



**Kensington & Chelsea
Local Involvement Network**

Unit 25, Shaftesbury Centre

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minutes of meeting

project title	Kensington & Chelsea Local Involvement Network		
meeting type	Physical Disabilities Sub-Group Public Meeting		
minute no	M-9	Ref	LINK
held at	1 Thorpe Close, Ladbroke Grove, London, W10 5XL	held on	11 th November 2010
	<p>Margaret Cairns-Irven Chair of Kensington & Chelsea LINK Physical Disability Sub-group</p> <p>Patricia Gani K&C LINK Management Group member</p> <p>Kitty Larkin K&C LINK member</p> <p>Gene Martin K&C LINK member</p> <p>Olga Mavreshko K&C Volunteer</p> <p>Guest:</p> <p>Florence Joseph Family and Carer Support Coordinator The Stroke Association, K&C.</p> <p>Mark Ward Self Directed Support and Development Manager, Health & Adult Social Care, RBKC</p> <p>Host:</p> <p>Simmone Hall LINK Administrator</p>		
apologies	Gaenor Holland-Williams; Jeannie Lamb; Mona Vandame Frederike Hickey; Augustin Rivera; Chris Conn		

minutes of meeting

Item	Welcome & Introductions	Action
3.0	Margaret Cairns-Irven welcomed those attending the meeting including guest from Family and Carer Support Coordinator- The Stroke Association Kensington & Chelsea.	
3.15	Agreement of Previous Minutes – 8th September 2010	
	Margaret went through the minutes of the previous sub-group meeting and they were accepted.	
3.30	Presentation on ‘Stroke Awareness’- Florence Joseph, Family and Carer Support Coordinator- The Stroke Association, Kensington & Chelsea.	
	<p>Florence Joseph gave a presentation on ‘Stroke Awareness’. The aim of the presentation is to educate and let people know that there is support after stroke.</p> <p>The areas covered in the presentation Include; General Stroke Awareness; Types of a Stroke; What can cause a stroke; Looking for symptoms of having a Stroke and how to prevent it.</p> <p>Florence Joseph pointed out that East Asian and African Caribbean ethnic groups are the two groups most likely at risk of developing a stroke on the genetic predisposition. The other ‘cannot change’ risk factors are family history, age, sex and medical conditions like heart disease and diabetes. The main point that presentation addressed is that a stroke is not inevitable. Changing ones lifestyle and diet can help to reduce the risk of a stroke dramatically.</p> <p>Further information about Stroke can be obtained from the stroke association website at www.stroke.org.uk or you can telephone the Stroke helpline on 0303 3033 100.</p> <p>The Stroke association also provide a ‘family and carers support service’. For more information please contact Florence Joseph by email: Florence.hoseph@stroke.org.uk or telephone: 020 8968 2194.</p> <p>Discussion from presentation</p> <p>Q. Can an individual have a stroke from sustaining an injury?</p>	

minutes of meeting

	<p>Ans. Florence Joseph – an injury may lead to bleeding in the brain which may lead to strokes.</p> <p>Q. Is there anyway carers can stop mini stroke happening?</p> <p>Ans. Florence Joseph - Strokes are unpredictable and there are no warnings when someone is going to have a stroke. Will therefore have to depend on GP's. If an individual is getting strange symptoms then it is advisable to go to their GP. If getting stroke symptoms then need to go to accident and emergency (A&E).</p> <p>Q. If an individual does not display the strokes symptoms of facial weakness, arm weakness, speech problems and time to call 999 (FAST), is there any way of telling that they are about to have a stroke?</p> <p>Ans. Florence Joseph – The ambulance services uses FAST to determine when someone is having a stroke. It is only through seeing or feeling will be able to tell that someone is having a stroke.</p> <p>Q. What are the restrictions regarding driving after having a stroke?</p> <p>Ans. Florence Joseph – Individuals are not allowed to drive for one month, and will be required to return to their GP at the end of that period. They will also be required to inform their insurance company.</p> <p>Q. What is considered as high blood pressure?</p> <p>Ans. Florence Joseph – the normal range is 140 / 90; and the high range is 160/100 -110. At the higher range individuals are likely to become hypertensive.</p> <p>Q. If someone is hypertensive, is it worth having a blood pressure monitor at home?</p> <p>Ans. GP's recommend this, however if people do not know how to interpret the reading, it is best to have it done at the GP practice or by a professional.</p>	
4.15	Update on proposed survey 'Access to Dentistry'	
	<p>The group discussed and gave feedback on the proposed 'Access to Dentistry Survey' which will be rolled out in the New Year. Agreed was reached on the distribution channels across the borough for the rolling out of the survey when it is finalised.</p>	

minutes of meeting

5.0	Suggestions for future meetings	
	<ul style="list-style-type: none">- Arthritics- Preventative Care <p>Action: LINK Host staff to source speaker for the next meeting.</p>	Chris Conn
6.0	Date and venue of next meeting	
	<p>Date: Tuesday 25th January Time: 3 – 5pm Location: Church of St Philips, Earls Court Rd, London, W8 6QH</p>	