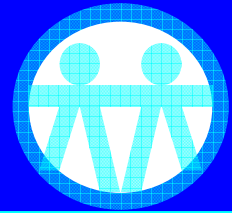


Minutes from the Self Advocate's Workshop

Bradbury Community Centre
Tuesday 8th June, 2010



Wokingham
Learning Disability
Partnership Board

“Eat Well and Get Active!!”

Lisa welcomed everyone to today's workshop which was about **Healthy Lifestyles!** 31 people came and everyone introduced themselves and said which was their favourite fruit or vegetable ... although one person made us laugh by saying their favourite vegetables were onions inside a hot dog!



Icebreaker

We started off by thinking “What makes us healthy?”
This is what we thought:



Anything else?

- We need to keep our minds healthy too – by doing things like meeting our friends and having fun!
- Having regular check-ups at the dentist, opticians and with the GP (Annual Health Checks). Some people might need to see a chiropodist which is someone that looks after people's feet.

Prevention Services

Lisa talked about some of the groups run by Prevention Services which can help keep our minds and bodies healthy!

Leisure in the Community Group

This group meet on a Thursday morning at the Bulmershe Leisure Centre in Woodley, from 10am-12noon. They talk about things like keeping safe in your community, relationships, alcohol awareness, stress management, enjoying leisure time with friends and much more!



Cookery Group

This group meet on a Monday, from 1-3pm at the Bradbury Centre. The 6 week course costs £12 and people need to put their names down because there is a waiting list. As well as preparing food, they talk about healthy heating, labelling, shopping on a budget, keeping safe in the kitchen. Liz told us she studies healthy eating at college!

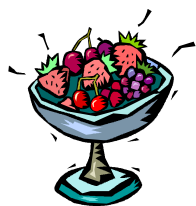
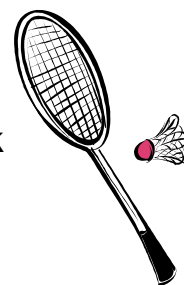
Community Allotments

People can use the allotments whenever they like, but if you need support, there is someone down there on Tuesdays 10am-12noon and Wednesdays 10am-2pm. If you would like to go, please let Lisa know beforehand on tel: 0118 979 9106. Helping at the allotments is free, but people are asked to donate a packet of seeds as their contribution. There is always something to do – for example weeding, sowing seeds, watering (especially in the summer!), planting and lots more. Gardening is really good exercise!



Fun Fit Club Meetings

The Fun Fit Club usually meet on a Wednesday at the Drop-in Centre in Rose Street, from 2-3.30pm (but for the next few weeks, they will be meeting at the Oakfield Court Community Allotments instead.) They talk about things like the number of calories in everyday foods like coffee and muffins in Costa Coffee, or a sandwich or cake from Greggs, or a burger from Burger King! They also go for walks and play rounders or badminton in one of the parks in Wokingham.



Every week they have a taster session so that people can try foods that maybe they haven't tried before. Today for our Workshop, Amy had cut up melon, apricots, kiwi, blueberries and strawberries and put them into cups for everyone to try. It was delicious - and for some of us, it was the first time we had tried these fruits!

Growing Cress!

Cress is great in salads and sandwiches (especially with egg mayonnaise!) and the good news is... **it's really easy to grow!**



Lisa passed round some plastic cups and cotton wool pads, and we placed the pads into the bottom of the cup. Then we poured a small amount of water into the bottom of the cups to make the cotton wool pads wet, and took a 'pinch' of cress seeds and sprinkled them onto the wet cotton pads. In a few days, the cress will start sprouting. When the cress has grown into long stalks with little green leaves, it is ready to eat! Everyone took their cups home with them and will hopefully be eating cress sandwiches in a week or 2!

(Don't forget to keep watering the cress and it'll keep growing.)

Time to Exercise!



After the break, Amy talked about the **Rose Buddies Exercise Club**. At the moment, they meet in Rose Street every Monday from 10-11.30am, but from 5th July, they will be moving to the Rainbow Park Community Hall in Winnersh. Sometimes the exercise sessions will be inside the hall, and sometimes Amy will have everyone outside playing badminton or dancing - but the sessions will always **be FUN!**



Then it was time for us to exercise!

The exercises that Amy showed us can be done sitting in a chair or a wheelchair at home when we are watching TV. And we don't need to use fancy weights - we can use household items such as tins of baked beans and bottles of water instead!

Peter and Juanita, Frankie and Selena, John and Kathy, Andrew and Liz demonstrated the different exercises we can do sitting down, and then Juanita and Julie demonstrated some stretching and cooling down exercises – which everyone should do after they've exercised. (At the club, Amy plays some relaxing music and it's difficult not to fall asleep!)



It's important to drink lots of water when we are exercising, and afterwards some people might need to eat a healthy snack (like an apple or a banana) to give them a bit of energy if they feel tired.

Everyone agreed that these exercise sessions sounded like fun, and Tim, Juanita, Selena, Leilah, Charmaine and Frankie were all interested in going when they start again on 5th July!

New Look Health Action Plans

Health Action Plans have been around in Wokingham for 3 years, so last year, Mary Codling asked for our help to update them and make them better. We ran 3 workshops where we thought about what changes should be made, and now the new look Health Action Plans are nearly ready!



What is a Health Action Plan?

- It is a guide to your health. It is made by you, a health facilitator (that's someone that knows about health) and the people who know you best.
- A Health Action Plan tells doctors and hospitals about your health and the best ways to support you get the right treatment and healthcare.

David showed us a draft copy and when they have been printed, Mary will send a copy to everyone.



That was the end of our workshop!

Our next workshop will take place on:

**Tuesday 13th July 2010, 10am–12noon,
Bradbury Community Centre**

We will be talking about the latest plans for
Transport and Travelling in Wokingham
