Time to Talk. Thursday 3 February 2017

1. At 5pm there is Tea ‘n’ Scones to welcome people, offered throughout the evening till they run out. ‘Make yourself toast ’n’ drinks’ available all evening.
   1. Toaster, scones, jam etc. and the rest Jackie will bring. Any bakers or jam makers?
   2. We probably need a few more plates and cups – bring a couple & take them home after?
2. Dermot can be at the space at 4pm, Jackie same time ish.
   1. Anyone else who can be there to help set up for 5pm?
3. Computers set up in Maker Space.
   1. There is 1 desktop computer in the space. I have a laptop to bring and I guess 4 others are needed.
   2. Who would like to bring theirs?
   3. Mix of usb cables for phones, please bring yours along which should cover all brands?
4. Beth is doing ‘Pass the parcel of Chat’, a fun way to start conversations for 3mins between people.
5. Peter is doing a ‘Quiz’ about any and everything we do and don’t know about mental health.
6. A Quite space is planned for the social area with calming music.
   1. A laptop attached to the tv with youtube on a running loop is suggested.
   2. Who would like to set this up and keep an eye on it?
7. Breathing exercises are essential to calm, we have a great video from Chanelle to watch.
   1. This should be shown on the tv every half hour. Breathing techniques are that important.
   2. After seeing the video to practice it together.
   3. Who would like to help with this?
8. CD’s: I have a Kings College relaxation & sleep technique that truly works. I’d like to give copies away, any blank cd’s about?
9. Phone Apps: there are too many out there. We’ve looked at some of the better ones. Computer and laptops open all evening to see them and to sign up to.
   1. Any apps that you find good or know about?
10. Websites: as above.
    1. Any sites that you find good or know about?
11. Talks: this is nothing more than a loud chat for 5-10 mins, no pressure:
    1. Sarah has said she would like to.
    2. Anybody else?
12. Demonstrations: Electronics / silk screen / 3d printing / laser cutter / wood lathe?
13. Info: I’ve noted some signposts, will post for your additions and print before the event for takeaway.
14. Other: What’s missing from this, what have I left out? What would you like to add?
15. Workshop Tour: One at 8/8.30 to round the evening off positively?