



**Peers Connections Group N E Lincs
Meetings minutes of 04 Sept 2017, 10am
Emerald Suite, Open Door, Albion Street**

Welcome

Chair, welcomed those in attendance which started at 10:00 am. He mentioned to those in attendance about the housekeeping rules, (fire safety procedures, toilets, refreshments, bags, sticks and mobile phones).

Attendees

Phillip Dumbrell, Ronald Bull, Stephen Blackburn, Alfred Dumbrell, Robert Dumbrell, Hazel Abey, Vincent Kelly

Apologies

Susan Wright (H & S Assistant), John Marsh, Christina Hanson (Psychiatric Nurse), Sebastian Turkington, Pauline Long (Researcher), Verena Harris (Communications Assistant), Barry Jones (Member), Mick Inkson (member), Nona Inkson (Public Relations), Kenneth Loraine (Member), Mary Loraine (Member), Kelly Chester

Minutes of previous meeting

Acting Chair handed minutes from the last meeting dated 04 September 2017. The minutes was accepted by all in attendance.

Amendments

There were no amendments required at present.

Matters arising from previous minutes

No matters arising at present.

Discussion

Mindfulness group was mentioned at the meeting. There are serious dangers that can affect the state of people with mental health issues. This group will need further investigation in due course.

The group also reminisced about what people did in the past that helped them kept their minds and bodies active, in comparison with today. Especially where it impacts with people's mental health. This day and age, it is constant technology. Those past days, you had to provide your own entertainment. Also, there was a lot more interaction and communication with each other.



Diabetes and pre-diabetes can seriously impact on a person's health and wellbeing. This can also have a detrimental effect on their mental health. Especially, when they first become diagnosed with the condition, and they become worried that it can have a significant impact on their daily lives, especially with their work, home life, their finances, not understanding what they can and can't eat, affordability and so on. There are variants of organisations that provide information for diabetics, and it can become confusing for them to know what is true and what isn't.



Break Time

The group had a small break for 10 minutes. This was from 11:00am.

Update

No updates at present

Dates for diary

- Check out website page for further information on organisations dates
- Alzheimer's Calendar
- Walk for Alzheimer's Sun 10 Hull from 10am
- ACCORD AGM Thurs 14 10am Centre 4
- Fun Run / Colour Run Sun 10 Cleethorpes
- Neighbourhood Watch 12 Sept Cromwell Rd Fire Station 6:30pm
- NAVIGO AGM Wed 20 10am The Humber Royal Hotel 9am to 4pm
- DFIFI - North Wall Cosa, Chariots & Fly No Flag Sat Oct 21 20:30 Moon on the Water · Cleethorpes
- Pride of Plate Fri 20 OCT 13:00 Moon on the Water · Cleethorpes

A.O.B

No A.O.B

Meeting Closed

Close of meeting 11.30 am

Dates, Times and Venue of next meetings

02 October 10am Emerald Suite, Open Door, Albion Street, Grimsby

06 November 10am Emerald Suite, Open Door, Albion Street, Grimsby

04 December 10am Emerald Suite, Open Door, Albion Street, Grimsby