



Norfolk SEND Youth Forum

Wednesday 17th January 2024, 6:30pm – 7:30pm

Meeting Minutes

Attendees:

Bridget Robinson (Norfolk SENDIASS)

Dawn Jones (SEND & Inclusion, NCC)

Belinda Coxall (Norfolk SENDIASS)

Charlotte

Gabriel

Lewis

Katrina

Isaac

Reece

Callum

Charlie

Stephanie Chamberlen – (NHS Norfolk & Waveney ICB)

Gemma Burnaby-Ogilvie – (NHS Great Yarmouth & Waveney, CCG)

Maxine Blocksidge - (SEND Advisor, NCC)

Alison Brain – (Music Service, NCC)

Learning Disability Health Checks Update

In the Summer Review members asked us to talk about Health Checks again so Stephanie and Gemma were invited back to give an update.

Overview

- **When** - Annual Reviews take place once a year to find out about any health problems
- **Where** – Your Doctors Surgery
- **Age** - Start at 14 years old and normally around your birthday date
- **Pre Health Check Questionnaire** – simple layout, large print and pictures
Link <https://www.justonenorfolk.nhs.uk/media/nqyekpvo/20-pre-health-check-questionnaire-norfolk-waveney-1106.pdf>

What is talked about at the Review

- Smoking
- Diet – what you eat
- Exercise – what exercise you do

- Opticians – check your eyes
- Dentist – check your teeth
- Friend or Families who are important to you
- Heart – listen to your heart
- Urine sample – if possible bring with you before appointment
- Professionals involved in your care or health
- Blood pressure check
- Medication Review
- Sexual Health
- Look at your chest, skin, feet and tummy
- Height and weight
- Bowels/poo

Health Action Plan

At the end you should be given a Health Action Plan to keep and it says what was talked about and sets out goals for your health.

Health Register

You can check you are on the Health Register by contacting your surgery. More details at following link:-

[14+ Yearly Learning Disability Health Check \(justonenorfolk.nhs.uk\)](https://www.justonenorfolk.nhs.uk)

OR

Fill in a postcard and post or take it to your surgery.

Feedback from the YP

- Not everyone received an Action Plan or questionnaire.
- Not all questions asked i.e. sexual and mental health, bowel question
- One member not able to take part as cannot visit surgery. Bridget to discuss with Stephanie after meeting.
- Check done by different professionals each time and not by someone who knows the YP
- Some YP were invited by their Surgery by letter but some had to contact the Surgery

Stephanie thanked the YP for their feedback and Stephanie and Gemma left the meeting.

SEDNFEST 2024

Maxine and Alison came to the meeting to talk about the SENDFEST 2024 and ask for ideas and find out how the YP would like to be involved.

- SENDFEST - 1st/2nd June at Easton College from 10.00 a.m. to 3.00 p.m.

- First day will be like the one last year and second day will be a quieter day.
- A digital festival for those who do not feel able to attend so they can still participate. Access via an interactive map and live streaming of the first day events.
- Workshops will take place earlier in the day and the concert will be at the end of the day.
- Tickets via Eventbrite or by phone.
- Restricted to booking one day per family so you cannot book both days.
- Event to be launched at Family Voice Conference in March. YF will be given booking details then.
- Advertisement by posters and a paper signup for those who do not have access to social media.
- The wristband design will be changed for access to the event

The YP Ideas and Comments

- Jonny 5 Robot – Gabriel gave Maxine details of how to book
- Ghost Buster Cars
- Back to the Future DeLorean car
- Nail, Hair and Beauty
- Animals – donkeys, tortoises, petting animals, horse riding
- Dancing activities
- Cooking activities
- Arts and Crafts
- Puzzles and Lego
- Large screen – Darby racing
- Author to come along and sign books
- Yoga, golf, boxing, rugby, football, obstacle course, weight lifting
- Game Stalls
- Dr Who
- Bubble Man
- Eastenders
- More Food Places
- Warnings if an area will be noisy

Maxine is looking for helpers on the day for all different roles and the following were interested:-

- Charlotte – would like to help with animals
- Reece

- Charlie
- Callum
- Katrina – Maxine asked Katrina to help with the ideas for digital day.

Maxine and Alison thanked the YP for their ideas and help. Max asked for any ideas or questions to be emailed to her maxine.blocksidge@norfolk.gov.uk

ANY OTHER BUSINESS

March Outing

Bridget asked the YP if they would like to go to a gaming café or the board game café in Norwich on 9th March 2024 for the next YF outing.

The YP voted via the chat and Bridget will look at results and talk about it at the next meeting.

East of England CYP network

Bridget asked the YP if they would be interested in joining the East of England CYP network. The network wants to team up and join forces with other groups like the YF in the East of England. The Group would meet on-line and the age group was up to 25 years old.

Callum and Charlotte said they would be interested.

FYI Launch – 23rd January 2024

Bridget reminded everyone about the launch invite from Michelle of JustOneNorfolk as the Youth Forum were involved in the web page development last year.

The Launch is from 6.00 p.m. on 23rd January at the Gallery, The Forum, Norwich. Everyone is welcome and you can come and go when you want, and the ribbon is being cut at 6.30 p.m. There will be refreshments as well. For those who have not registered the booking link is:-

<https://forms.office.com/e/xK95sF0ZPM>

Thank you for all your contributions!