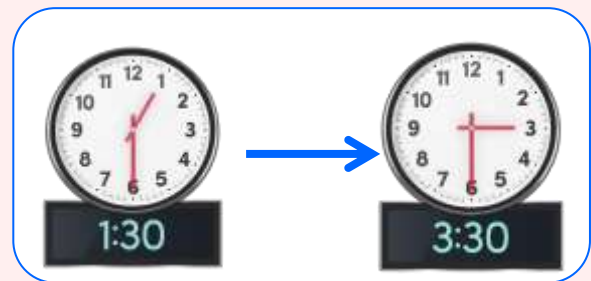
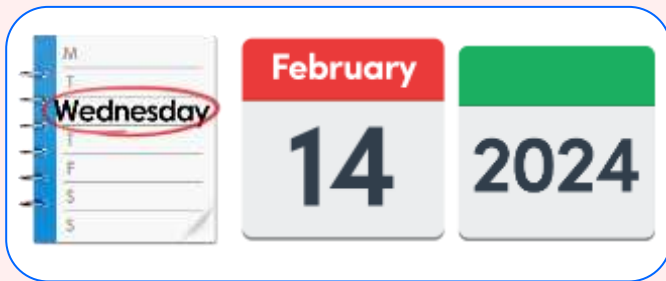




East Surrey Local Valuing People Group Minutes



Sarah Ford chaired the meeting..

Sarah Ford



Leanne Yeo (was unable to attend)



The meeting was at the Woodhatch Place in Reigate and Teams.





At the meeting we talked about:



- Active Buddies with Surrey Coalition



- Inclusive Sports at YMCA East Surrey



- What is available at GLL Donyngs Leisure Centre



- Wellbeing Project- Include.org



- Feedback from The Learning Disabilities Partnership Board

Welcome and Introductions

Sarah welcomed everyone to the first in person meeting of 2024.



There was 12 people who attend the meeting in person and 4 who joined us online



We had introductions from GLL, Include.org, Surrey Coalition, YMCA East Surrey and Surrey Choices

Presentation on Active Buddies by Surrey Coalition



Katy came to speak about the Get More Active Project. It is a project to help those with a disability to get more active.



Katy spoke about why it was important to be healthy and to exercise.



Katy spoke about how the get more active project can help you decide what activities you would like to do, what activities are nearby to where you live and setting your own personal goals.



The Get More Active project can help by, doing a monthly meet up to try different activities.



A buddy will be allocated for you to go to activities with you, to travel with you to your activity. Your buddy will support you and give you the confidence whilst being active.



Katie said they are trying to recruit more buddies at the moment.

Questions



Jan asked how buddies pay for entry to an activity, if they are supporting someone.



Katy said that for most activities' carers go free. If there is an activity where you do need to pay, Surrey Coalition will cover this cost.



If you would like to join Surrey Coalition, please email Katy Hubbard:
Katy.Hubbard@surreycoalition.org

Inclusive Sport- East Surrey YMCA



Russell from YMCA East Surrey came to speak the many activities taking place at the YMCA

Key Points



Inclusive Sport Updated Time Table & Price Increase

- **Tuesday** - Inclusive Dance | 1.30pm - 2.30pm -
 - **Wednesday** - Multi Sport | 10:45-11:45
 - **Be Active** - 12.00 - 1pm
 - **Boccia for all** | 13.30-14.30
 - **Inclusive Trampoline** | 14:45 - 15:30
 - **Thursday** Tai Chi / Qi Gong | 10:30-11:30
 - **Play Ball Tennis** - 12:00 - 1pm
 - **Visually Impaired Bowls** | 15:30 - 16:30
 - **Friday** Multi Sport | 11:30-12:30
 - **Sensory Fun** | 11:30-12:30
 - **Sport in Mind** - drinks and table tennis | 13:00-14:00 FREE for people experiencing mental health issues.
- All classes now £10/wk

- Russell said they are trying to set up as many activities during the week.
- They run a wide range of activities including dancing, multi-sport, Trampoline, Tai Chi/ Qi Gong, Piquet Tennis, Visually impaired Bowls.
- They provide activities for people with all abilities. They also have sensory fun.
- Russell said that Boccia is one of their most popular activities. They try and include more of these sessions where they can.





Russell said that there is possible disruptions to activities this year due to building work. They are trying their best to find other spaces.

Discussion



Jan asked if a carer needed to attend the sessions.



Russell said a carer does not need to attend with you for the sessions.



Amanda asked whether there was a lot of people that attended their activities



Russell said they do get a lot of people attending because their activities are very popular.



Russell said that they were starting a Friday Morning Café. They are trying to get volunteers from the local college who can help with running it.



Alix wanted to find out more about the Friday Morning Café.



Russell will share more about Friday Morning Café when they are ready for more people.



Russell also said that there was an upcoming Y-Mania's Easter Egg-stravaganza taking place on the 15th March at YMCA Sport & Community Centre 19:30-22:00

Proactive Community Film on Wellbeing and Discussion about Activities



Amanda showed us a short film by Proactive Community about Wellbeing. In the video Michael, Leanne and Robert spoke about ways they stay healthy.



People in the meeting found this interesting and insightful



After the film Sarah asked everyone what activities they did for their wellbeing.

You



Some of the activities listed: Indoor gym, BoxFit, going to the memorial park for a walk and to litter pick, cooking, Zumba, gardening in the green house, cycling, exercise bike and swimming.

GLL Donyngs Leisure Centre



Alex from Donyngs came to speak the many activities and memberships available.

Key Points



- Donyngs have two swimming pools. One large and one small training swimming pool. They also have a Sports Hall and a gym on the 1st floor of the leisure centre. They also have 5 squash courts and 3 fitness studios.



- They have accessible changing rooms and Café.



- Staff are first aid trained and they have hearing loops available if people need this. Staff are required to complete a range of training around supporting people with disabilities and access needs



- There are low-cost gym membership options available. There are special membership rates available. Please contact GLL for more information.



- There is an all abilities dance group which is starting on the Saturday 24th February (on every other Saturday).



- If you have any questions or membership questions, you can call 01737 764 732, go to the [website](#) or go in person.

Discussion



- Nicola says she has a membership at Donyngs and she enjoys going. She likes going swimming.



Amanda said autistic people can find loud noises quite difficult sometimes. Is it possible to have quieter gym sessions?



Alex said if there is a demand, they will consider this.



Sarah said it might be worth putting Alex to liaise with Tom Moore who leads on the autism strategy on autism access at the leisure centre



Amanda said Leanne brought up to her about the online booking system being difficult to use. Are people allowed to come to the leisure centre to book for activities or memberships in person?



Alex said that people can come in person if they are unable to book online.

Presentation by Include.org about the Wellbeing Project



Alix and Sarah came to speak about the Wellbeing Project and the many activities they offer.



Include is a local charity. They run services with people with learning disabilities and autism in East Surrey and Mid-Surrey.



They put a lot of their ideas into Music. Sarah said that they run two signing choirs. The Include Choir Redhill take place on Wednesday evenings from 7:30 to 9pm at Lime Tree School. The Include Choir Epsom takes place on Tuesday at 6-7:30pm at St Joseph's Church.



The Champions Group is a lived experience consultancy team who provide ideas, feedback and free accessible resources. They meet every week



Other activities they include a Stroll & Sign, Supported Volunteering opportunities. They are going start a podcast very soon.



Sarah said she helps Alix to teach sign language in schools which she enjoys



Alix also said that they are performing for a concert on 9th March at St Mary Church in Reigate with award winning choir Vocal Dimensions Chorus. They are very excited about this.

Discussions



Jan thanked Alix for her amazing work with Include.



If you are interested in the activities or supported volunteering opportunities for people with learning disabilities or autism, email info@include.org



If people want to access their range of Easy Read documents about a range of topics, they are available on the Champions' webpage [Champions and Easy Read | Include.org](#)

Feedback from the Partnership Board



Amanda went over the key topics from the last meeting in January

Key Points



There was a discussion about the terms of reference as this has not been updated in a while.



There are currently 5 meetings planned for 2024.



Amanda said that the easy read booklets about safeguarding are now available.



At the next meeting, The Director for Learning Disabilities and Autism will be giving an update.



There was also discussion about last Surrey People's Group which took place in December about Travel.



You can read the minutes from the January Learning Disability and Partnership Board on the [Learning Disability and Autism Hub](#).

Local Updates



Amanda said the East Valuing People Group have been invited to try the new Tover interactive projector at Banstead Library.



The Tover projector offers games and activities that are specifically designed for people with learning disabilities. If you would like to join Amanda to try this out, please email

ldcommunications@surreycc.gov.uk.



Sarah spoke about despite having a freedom pass, it was very difficult to get around Banstead. Not enough visual signage at the Library.

Local Updates



Sarah mention that Leanne had similar issues about the signage at East Surrey hospital and not enough signs to help people to get around.



Nina wanted to share some information from the NHS about Measles and MMR Vaccination:

[Vaccination and immunisation |](#)

[Healthy Surrey](#)

Actions:



Russell to send information about Friday Morning Café at YMCA East.

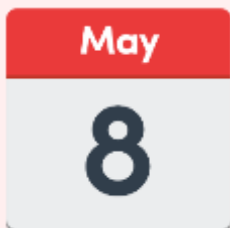


Alix to share Easy Read documents with Amanda. Members to contact Amanda if they would like to attend the Tover Session.



Surrey People's Group discussions about voting will be shared at the next meeting.

Next Meeting:



Next Meeting is taking place on 8 May at Woodhatch Place Reigate and Microsoft Teams

