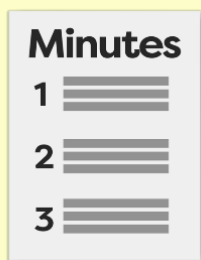


# Healthy Lifestyle Work group meeting Tuesday 3<sup>rd</sup> March 2026



## **Who was there:**

Craig Ferris: Safeguarding and Patient by Experience lead ULHT  
Michelle Williams: LCC  
Mykey Rockall: Algitha rd DS  
Oonagh Quinn: HWLincs  
Emma Krasinska: One You Lincs  
LCC integrated lifestyle  
Kerry Poberezniuk Safeguarding LD Nurse ULHT  
David Sheardown: Speak Out Leader VoiceAbility  
Michelle Ornstein: Speak Out Leader VoiceAbility  
Rosemarie Thompson: Speak Out Leader VoiceAbility  
Tina Auger: LPFT  
Kerry Gibson: Speak Out Facilitator VoiceAbility

## **Apologies**

Claire Francis

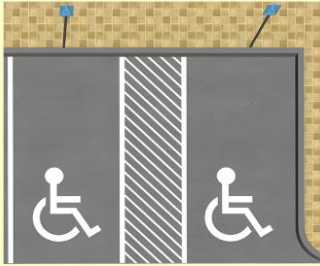
## **David Chaired the meeting**

- He asked if everyone had seen the previous minutes and was happy with them.

# Healthy Lifestyle Work group meeting

## Tuesday 3<sup>rd</sup> March 2026

### Kerry Poberezniuk ULHT



- **Parking spaces**
- Kerry spoke to everyone about parking spaces at the hospital for planned surgeries.
- The space will be used by people with Autism or a Learning disability that have a planned surgery.
- This parking space will be booked at the person's pre-assessment.
- Kerry asked for help with a sign that feels comfortable and can be seen clearly.
- The sign needs to be clear, that no one should park there without a permit.
- Craig asked what made the space special as many people have varied disabilities.

# Healthy Lifestyle Work group meeting

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- Craig asked what would happen if someone in a wheelchair parked in the space and security wanted to move them on.
- Kerry agreed that there were many things to consider.
- They had thought about having A frames to protect the space and the help of security.
- Kerry pointed out that they were trying to make things better for people when they come into surgery as this is often a very stressful experience and finding a parking space adds to this.
- Michelle W suggested having a rising post with a code that could be shared with the patient.
- This will be a trial and going forward they hope to open things up to a variety of vulnerable people who attend outpatient appointments.

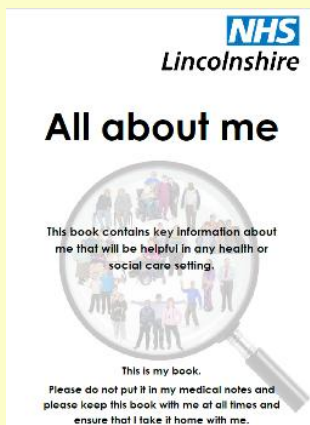
# Healthy Lifestyle Work group meeting Tuesday 3<sup>rd</sup> March 2026



- Kerry wants to make sure they get the signage right.
- It is going to be big
- It needs to be clear
- Prebooking only or a fine
- Kerry P thanked everyone for thoughts.
- Kerry Gibson to share with minutes for further feedback opportunities.



An example



- **All About Me booklets**
- Rosemarie shared that she had given 13 All About Me booklets out to her Mencap support to share in Gainsborough for people she knows.
- BusyDays have taken 12 booklets for their day service.
- There is also a link on the LDP website for people to download the All About Me booklet to fill in, with a lovely photo of Kerry P and David.

# Healthy Lifestyle Work group meeting

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- **Michelle O, Mencap Campaign**

- Michelle spoke to the group about the new campaign by Mencap 'I'm In'
- The campaign is promoting the Learning Disability register.



- Kerry G will share a link to the information.
- David shared with the group that the LPFT transformation on hold until end March beginning of April

- **Emma Krasinska**

- Emma updated the group that One You Lincolnshire funding stops for the Integrated Lifestyle project next year.
- Emma to share update

**ONE YOU LINCOLNSHIRE**

# Healthy Lifestyle Work group meeting Tuesday 3<sup>rd</sup> March 2026



## Oonagh Quinn Health Watch Lincs

- HWLincs are doing a project around cancer and carers.
- Living with cancer or a carer supporting someone living with cancer, or post diagnosis.
- They have a survey they would like people to fill in
- They are also happy to do a phone call or meet up, if the person does not want to do the survey themselves.
- They are collating information to find out what is useful for carers.
- This is the link to the survey:
- [Cancer and Supporting Carers](#)
- Meeting called to an end.