

GM devolution session with people with a physical disability

Hebron Church Rochdale 11/03/2016

X – Have you heard of GM Devo?

Most have (7 out of 9)

No idea what it is.

It is money from Government given to the local area.

Some had heard about the initiative at public discussions.

It is central money going to local leaders, if this does not work will the blame be placed at the door of local government?

A – What do you think having a healthy lifestyle involves?

Making informed choices

Having support

Taking responsibility

Being active – good diet, it is a whole thought process.

You can have long term health conditions but still be healthy, it is not about lack of illness.

Health is subjective and will mean something different to each person.

Better quality of life – action – get out there.

Depends if you can get help for your condition.

Eat well – keep fit – sleep – good sleep patterns help you stay refreshed.

Y – What do you do that is healthy?

Try walking – I am sole driver so driving so much for the person I care for stops me exercising.

Think about being physically active – but don't get very far – use mental exercises to keep me fit.

Pilates and Yoga help.

Volunteering

To improve wellbeing join in with other people – but need to balance this by looking after yourself – me time important.

Carers choir really helps – I enjoy the singing

B – What makes it possible to do those things?

Transport, accommodation, time, access both physical and mental,

The desire – motivation

Money – support

Respite care – care packages that allow leisure as part of the package

Exercise that is suited to your conditions

It is a post code lottery for care packages, vast differences across different authorities

Engage with lots of different organisations/people.

Accessible routes into and through the countryside and its towns. Drop kerbs for wheel chairs. Countryside access for wheelchairs and for those with sight impairment (invisible disabilities).

Recognise people who do contribute

Riverside is a barrier – not able to see people to access services

Information should be disseminated at local level.