



**Kensington & Chelsea  
Local Involvement Network**

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[www.rbkclink.org](http://www.rbkclink.org)

**minutes of meeting**

<b>project title</b>	Kensington & Chelsea Local Involvement Network		
<b>meeting type</b>	Physical Disabilities Sub-Group Public Meeting		
<b>minute no</b>	M-9	<b>Ref</b>	LINK
<b>held at</b>	St Philips Church, Earls Court Rd, London, W8 6QH	<b>held on</b>	25 <sup>th</sup> January 2011
	<p>Patricia Gani</p> <p>Kitty Larkin</p> <p>Gaenor Holland-Williams</p> <p>Jeannie Lamb</p> <p>Guests:</p> <p>Francis Boyce</p> <p>Jane Wilmot</p> <p>Ijeoma Igwume</p> <p>Host:</p> <p>Simmons Hall</p> <p>Chris Conn</p>	<p>Vice Chair of K&amp;C LINK Physical Disability Sub-group</p> <p>K&amp;C LINK member</p> <p>K&amp;C LINK member</p> <p>K&amp;C LINK member</p> <p>Area Manager for Arthritis Care Chair of Hammersmith &amp; Fulham Disability Forum</p> <p>Support Worker, Hammersmith &amp; Fulham LINK</p> <p>LINK Administrator</p> <p>LINK Development Officer</p>	

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Item	Welcome & Introductions	Action
1	Patricia Gani welcomed those attending the meeting.	
2	<b>Agreement of Previous Minutes – 11<sup>th</sup> November 2010</b>	
	Patricia went through the minutes of the previous sub-group meeting and they were accepted.	
3	<b>Presentation on ‘Arthritis Care- Francis Boyce, Area Manager for Arthritis Care</b>	
	<p>-There are over 200 types of Arthritis            -1 in 5 visits to GPs are concerned with Arthritis            -Can affect all ages</p> <p>-Main Symptoms: Pain; Swelling; Inflammation;</p> <p><b>Treatment and Preventions</b></p> <p>Exercise: Keeping joints flexible will help slow down the rate Arthritis sets in. Exercise is also the best form of prevention.</p> <p>Hydro pool: This is a good facility to help those suffering from Arthritis. Members of the group stated that you don’t need to go through the GP but can self refer to use the Hydro Pool in Kensington and Chelsea.</p> <p>Physiotherapy: Also an effective treatment. If you use a therapist for treatment make sure they are insured</p> <p><b>Training</b></p> <p>Arthritis Care runs self management courses. These are holistic sessions which focus on pain management. Their main program is called ‘Challenging your Condition’ which may also be known as ‘Expert Patient Program’ which is the training course which has been developed from Arthritis Care’s original course. They also have a course, ‘Challenging Pain’ which is a 2 ¾ hours course run over 2 sessions (one a week). Arthritis Care also resource a CD (cost £5) which teaches 7 relaxation techniques.</p> <p>Francis brought leaflets giving more information on Arthritis and also directed group to the Arthritis Care website: <a href="http://www.arthritiscare.org.uk">www.arthritiscare.org.uk</a> and helpline number 0808 800 4050.</p> <p><b>Question.</b> I have heard of someone who had a bone</p>	

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	<p>marrow transplant for arthritis, do they still do this?</p> <p><b>Answer</b> - Francis Boyce: I'm not aware of this being a procedure for Arthritis.</p> <p><b>Question.</b> How will having Arthritis affect the new benefit ESA (Employment Support Allowance)?</p> <p><b>Answer</b> - Francis Boyce: Arthritis counts as disability so should qualify for ESA. Call Arthritis Care helpline to make sure of this.</p>	
<b>4</b>	<b>Discussion on joint Borough working - Jane Wilmot, Hammersmith and Fulham Disability Forum</b>	
	<p>Jane explained that she is the chair for Hammersmith and Fulham Disability Forum. Their host organisation is also Hestia and they are funded through H&amp;F council. They work alongside but are separate from HAFAD in the borough.</p> <p>Jane led a discussion on how H&amp;F and K&amp;C LINKs could best work together in the future in regards to physical disabilities projects.</p> <p>She was extremely interested in the 'Access to GP' projects which K&amp;C were carrying out as H&amp;F are currently looking at starting a similar project. Jane went through the current draft questionnaire and got feedback on it from the group. She also said she would look at the survey which K&amp;C have designed.</p> <p>Suggestions for joint future projects were:</p> <ul style="list-style-type: none"> <li>- Looking at how new benefits system affects those with disabilities.</li> <li>- Personal Budgets</li> <li>- Access to Dentistry</li> <li>- Access to Walk in Centres and Outpatients</li> </ul> <p>Jane concluded that she would go back to H&amp;F with the items discussed to get their opinion.</p>	
<b>5</b>	<b>AOB</b>	
	<ul style="list-style-type: none"> <li>- It was commented for the groups information that the Dignity Champions would be carrying out assessments in Beatrice Place in March.</li> </ul>	
<b>6</b>	<b>Date and venue of next meeting</b>	
	<p><b>Date:</b> Tuesday 15<sup>th</sup> March</p> <p><b>Time:</b> 3 – 5pm</p> <p><b>Location:</b> Essex Unitarian Church, 112 Palace Gardens Terrace, Notting Hill Gate, London, W8 4RT</p>	<b>All</b>