






**Selby and district**






**Local Area Group**

**Quick Look Minutes of the Meeting held on**

Thursday 19th February 2020



		<b>Item</b>
1	 	<p><b><u>Welcome</u></b></p> <p>Jane and Steve co-chaired the meeting and welcomed everyone.</p> <p>Apologies were given.</p> <p><b><u>Ground rules and housekeeping</u></b></p> <p>Jane read out the housekeeping and ground rules.</p> <p><b><u>Introductions</u></b></p> <p>Jodie did an icebreaker to help us know more about each other then everyone introduced themselves.</p>
2.		<p><b>Minutes and Action Points of the Last Meeting</b></p> <p>The Minutes from the meeting in September 2019 were accepted as correct.</p>

		<p>The Action Points were updated.</p>
<p>3</p>		<p><b><u>North Yorkshire and York Learning Disability Service - Julie Nutbrown</u></b></p> <p>Julie did a presentation and told us that North Yorkshire and York Learning Disability Services are joined together.</p> <p>Julie said that she would be happy to attend the future LAG meetings.</p>
<p>4.</p>	 	<p><b><u>Eating well and active living - James Massam</u></b></p> <p>James gave a presentation about healthy eating and exercise.</p> <p>James told us about the 'Move it and Lose it' programme at the Leisure Centre and is free for all those trying to lose weight.</p> <p>If anybody is interested to take part can call <b>01942 404 799</b> to find out more about it</p>
<p>5.</p>		<p><b><u>Family Carers - Jodie</u></b></p> <p>Jodie helped us think about how we can tell family carers about our Local Area Group meetings</p>
<p>6.</p>		<p><b><u>Co Chair elections – Caroline</u></b></p> <p>Caroline told us about the Co Chair elections that will happen in June 2020.</p>



9.		<p><b><u>End of meeting</u></b> Steve and Jane has thanked everybody for coming.</p>
10.		<p><b>Our next meeting will be on</b>  <b>17<sup>th</sup> June 2020 in Selby Town Hall, York Street, Selby, YO8 4AJ.</b></p>

**People who came to our meeting today:**

Caroline Ferguson	NYCC, Participation and Engagement Officer
Steve Burke	Learning Disabilities Manager
Jodie Sarfraz	Keyring
Henry Spence	Self advocate
Samuel Sellers	Self advocate
Jane Miles	Self advocate
Julie Nutbrown	Team Manager Community LD Team York
James Massam	Inspiring Healthy Lifestyles, Selby Leisure Centre
Jess Marshall	Public Health, NYCC
Tilly Skeels	Service Development Officer, NYCC
Csilla Sipos	Business Support Administrator ,NYCC
<b>Apologies:</b>	
Tracy Welford	Mencap
Nick Bones	(Learning Disability Employment Adviser) from the Job Centre DWP

