



Community Care and Health Third Sector Forum

2019

10am – 12pm

Falkirk Fire Station

Present:

Scott Malcolm (SM) (Chair)

CVS Falkirk and District

Becca Heggie (BH) (Minute-taker)

CVS Falkirk and District

Angela Reid (AR)

Central Advocacy Partners

Annette Kerr (AK)

Falkirk Council Health and Social Care
Partnership

Claire Bernard (CB)

CVS Falkirk and District

Diana Morgan (DM)

NHS Forth Valley

Fraser Mitchell (FM)

National Development Team for
Inclusion

Jessie-Anne Malcolm (JAM)

NHS Forth Valley

Laura Mckenzie (LM)

Carers Centre

Maggi Matheson (MM)

Penumbra

Margaret Coutts (MC)

Samaritans

Mari Wright (MW)

NHS Forth Valley

Maria Ferrari (MF)

Cyrenians

Martin Allen (MA)

Forth Valley Sensory Centre

Martin Kenny (MK)

Royal Voluntary Service

Morven Mack (MMa)

Integration Joint Board

Sarah Murray (SM)

Royal Voluntary Service

Vivienne Malcolm (VM)

Cesar Howie

Liza Myles (LMy)

Polmont Family Hub

1. Welcome, Introductions and Apologies

Forum members present were welcomed to the meeting and introductions were made.

2. Review of Previous Minutes from

The minutes of the previous meeting were agreed as an accurate record.

3. Fraser Mitchell – NTDI – Community Led Support

FM introduced himself to forum members as the Associate consultant with the National Development Team for Inclusion (NTDi). NTDi is a UK wide not for profit organisation that works locally with partnerships to improve services for service users.

FM went onto talk about Community Led Support (CLS) which is a service provided by the NTDi.

CLS involves selected authorities and health and social care partnerships implementing a new way of delivering community support. CLS assists organisations to work collaboratively with their communities and their staff teams to redesign a service that works for everyone.

CLS provides a person centred approach and focuses on early intervention, decision making, working with communities and building on peoples own strengths and assets.

4. Kathryn Roseweir - Decider Skills Training

The Decider Skills are cognitive behavioural therapy skills used to teach children and adults a way of understanding and managing their own emotions and mental health. The decider skills were co-created by Michelle Ayres and Carol Vivyan who are experienced cognitive behavioural psychotherapists. Michelle and Carol were asked to consider how to take forward treatment for emotional regulation and distress tolerance and co-created The Decider Skills.

NHS Forth Valley have been looking at a pathway for people who emotionally dysregulate. For individuals with moderate to severe mental health issues there is already a robust pathway in place which includes, mindfulness skills, a managing emotions and relationships group, Steps which is a cognitive behavioural therapy approach and dialectical behavioural therapy which is an intensive therapy that involves 2 and a half hours of treatment a week and an 1 hour individual therapy a week.

NHS Forth Valley didn't have a first line treatment in place to capture issues when they are low level. Individuals who don't have a moderate to severe mental health diagnoses can learn The Decider Skills so they don't have to go into secondary care. NHS Forth Valley wants to look at a way of developing this to meet the needs of the population of Forth Valley. They have received funding from Action 15 with a specific remit which are front line services.

The Decider skills are based on dialectical behavioural therapies, distress tolerance skills, mindfulness, emotional regulation and interpersonal



effectiveness there are 8 skills for each category and each skill takes 15 to 20 minutes to teach. The Decider Skills are made up of two sets of skills, 12 skills and 32 skills.

The Decider Skills schools package has been trialled in 4 high schools in Falkirk; Denny, Larbert, Greame and Bo'ness. NHS Forth Valley is looking at training staff in primary schools and nurseries and would like to deliver this with the help of the third sector and voluntary organisations.

Action: SM to distribute information about The Decider Skills training sessions and booking forms to forum members.

5. CVS Falkirk Update

CB gave an update on Community Link Working in Falkirk. There is a strong evidence base that shows people present at GP's that don't necessarily have a medical condition it may be due to social or economic factors. Often what these people need is good conversation and an understanding of what is affecting them. GP's and individuals will have the ability to refer and self-refer to Community Link Workers. Community Link Workers will have a good connection to the local community and the ability to sign post individuals to appropriate services.

The Health and Social care Partnership are going to pilot 3 Community Link Workers in Falkirk there will be one in each locality area, East, West and central, 3 different models will be piloted. In Central Falkirk FDAHM will be delivering a mental health community link work programme. In West Falkirk Strathcarron Hospice will be delivering a community connections programme and in East Falkirk the HSCP are in discussion with a local community group who have good local knowledge and great links with GP surgeries.

CVS Falkirk's role in Community Link Working will be to co-ordinate, monitor, facilitate, evaluate and support individual projects.

CB noted she would like to hear from any groups or organisations who would like to have Community Link Workers refer to them.

6. Third Sector Partner Updates

6.1 Royal Voluntary Service

MK informed forum members he would like to signpost and link in with other organisations to make services more available.

6.2 Central Advocacy Partners

AR informed forum members about a current project which is for people with learning difficulties subject to domestic abuse.

AR informed forum members Central Advocacy Partners currently have two external evaluators from Strathclyde University working alongside them on current projects. AR noted Central Advocacy Partners first year report will be available to read on their website.

6.3 Penumbra

MM informed forum members they just moved office to Old Racks building in Grangemouth and got a new manager.

6.4 Polmont Family Hub

LMy informed forum members they currently have a temporary manager and have just hired 3 new staff members who all have backgrounds in social work, family support work and family mediation.

LMy informed forum members they have now moved into the visitors centre inside Polmont Young Offenders Institution, and are now able to engage with visitors and offer refreshments.

LMy noted they are currently looking for Volunteers.

Action: LMy to get in touch with SM regarding volunteer opportunity.

6.5 NHS Forth Valley

Informed forum members she is one of the Community Food Development Workers within the Nutrition and Dietetics' Team. Informed forum members they are starting REHIS training which is a course that aims to raise awareness around food safety, food and health and deliver elementary cooking skills.

Noted they also have small grants available to support local food activities and initiatives across Forth Valley.

6.6 Falkirk Council Health and Social care Partnership

Currently looking at how NHS Forth valley can support the Connected Scotland document which is about social isolation.

6.7 Samaritans

Samaritans are gradually increasing numbers. MC informed forum members she received an award for 50 years of volunteering.

6.8 Solicitors for Older People Scotland

VM informed forum members SFOPS have been involved for a number of years with an organisation called My Power of Attorney.

My Power of Attorney was set up by Greater Glasgow health board and a group of solicitors in Glasgow to try and encourage people in one area to think about



planning well for the future and getting a power of attorney prepared. Forth Valley joint health and social care partnership have signed up this year.

VM informed forum members about the Power of Attorney day taking place on Wednesday 20th November; this is a nationwide event across Scotland.

SFOPS are raising awareness of legal aid entitlement to have a Power of Attorney document prepared.

VM informed forum members they also have a Later Life information centre in Newmarket Street in Falkirk, which seats 8 people and is available to use.

Action: VM send details of Power of Attorney day to SM for distribution.

6.10 Cyrenians

MF informed forum members she attended the last Community Care and Health forum and wanted to let forum members know the effectiveness of the forums. Cyrenians have taken on a new project for the Alcohol and Drug Partnership and have two new peer recovery workers who will be delivering cooking sessions to people. MF informed forum member's people who have a history of alcohol and drug misuse problems often have a disengagement from food.

Foodbanks have been researching what happens to men in particular when they receive a food parcel, food items that need to be cooked are often sent back which means the food parcel wasn't effective this is often due to lack of cooking skills.

MF informed forum members Cyrenians received a small activity grant from the Nutrition and Dietetics' Team. They received £400 and have bought induction hobs, pots and pans and have started up a cooking skills group.

6.11 NHS Forth Valley

JAM informed forum members the Public Partnership forum isn't taking place within Forth valley at the moment. JAM informed forum members she is currently involved with Community Led Support and hopes to have the Public Partnership forum up and running again soon.

JAM informed forum members she has been currently working within 3 prisons across Forth Valley and is working with prisoners to give them a say in how NHS Forth Valley deliver their healthcare.

6.12 Forth Valley Sensory Centre

MA informed forum members Forth Valley Sensory Centre currently have classes that are open to all members of the public;

- Funded cooking course
- Self-defense classes
- Martial arts fitness class

Forth Valley Sensory Centre have received funding from Keep Scotland Beautiful and have been doing work with various groups and Home Energy Scotland on how to reduce energy bills and is aimed primarily at people with sensory loss.

Forth Valley Sensory Centre is holding a winter fayre on Friday 6th December 10am- 2pm.

Action: MA to send SM details about Winter Fayre for distribution.

6.13 Carers Centre

LM informed forum members she has been in post for 12 weeks as Operations Manager. LM informed forum members Central Carers support carers aged 5 and upwards and provide support by offering young carers statements and adult carers support plans.

7. AOCB

Date of Next meeting

The date of the next Community Care and Health Meeting will take place Tuesday 4th February 2020, 10am – 12pm at Falkirk Fire Station.



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