

# Healthy Lifestyle Working Group Tuesday 2<sup>nd</sup> December 2025



## Who was at the meeting:

Kerry Pobereznick  
Claire Francis  
Mykey Rockall  
Emma Krasinska  
Michelle Ornstein  
Rosemarie Thompson  
Kerry Gibson

## Chair

David Sheardown

## Minutes

- 1
- 2
- 3

## Apologies:

Craig Ferris, Oonagh Quinn, Tina Auger, Debbie Dennis, Lorraine Abbott.

## Minutes from last meeting:

Reviewed and agreed.



## Lincolnshire Learning Disability Friendly Practice scheme

No current updates

## LPFT Service Review

David feedback that when doing his EBE role for LPFT they talked about there not being enough promotion for the review meetings.

Meetings were cancelled due to no one applying to attend.

These meetings will be rearranged in the hope of gaining input from people with lived experience to shape future services with LPFT.



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## [Let's Move Lincolnshire - Activity Finder](#)



## **One You Lincolnshire consultation**

Emma feedback that they had done a pilot promoting healthy lifestyles at Boston and Lincoln.

They were both well supported.

There are hoping to move on to Spalding next.

Mykey also linked up with Emma looking to also run this session at Skegness.

## **Activity Finder**

Emma told everyone about the activity finder that has some great ideas and groups to join.

This is in connection with Ian Brown and Active Lincs.  
Let's Move Lincolnshire.

## **Oliver Mc Gowan Training**

Due to restructuring within the NHS the Oliver McGowan Training has been paused.  
Liz Marthaler will update when things change.

## **Next Meeting**

March 3<sup>rd</sup>