



**Community Care & Health Third Sector Forum**  
**Tuesday 8<sup>th</sup> May 2018**  
**10am – 12pm**  
**Falkirk Fire Station**

**Present:**

David Gardener (DG) (Chair)	CVS Falkirk and District
Stacey Munro (SM) (Minute Taker)	CVS Falkirk and District
Hannah Gordon (HG) (Trainee Minute Taker)	CVS Falkirk and District
Aileen Barclay (ABa)	Falkirk and Clackmannanshire Carers Centre
Alex Finley (AF)	Falkirk Council / Health and Social Care Partnership
Andrew Bleakley (ABI)	CVS Falkirk and District
Claire Bernard (CB)	CVS Falkirk and District
Diana Morgan (DM)	NHS Forth Valley
David Stewart (DS)	Falkirk Foundation
Jackie Turnbull (JT)	NHS Keep Well
Jennifer Paton (JP)	Minority Ethnic Carers of Older People Project (MECOPP)
Jessie-Anne Malcolm (JM)	NHS Forth Valley
Julie Law (JL)	Falkirk and Districts Mental Health Association (FDAMH)
Mandy Ross (MR)	Strathcarron Hospice
Margaret Coutts (MC)	Samaritans
Maureen Hill (MH)	Scottish Waterways Trust
Pauline Seth (PS)	Penumbra
Vaughan Jones (VJ)	Health and Social Care Alliance (The ALLIANCE)
Vivienne Malcolm (VM)	Solicitors for Older People

**1. Welcome and Apologies**

The Chair welcomed forum members to the meeting and introductions were made.

**2. Review of Previous Minutes 06.02.18**

The previous minutes were agreed to be an accurate record by the forum members.

**2.1 Matters Arising**

**Third Sector Partner Updates**

The word Edinburg should be changed in The Alliance's third sector partner update to Edinburgh.

**3. 3 R's Project – Jennifer Paton – MECOPP**

Jennifer Paton from the Minority Ethnic Carers of Older People Project ([MECOPP](#)) attended the forum to give forum members information regarding the [3 R's Project](#).



MECOPP are an independent charity based in Edinburgh who work in a variety of communities and employ 2 full-time Legal Officers. The 3 R's are Rights, Respect, and Responsibilities. The 3 R's came in to place when the Social Care (Self-directed Support) (Scotland) Act 2013 came in to force on 1<sup>st</sup> April 2014. The project is jointly funded by the Life Changes Trust and the Baring Foundation. The project has a specific focus on individuals with dementia and is open to anyone with social care needs in Scotland, and their carers.

There are three aims to the 3 R's Project:

- increase knowledge of existing rights and entitlements under SDS, human rights and equalities legislation
- increase third sector capacity to scrutinise and challenge local authority decision making
- increase links between the third sector and the legal profession

There are five areas of activity that MECOPP have:

- student placements
- web-based resources such as [factsheets](#)
- frequently asked questions
- template letters
- frontline advice and casework

MECOPP have a partnership with the University of Glasgow for law student placements, hosted by third sector organisations in Glasgow, Edinburgh or Central Scotland. This is a small project with placements of a minimum of 100 hours. If the partnership is successful, the numbers of placements and hours will be increased. They are also looking for organisations to provide student placements.

Additional information is included in the MECOPP [3R's project](#) presentation. For further information or to register your interest in an event, contact Jennifer Paton by phone: 0131 467 2994, or email: [jennifer@mecopp.org.uk](mailto:jennifer@mecopp.org.uk)

## **4. Third Sector Partner Updates**

### **4.1 CVS Falkirk and District**

ABI informed forum members that the Aspiring Communities' team are working to form links within the communities noted below:

- Bainsford
- Bo'ness
- Bowhouse
- Camelon
- Denny
- Dunipace
- Kersiebank
- Langlees
- Maddiston

ABI focuses on all nine of the areas through his role as Health and Wellbeing Officer. He is also working in partnership with Falkirk Community Trust to



establish sports hubs in Camelon and Grangemouth with the possibility of there being an opportunity for organisations to hold groups in the hubs.

CB informed forum members that planning for Older People's Day has commenced and the event will be held on Tuesday 2<sup>nd</sup> October as this year's Older Peoples Day falls on Monday 1<sup>st</sup> October.

#### **4.2 Falkirk and District Mental Health Association (FDAMH)**

JL informed forum members that they are providing a new trauma service trying to find individuals who have experienced trauma. There will be three sections of the trauma service and these are listed below:

- family support, provided by Aberlour
- counselling support
- emotional and practical support, provided by FDAMH

It has not yet been decided who will provide the counselling support.

The trauma service is available Falkirk wide to children and adults as well as statutory and third sector organisations.

#### **4.3 Strathcarron Hospice**

MR informed forum members they are working with their current volunteers to try and expand volunteer roles such as befriending and compassionate neighbours for individuals when leaving the hospice.

#### **4.4 NHS Forth Valley**

JM informed the forum that there is a health and wellbeing event taking place at the Forth Valley Sensory Centre on Tuesday 19<sup>th</sup> June.

The Meet the Team event focusing on changes in GP contracts and national shortage in GPs will take place on Tuesday 18<sup>th</sup> September starting at 6pm. An Update on the Health and Social Care Partnership will also be given from Patricia Cassidy

#### **4.5 Falkirk Foundation**

DS informed forum members that they are trying to create partnerships for football with two year olds. They are receiving public grant funding from the Employment Training Unit (ETU), Department of Work and Pensions (DWP), Children in Need, Alzheimer Scotland and the Blind Club. Falkirk Foundation were given a donation of £4,000 to take the individuals from the Blind Club on days out.

Falkirk Foundation are trying to create and enhance more partnerships through the employability route. They have also been in contact with The Samaritans to try and decrease loneliness and isolation for everyone not just older people.



#### **4.6 Falkirk and Clackmannanshire Carers Centre**

ABa informed forum members of the groups which are held at the Falkirk and Clackmannanshire Carers Centre. The following groups were mentioned:

- men's group takes place on the 2<sup>nd</sup> Tuesday of the month between 12pm – 2pm, this provides an opportunity for male carers to meet for lunch and take a break
- craft group is in place to help isolated carers and takes place on the 2<sup>nd</sup> Thursday of every month between 11am – 1pm
- health and wellbeing group is held on the 3<sup>rd</sup> Thursday of the month 10am – 12pm and provides an opportunity for women to discuss problems and do a variety of activities

The next Carers Forum will take place on Wednesday 23<sup>rd</sup> May, 10:45am – 1pm.

#### **4.7 Scottish Waterways Trust**

MH informed the forum that Scottish Waterways Trust are trying to redevelop their employability scheme for 16 – 24 year olds. The canal college project restarts on Friday 11<sup>th</sup> May.

#### **4.8 Health and Social Care Alliance (The ALLIANCE)**

VJ informed the forum that there have been integrations with Third Sector Organisations and Third Sector Interfaces who have given the ALLIANCE feedback on how they feel about integration in Health and Social Care at the moment.

There will be a third sector integration event held on Wednesday 8<sup>th</sup> May in Perth.

ALLIANCE have been holding integration training at their self-management events showing an overall picture and receiving mixed crowds opinions and they say their needs to be more examples of good practice.

They are holding a series of Brexit events including one on Tuesday 15<sup>th</sup> May at Falkirk Trinity Church, 6:15pm – 8:15pm, and Fiona Hislop will be in attendance.

The Self-Management Fund 2018 is now open for applications. The fund has £500,000 to invest in third sector-led self-management approaches which work to strengthen the Health and Social Care Integration Agenda.

The ALLIANCE will be holding their annual conference The Health and Social Care Alliance (the ALLIANCE) Annual Conference "Action: The 2nd Health and Social Care Integration Event", will be held on Monday 4<sup>th</sup> June, 9:30am – 4:30pm at the Radisson Blu Hotel, 301 Argyle Street, Glasgow, G2 8DL. The conference will focus on Action, and will showcase people and organisations working on co-produced projects that aim to improve outcomes for people who access and deliver support and services in Scotland.

#### **4.9 Penumbra**

PS informed forum members that Penumbra work with and provide support to individuals with mental health. They also hold group activities for people with mental health to give them the opportunity to socialise with others.

#### **4.10 Samaritans**

MC informed the forum that they are currently having a problem with recruiting volunteers. The Chair of their board is now called the director. They are currently receiving around 200 contacts a week. They select a variety of prisoners and train them to become listeners. CVS will contact Samaritans regarding recruiting volunteers.

#### **4.11 NHS Keep Well**

JT informed the forum that NHS Keep Well provide the following services:

- health assessments which specialist nurses check blood pressure, blood glucose, health issues and other elements
- clinics in different GP practices and have reached areas of deprivation in Forth Valley
- blood pressure monitors to individuals and do 12 week reviews
- employability therapist and two specialist life coaches that help with stress, anxiety, quitting smoking, or low self-esteem

It is hoped that the Thrive to Keep Well project will be introduced in the Falkirk area.

#### **5. Living Well Falkirk – Alex Finley, Falkirk Council**

Alex Finley came in to provide forum members with information regarding Living Well Falkirk. ADL Smartcare is looking in to what happens when people get older which is an opportunity to find out what struggles may occur.

Alex went through the [Living Well Falkirk](#) website with forum members and discussed the different tabs:

- local info includes who to contact or where to look online
- equipment catalogue - that includes a selection of items that can be chosen for a variety of needs people may have, and these are tailored to specific needs if you sign up for the website
- hints, tips and info includes areas where individuals may be scared for their own safety
- general health info which takes individuals to the [NHS inform](#) webpage and can help prevent serious problems without speaking to someone or having to get a doctor's appointment.

The website includes different information on how you can help such as the unbalanced section, different places to see large print books, personal safety Mobile Emergency Care Service (MECS) and local information that may be useful. It also includes a section for accessibility.

Living Well Falkirk are working in partnership with Falkirk Council as they are part of the Health And Social Care Partnership and the link to the website initially takes you to the Falkirk Council website. Anyone working with a service that could be included in the mental health and wellbeing service directory, please contact Alex Finley by email: [alex.finley@falkirk.org.uk](mailto:alex.finley@falkirk.org.uk).

They are creating Living Well Falkirk posters and banners for Falkirk Council, NHS Forth Valley and possibly CVS Falkirk.

They will be working on social media in June and working with Central FM in July to promote the work.

The [feedback](#) button is at the bottom of the homepage for people to comment on how accessible the website is.

#### **6. Update from SOLD Outcome 4**

The work of SOLD Outcome 4 'Our Population will be Healthier' is progressing, with the Community Planning Partnership Executive Board having signed off the outcome delivery plan in January 2018.

This outcome has three main focuses to its delivery plan: to reduce health inequalities, with a particular focus on maternity and the first year of life; increase physical activity levels; and increase food skills and opportunities to access affordable, healthier food. All partners are currently working finalise the different workstreams of this outcome, with a review of these to take place at the next group meeting.

There is still the opportunity to be a third sector rep for this outcome. For further information, please contact David Gardener by phone: 01324 692010, or email: [david@cvsfalkirk.org.uk](mailto:david@cvsfalkirk.org.uk)

#### **7. Update for Integration Joint Board**

MH was accepted as the third sector representative. There was a presentation of the new ADL Smartcare system, which was well received by everybody present.

Minutes of previous staff forum meetings were presented and noted; these were not presented at previous meetings but will be a regular feature going forward. The ongoing action log was reviewed, updates noted and actions or owners tasked with reporting progress at the next meeting.

The Chief Officer's report is a key document to keep abreast of business. The report dealt largely with operational process and governance changes as they move further towards integration. All impacted Bield residents have now been successfully placed in a care home of their choice, and a full impact report will be presented after a six month elapsed period.





The current year financial report and the next year budget report showed that work needs to be done on mitigating a projected overspend, and that actions were in progress to facilitate a balanced budget despite the difficult economic circumstances. Work will continue on this during the year. A substantial saving is predicted to come from prescription drugs.

A Performance Report was included, and key targets reviewed with associated actions discussed.

The Strategic Plan is to be refreshed for 2019-2022 and work on this is being taken forward by the IJB and the Strategic Planning Group.

The NHS is split into Regions, with NHS Forth Valley in the West Group. They have recently expanded their remit to include the work of the IJBs and the third sector, and are looking to engage more in the future.

Additionally reports on Clinical Care Governance, National Health & Social Care Standards, the Carers Act and implementation of the Act, the revised Eligibility Criteria, Transition Planning and the Support at Home contract were received. Governance items were presented around an amendment to the integration scheme and changes of personnel in the IJB membership.

Further information on all items can be found by accessing the papers, which are available to the public on the [CVS Falkirk](http://CVS Falkirk) website.

## **8. Update from CVS Falkirk**

### **8.1 Volunteers' Week 2018 Certificates**

[Volunteers' Week](#), runs Friday 1<sup>st</sup> June – Thursday 7<sup>th</sup> June, and highlights the variety of volunteering throughout Scotland, celebrating the time and effort given by the volunteers who give back to their communities – not for their own benefit, but for other people.

To celebrate Volunteers' Week 2018 and the commitment, time and energy given by volunteers across Falkirk, organisations can now request CVS Falkirk's Celebrating Volunteering Certificates and Long Service badges for volunteers. The certificates will be professionally printed, and can be collected from the CVS Falkirk office.

To receive certificates for your volunteers, please complete the attached [Certificate Request Form](#) and return it to us by email: [info@cvsfalkirk.org.uk](mailto:info@cvsfalkirk.org.uk)

Alternatively, you can send forms by post to: CVS Falkirk, Unit 6, Callendar Business Park, Falkirk, FK1 1XR. All forms must be received by Sunday 20<sup>th</sup> May.

### **8.2 Scottish Parliament BSL Plan Consultation Event**

The Scottish Parliament is holding a two day event for British Sign Language (BSL) users on the afternoon of Friday 18<sup>th</sup> May and the morning of Saturday 19<sup>th</sup>



May at the Parliament, in order to help prepare and shape its BSL Plan. Tours of the Scottish Parliament Debating Chamber and Garden Lobby will be available in BSL on both days. The Parliament's full accessibility details can be viewed on their website.

For further information, or to book your place, please contact the Scottish Parliament by phone: 0131 348 5000 or 0800 092 7500, or email: [info@parliament.scot](mailto:info@parliament.scot)

Text Relay calls are welcome, or in BSL through the [contactSCOTLAND-BSL](#) service.

Alternatively, a BSL video is available on the [Scottish Parliament](#) website.

### **8.3 Celebrating the Impact of Falkirk's Third Sector**

CVS Falkirk is committed to celebrating the impact the third sector has in Falkirk, showing the economic and social impact of the sector.

The 2018 impact survey will be open to all third sector organisations operating in the Falkirk Council area, and continuing the work carried out since 2015. The survey will be available through SurveyMonkey, or in hard copy, in June, with the final report available in September.

The results of the 2017 research can be accessed on the [CVS Falkirk](#) website.

For further information, please contact David Gardener by phone: 01324 692010, or email: [david@cvsfalkirk.org.uk](mailto:david@cvsfalkirk.org.uk)

### **8.4 Scotland's Mental Health First Aid Training Course**

Falkirk and District Association for Mental Health (FDAMH) are holding a two day Scotland's Mental Health First Aid training course on Tuesday 5<sup>th</sup> June and Tuesday 12<sup>th</sup> June, 9am – 4pm in their office at the Victoria Centre, 173 Victoria Road, Falkirk, FK2 7AU.

The training provides an opportunity to learn mental health first aider skills and will improve attendees' knowledge and understanding of mental health. Places cost £92 each.

For further information, or to book your place, please visit the [FDAMH](#) website.

### **8.5 PVG and the Disclosure of Criminal Information Consultation**

Scottish Government has opened a consultation on Protection of Vulnerable Groups (PVG) and the Disclosure of Criminal Information.

The consultation seeks views on proposals for the reform to the disclosure regime in Scotland. The aim is to focus on what changes are required to make disclosure of criminal convictions fit for the 21<sup>st</sup> century.



The deadline for responses is Wednesday 18<sup>th</sup> July.

For further information, including how to submit your response, please visit the [Scottish Government](#) webpage.

### **8.6 A Thriving Forth Valley**

NHS Forth Valley has published their health improvement strategy for 2017 – 2021, [A Thriving Forth Valley](#).

Based around 5 strategic themes, the strategy sets out how NHS Forth Valley will work with local community planning partners to enable all communities across the Forth Valley to live healthier lives.

The strategy reflects the priorities and outcomes of the Falkirk Strategic Outcomes and Local Delivery (SOLD) Plan, and draws on a wealth of evidence, including:

- the [Christie Commission \(2011\)](#)
- the [National Clinical Strategy for Scotland \(2016\)](#)
- the [Health and Social Care Delivery Plan \(2016\)](#)
- [Scottish Government's 2020 Vision](#)

To read the strategy, or for further information, please visit the [NHS Forth Valley](#) website.

### **8.7 Mental Health & Wellbeing Service Directory**

DG informed forum members he has a copy of the Mental Health & Wellbeing Service Directory which lists a range of services and assistance opportunities around mental health and wellbeing, and includes both online and app-based resources. The directory is only to be shared with relevant partner organisations. If you wish to receive a copy of the directory please contact David Gardener by phone: 01324 692010, or email: [david@cvsfalkirk.org.uk](mailto:david@cvsfalkirk.org.uk)

### **8.8 Community Hub**

The fire station have been working in partnership with the Council, Fire brigade and the police to create community hubs throughout Falkirk and this is increasingly growing.

## **9. 3 Key Messages**

- Found out how to support the 3 R's Project and it is available to a variety of people
- Opportunities through Living Well Falkirk and promotion of third sector services
- Finding out about the Keep Well website

## **10. AOCB**

There was no AOCB.

The date of the next meeting will be Tuesday 7<sup>th</sup> August 2018 at Falkirk Fire Station.

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