

Notes from our group meeting on Thursday 22 February 2018

Facilitator: David Volunteer helper: Cilla

Members of our group at the meeting: John, Paul, George, Stuart, Barbara, Marianne, Petula

Topic: How people prefer to note and receive feedback in our group

Question 1: What helps during the meeting?

"When the facilitator writes down key words we have used during our discussion, it helps keep track of what's been said"

"Writing down words I've used on a flipchart helps me to focus – I know I've made my point and I feel I don't ramble so much"

"We each get our turn to say what we want. I can find it difficult to get my words out, so this helps as I know I don't have to jump in to conversation and people will allow me time to have my say."

Question 2: How do you prefer to have notes of your meeting?

"I like to have things in my own words"

"It helps me to remember when I see my words"

"I prefer a few bullet points"

"Keep it short please - not more than 1 or 2 short paragraphs"

"I like to have something visual – perhaps a logo or picture to remind me of the topic"

"Like a newsletter on the back of the agenda"

"A different colour paper so I can find them easily among all the paperwork for the meetings."

Question 3: Is there anything that you find unhelpful?

"Too much information can be difficult to follow"

"Acronyms!"

"When people interpret things – it's better when it's our voices, coming from us as people living with dementia"