



Compassionate and Included Communities Forum
Thursday 10th June 2020
3pm – 5pm
Zoom Meeting

Present:

Hannah Gray (HG) Chairperson	Strathcarron Hospice
Nicola Cox (NC) Minute Taker	CVS Falkirk and District
Ania Sandland (AS)	Outside the Box
Ann McLaughlin (AMc)	NHS Forth Valley Health Promotions
Barry Jordan (BJ)	LGBT Youth Scotland
Christine Bell (CBel)	Communities Along the Carron Association
Claire Bernard (CBer)	CVS Falkirk and District
Claire Houston (CH)	NHS Forth Valley
Claire Longmuir (CLon)	Barnardo's
Claire Strong (CS)	Neighbourhood Networks
Colette Lowe (CLOW)	Link Living
Dan Rous (DR)	Our Place Camelon/Tamfourhill
Eman Hami (EH)	Central Scotland Regional Equality Council
Geoff Reid (GR)	Sacro
Gillian Currie (GC)	Central Scotland Regional Equality Council
Jessica Workman (JW)	Bo'ness & Blackness Community Response
John Gibson (JG)	Wellbeing Scotland
John Hosie (JH)	Our Place Camelon/Tamfourhill
Julie Ryan (JR)	Forth Environment Link
Kathleen Frew (KF)	Family Mediation Centre
Lesley MacArthur (LMac)	Health and Social Care Partnership
Lynda Ross-Hale (LRH)	Cyrenians
Martin Allen (MA)	Forth Valley Sensory Centre
Nicola Lockwood (NL)	Victim Support Scotland
Sandra Lyon (SLy)	The Conservation Volunteers
Sarah Murray (SMu)	Royal Voluntary Service
Scott Malcolm (SMa)	CVS Falkirk and District
Sharon Laing (Sla)	Aberlour
Shona?	Tamfourhill Community Hall
Susan Docherty (SD)	Falkirk & Clackmannanshire Carers Centre
Susan High (SH)	Strathcarron Hospice
Vikki Wilson (VW)	Samaritans



1. Welcome, Introductions and Apologies

CB introduced herself and welcomed forum members present. Introductions were made by forum attendees. CB advised attendees that meeting's being recorded via zoom.

2. Forum Format

CB advised the meeting would focus particularly on Mental Health and Wellbeing. During this Covid-19 pandemic mental health and wellbeing has been a strong emerging theme.

Previously during forum meetings, attendees would give an update for their organisations. Forums are well attended which means there is not much time for discussions after update, therefore; attendees were asked only to provide new updates.

At the moment this is a Covid-19 forum which has taken over from the CCHF discussions during this pandemic and takes place every 2 weeks.

HG suggested moving this forum to every 4 weeks and hosting a Mental Health and Wellbeing Sub Forum in between on a short-term basis. HG will Chair the sub forum, which could then lead to a potential rolling Chair role, but CVS Falkirk will still administer and facilitate via zoom. Forum members present agreed to this new format.

3. Third Sector Updates

3.1 NHS Forth Valley Keep Well

A new National Wellbeing Hub has been set up for carers, care staff and volunteers offering counselling/befriending group support.

3.2 LGBT Youth Scotland

LGBT are working on a setting up a discord platform, young people can get in touch as normal and they will link them into the discord platform. They also have a Digital Chat service for 1.1's which run 3 nights a week. Information is available on the [LGBT Youth Scotland website](#).

3.3 Barnardo's

A Facebook page has been created to help signpost families to information locally. A YouTube page has also been created around mental health; a survey monkey was created to ask what people want on the channel.

3.4 NHS Forth Valley

Step on Stress is a free stress management course created by NHS Fife Psychology Service to help adults learn how to manage stress and anxiety.



Due to the recent COVID-19 pandemic an abbreviated modified version of the course has been made available on [YouTube](#).

NHS Fife Psychology Service has kindly granted permission to NHS Forth Valley to promote the Step on Stress course to the general public, patients and staff. The online Step on Stress course comprises of 4 sessions each covering a different aspect of stress and anxiety.

- Session 1: An Introduction to Stress
- Session 2: Managing your Body
- Session 3: Managing your Behaviour
- Session 4: Managing Thoughts.

It is recommended that to get the maximum benefit from this course to watch all four sessions in running order (1-4).

NHS Forth Valley Self Help Leaflets detailing all aspects of mental health and wellbeing plus additional COVID info are available on the [NHS website](#).

3.5 Wellbeing Scotland

Wellbeing Scotland currently have a Covid-19 response team with 64 volunteers and are funded to July 2020. They recognise what a difficult time it is for all with this Covid-19 outbreak. As it is currently not safe to offer face to face appointments, they will be offering support by telephone, text, email, and groups. They are planning to post resources and work towards virtual groups. Contact details to speak to a trained and experienced counsellor.

- 01324 630100 all calls
- 0800 121 6027 for people who were abused in care
- 07912 759 655 children and young people and people with mental wellbeing concerns
- Email- info@wellbeingscotland.org
- Websites- www.wellbeingscotland.org or <https://www.incaresurvivors.org.uk/>
- Facebook- <https://www.facebook.com/WellbeingScotland/>
- Twitter- <https://twitter.com/wellbeingscot>

3.6 Outside the Box

OTB have been successful in the Wellbeing Fund. They are still in the planning and developing stage of creating social connection packs aimed at families and peer support groups for people in Falkirk.

Action: AS to send info to SM to promote.

3.7 Strathcarron Hospice

Strathcarron Hospice have a dedicated Strathcarron Compassionate Communities helpline 01324 827383 or email: [fv-](#)



uhb.compassionatecommunities@nhs.net Its manned by volunteers but would lead to specialist support if needed.

3.8 Forth Environment Link

Forth Environment Link are working with any key workers that are suffering from transport poverty by gifting them free electric bikes as well as free servicing and delivery so they can get to work safely and efficiently. If anyone knows of any key workers that could benefit from this service, signpost them to Forth Environment Link.

4. Wellbeing Fund

The Scottish Government Wellbeing Fund is open for applications. Organisations/groups can apply for between £5,000 - £100,000. The fund would like to see more applications from BME organisations and support housing and employment. Currently applications in the Falkirk area are low. Information is available on [SCVO website](#). Closing date is 22nd May.

5. What Does Our Community Need

Discussions were held around what our communities need around this time. A suggestion was made around providing a consistent message to people possibly via a leaflet which could be included in the food parcels that Camelon Community Hub provide. Funding could be applied for via the Wellbeing Fund for collaborative working to create and distribute the leaflet.

AS volunteered to be involved in the design of the leaflet and suggested advertising for others to be involved.

Forth Environment Link are working with Strathcarron Hospice and Neighbourhood Networks on a new Veg Your Ledge project which aims to give community groups the opportunity to grow their own. JR suggested looking at distributing the leaflets through this project.

It was noted we should ask people what they want rather than trying to decide what they need. Important to consider range from parents of young children through to the elderly.

6. Specialist Help Available

Some organisations have noted that they require specialist help for some of the phone calls they receive. AP advised that FDAMH are happy to advise or support any organisation.

7. Young Scot Lockdown Survey

AMc advised of a lockdown survey for young people which has been created by Young Scot. Results for the Falkirk area are available with 60 Young people taking part. Details of the survey will be shared with the minutes.



Discussions around how kids are turning day into night and how to support children who are feeling trapped and have lack of routine were held. It was agreed SM would talk to family and youth groups about how to get young people things to do to keep busy but also keeping safe and social distancing. Action: SM to contact family and youth groups to discuss how to keep children busy safely.

Date of Next meeting

Wednesday 8th July, 3pm, Zoom Meeting

Meeting ID:

DRAFT