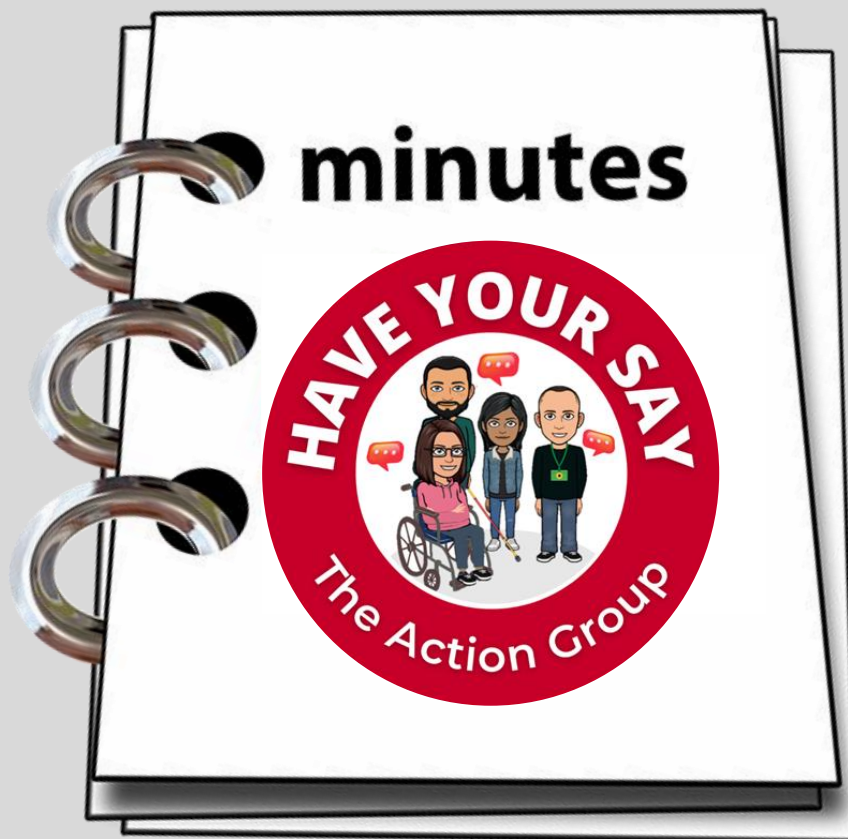
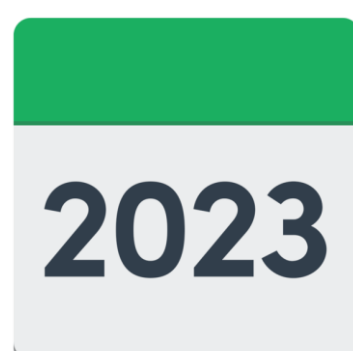
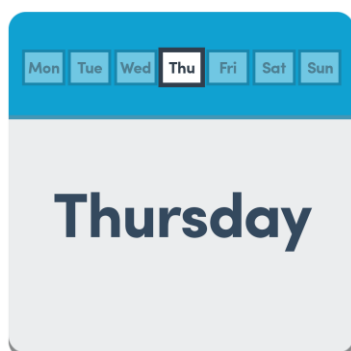


HYS Meeting Minutes



What we talked about on





Welcome



Hello and welcome

At our meeting we spoke about



- How our lives changed during the Covid-19 Pandemic.

This is so we can be part of the

**Lets' Be Heard
Scottish Covid -19 Inquiry.**



Filmed sections for our AGM video with Lisa Williamson.



What people thought about key decision makers.



The First Minister did a great job and was better than Boris Johnson and Donald Trump.



The Government should have been better prepared.



The Government took too long to tell us about Covid and should have brought in rules early. This would have helped stop the spread.



Key decision makers like national and local government, NHS, MSP's etc should have worked together in a better way to make sure that people with complex needs got the support they needed during and after the pandemic.

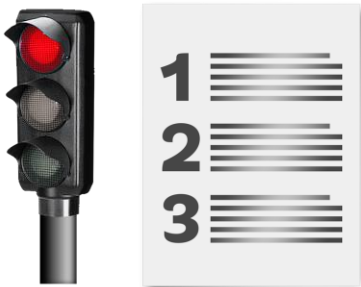


Local government and social care organisations should have done more to make sure people understood what was happening with paying for reduced or cancelled support.



Some people felt unhappy about not being included in conversations about leaving their homes to stay with parents.

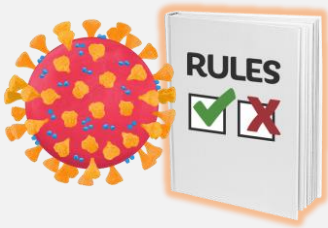
As adults we should have been at the centre of these decisions and had our rights respected.



We should have been told early on about how the RAG system was used when making decisions about support.



It felt like our human rights were forgotten when decisions were being made.



What people thought about lockdown rules



Rules were confusing and they changed all the time so were hard to follow.



Rules changed so you go out for walks with support. This could sometimes be hard as a lot of public toilets were still closed.



Sometimes it felt like there were so many opinions to listen. It felt overwhelming.



Lockdown at Christmas was very hard. Especially if you had spent money on Christmas plans you could no longer do.

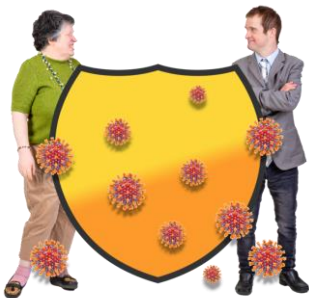


What people thought about having to stay at home



Not being able to see people and do the things you usually would was hard.

Being stuck at home was boring and lonely.



I was shielding so only got phone support as I didn't feel comfortable using Zoom as it felt too much.

I did learn how to use Zoom later on.



It felt hard to rely on parents for support when you want to be independent.



What people thought about health services



Doctors should have been better informed at the start. This would have helped stop the spread of Covid.



Not being added to the vaccination list to start with, but this was sorted out.



The last 3 years have been very stressful.

Mental health and wellbeing has been impacted. This includes carers too.



Waiting List

Health services can not keep up and there are long waiting lists. This includes mental health services.



It was hard to see a doctor and this is still hard now as services have not gone back to the way they were. Things like

- hard to get through to the doctors surgery or speak to someone
- have to wait weeks for an appointment
- phone appointments



Using online booking or prescription services is hard and not everyone can use them.



We were not able to visit family in care homes, dementia units or hospital for a very long time. This is an essential part of someone's care and made life very difficult.



A lot of staff have left social care or the NHS. This makes it hard to get the support you need to live your life.



What people thought about the use of digital devices



Learning about digital devices could be stressful and it felt hard to get consistent support.



It was hard for staff as they were learning about digital devices themselves as well as trying to help others.



I miss the Digital Connections Project.



It was good to learn about Zoom and have this as a back up now if needed. Meeting face to face is still best.



A lot of things are now done online but not everyone can use online services. The internet has become a pandemic itself and can make life harder for people with learning difficulties and carers.



Other business



HYS want to reach more people so we have been doing more posts on Facebook. We went over some of our Facebook results to see how we are doing.



This meant looking at things like:

Post Engagement The number of times that people engaged with our posts through reactions, comments, shares, photo or video views, and clicks.



People Reached The number of people who saw the post at least once.



We also looked at how many video views we had and how many comments were made.



Other business – Facebook



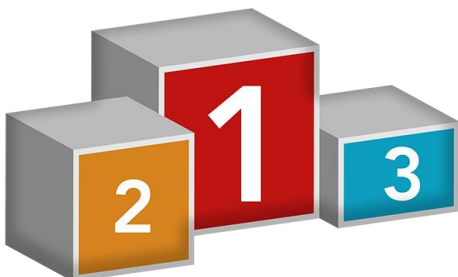
Results for posts on transport
Asking how people felt about traveling on buses and coaches



- **Post Engagement: 86**
- **People Reached: 130**
- **Video views: 78**
- **Comments: 3**



Results for posts on finding names for The Prentice Centre Community Room.



- **Post Engagement: 263**
- **People Reached: 189**
- **Video views: 230**
- **Comments: 27**



Other business



Reminder of how to enter your art work to be shown in The Prentice Centre.



National Care Service

We talked about meeting details for the

- National Care Service Forum



- Pre AGM information meeting



HYS would like more information on becoming an Action Group member. Gayle will look into this.



We looked at



Thank you for coming to the meeting.