

# Meeting Minutes



**Meeting Title:** Surrey People's Group

**Date:** 2 February

**Time:** 10.30-12pm

**Location:** Zoom

## Meeting Summary



### Welcome and introductions

- Welcome and introductions were made

### Nature



- We talked about being outside and how important it is for our wellbeing, physical and mental health
- We can connect with others through nature too
- The group discussed what we can access outdoors and how we can link this with staying social with our friends and encourage each other to be outdoors more.
  - outside gyms
  - go on long walks
  - meet up at parks or national trust sites,
  - we can meet for healthy picnics in the summer or walk to meet friends for lunch.

## Dating, safe sex, friendships and relationships



- The group all participated in a quiz about how to stay healthy and safe. The questions were about safe sex, relationships, and friendships
- Feedback was given from members that people read and understand things differently, and it is important to see the difference and respect this.
- We spoke about difficult situations and how important it is to surround yourself with the right people who can support you and make you feel safe and valued.
- Members of the group said that they felt embarrassed talking about their dating life or safe sex. The conversation could feel awkward.
- Group members felt that it was better to have blunt and honest conversations as it made things easier emotionally and better to understand.
- The group also talked about the different elements to consider if you live with others or have support in your home. It is important to talk to support staff or other people in the building if you are going to invite people to stay the night or if you are going to stay at other peoples homes.

## Attendance

Mimi

The Pines

Jessica

Virgina Fento

Emma Mckenzie

Lizzie Wheeler

Michael and Matthew

Matt Leadbeater

Croydon Road

Steph Brown

Helen Guest

Imogen Osborne