Your views matter

Let’s work together to make things better
Meet our new
Speak Out Leader

Hi, I’m Emma!

I have previously worked as part of Lincolnshire Young Voices as a co chair and thoroughly enjoyed the role.

I have Cerebral Palsy and I’m also an avid Stoke City fan (loud and proud).

I love the colour red and have a twin sister who once knew I had broken my arm before I did.

I love chocolate in all forms! I am a bit of a social butterfly. I am massively into all types of music but my karaoke needs a bit of work.

I have lots of admiration for the elderly and volunteer for a day centre that caters for elderly individuals. I am a strong believer that my disability does not have to define me.
This meeting is chaired by the Speak Out Leaders David, Peter and Michelle.

The group gave the NHS some feedback on annual health checks.

They gave Claire and Sue from the NHS some advice on the best ways to get feedback and making information easier to understand.

Colin Hopkirk from EveryOne had a chat with the group about social prescribing to find out what people knew about it.
Final filming session at Grantham Hospital

We will let everyone know when the final films are going to be launched. They will help break down barriers for people with differing needs when accessing hospitals.
You should aim to drink 1.5-2 litres (6-8 glasses) of fluid per day.

Hydration can help with:
- constipation
- low blood pressure
- urine tract infection (UTI)
- pressure ulcers

If you are dehydrated you may get:
- tired
- headaches
- dry skin
Hydration

All fluid counts except from alcohol!

Do not wait until you feel thirsty to have a drink.

Use the pee chart to help check you are hydrated.

Check urine colour.
Remember - healthy pee is 1 to 3, 4 to 8 you must hydrate.

If you have diabetes

OR

You are trying to lose weight

drink:

water
skimmed milk
sugar free drinks
Hydration

You sweat more when:

- it is hot
- you are exercising

You need to drink more when you sweat.

To help you drink more try:

- Spouted cups
- Handled mugs
- Specialist bottles
Perfect Day Festival
What an awesome day for all!
Delivering newsletters to County Care

We called by to see our friends at County Care and drop off some printed newsletters.

Peter visits Project Café in Skegness quite often and has built a good connection with them.

He has even been on their supported evenings out.

They are such a supportive friendly team.

It is a lovely place to call in for a drink and a bite to eat.

Check out Project Café on Facebook: Facebook

Or County Care Lincolnshire: Facebook
Our wonderful Lincolnshire Speak Out Leaders, working together to improve the lives of people with a learning disability in Lincolnshire.

Do you have anything you would like to share with the rest of the County? Would you like to get involved with the Lincolnshire Learning Disability Partnership? Contact Kerry:
Email: kerry.gibson@voiceability.org
Mobile: 07557 851487