepted for who you are</p>
	<p>Being able to trust people. If you don't trust people you don't feel safe</p>
	<p>Safety is not just about risk assessments</p>



I am involved in conversations



Knowing a place or area

Being known in a place or area



Being supported by someone who knows you and what you like



Feeling confident and assertive

Trusting your intuition



**Different**

Everyone is different

We all have different we are afraid of like flying or spiders.



## Things that can make people feel unsafe

	<p>New faces and people can be scary</p> <p>It can take time to feel comfortable with a new person e.g. for personal care.</p>
	<p>If people live on their own, it can be riskier</p>
	<p>Sometime people try to be your friend but they might not be good people</p>
	<p>Sometimes people come to the door and pretend to be someone they are not.</p> <p>You can be easily taken in – gullible</p>



## What can help you feel safer?

	<p>Be prepared when you go out</p>
	<p>Have technology, like a mobile phone</p>
	<p>'Safe Places' makes people feel safer</p>
	<p>New staff take time to get to know people Shadowing can be a good way to understand what a person likes</p>
	<p>People welcoming you – friendliness</p>



Be open and honest with each other



Take time to explain when things are happening.



You can get an intercom



You can get a door that locks

You can have a portable safety alarm



Don't respond to scam emails