



Compassionate and Included Communities Forum
Wednesday 25th November 2020
3pm – 5pm
Zoom Meeting

Present:

Hannah Gray (HG) (Chairperson)	Strathcarron Hospice
Laura Jamieson (LJ) (Minute Taker)	CVS Falkirk and District
Ania Sandland (AS)	Outside the Box
Claire Bernard (CB)	CVS Falkirk
Dani Lisney (DL)	Outside the Box
Julie Ryan (JR)	Forth Environment Link
Martin Allen (MA)	Forth Valley Sensory Centre
Scott Malcolm (SM)	CVS Falkirk
Susan Docherty (SD)	Falkirk and Clackmannanshire Carers Centre

Apologies:

Dan Rous (DR)	Our Place Camelon and Tamfourhill
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1. Welcome and Introductions

HG introduced herself, welcomed forum members present and advised the meeting was recorded via Zoom. Introductions were made by forum attendees, along with background on their roles and what their organisation had been focusing on during the pandemic.

HG then spoke about the format of the day's meeting, which would be using the [Camerados](#) model (aiming to get people to talk openly to each other, using "spoon rooms" as a way of making video calls slightly less awkward). Attendees had been asked to bring a spoon with them; HG explained this was a Camerados take on the spoon theory, where participants in a Camerados meeting pick a spoon depending on how they feel (eg. regarding size and decoration). These could also be used as props during the meeting, to highlight they want to speak, or as an indication of time.

HG also highlighted the [Camerados principles](#), which would be used throughout the meeting.

2. "What's happening for you as we approach winter?"

HG invited members to speak on the above topic, with 3 minutes each to share their updates, and then another 3 minutes once everyone who wished to speak had (per the Camerados model). Members were encouraged to share whatever they felt they needed to, whether personal, professional, or a mix of the two.



Attendees then provided updates, both personal and professional, on their recent focuses.

Action: JR to send HG information on FEL activities via email:

Hannah.Gray3@nhs.scot

Please note and use HG's new email address, as the old address is no longer active.

3. Forum Format

Members agreed that this format suited the forum, which was described as "formalising informality", and to continue with this informality going forward. Previous meetings covered that informal discussions like today's was good for mental health and resilience.

4. AOCB

HG noted there had been lots of discussion, in this meeting and previous, about how hectic things were, but also about what can be done; she believes that people are at the point where they are more creative, as evidenced by these problem solving ideas.

JR spoke about how she has noticed some people feeling a bit deflated, and the importance of reminding ourselves that we have all worked through the whole pandemic, and that workloads have probably increased. She described being able to share this as a benefit of the forum.

Discussion then took place around the idea of "always being productive", and that it is okay if what is being produced is relaxation, along with the impact of social media, along with the idea that people always need to grow and be better at something.

Based on some members' experiences with local schools and some of the intergenerational work being done (eg. letters to care home residents instead of carolling this year), there was then discussion around letters coming back into practice, as a more personal way of keeping in touch.

4.1 One Million Words of Kindness Campaign

[Scottish Government](#) is asking people across the country to recognise the value of connecting with and helping others by reaching out to friends, family, neighbours and communities, as part of the "[One Million Words of Kindness](#)" campaign marking St Andrew's Day on Monday 30th November.

The campaign aims to celebrate the community spirit and shared kindness displayed across the country during a challenging year. [A bespoke postcard](#) has been designed and is available for people to send by post, email or via text. The



postcard is available to download and share [online](#), with free physical copies available in all Lidl's Scottish stores.

Members spoke about the decision to make the postcard and campaign available through Lidl and the impact this has on accessibility across social divides.

4.2 Strathcarron Hospice Christmas Giving

On a similar note, HG spoke about how her team are encouraging people to send Christmas cards to their neighbours, the benefits of this kind of reciprocal interaction, and while random acts of kindness have their place, is there a way to make and build further connections?

She then informed the forum about a local primary school who had approached the hospice regarding anonymous gifts, which are now being delivered; HG is keen to see how this can be built on.

4.3 Link Living Young People Online Support Programmes

Link Living will offer 2 programmes of support for young people, beginning in January 2021:

- ["Steps to Resilience – Online"](#), beginning on Monday 11th January 2021, which runs Monday – Wednesday for 2 weeks
- ["Employability Award – Online Learning"](#), beginning the week commencing Monday 25th January for 10 weeks

Both programmes are available to young people aged 16 – 24 years old, and young people can be referred now, to begin in January 2021. The Link Living team may also be able to help source a suitable device to take part in their programmes, if this is a barrier.

To submit a referral, please complete the [referral form](#) (linked for you convenience) and return by email: lareception@linkgroup.org.uk

Alternatively, for further information, contact the Link Academy by phone: 01324 466860.

4.4 Falkirk Council Self-Isolation Team

CB highlighted the Self-Isolation Team, which works alongside the existing Support for People helpline to provide support and resources to those who need to self-isolate, ensuring they are able to do so properly.

The team receive daily updates from Public Health Scotland's Test and Protect, of people within the Falkirk Council area who have either tested positive for COVID-19, or been identified as a close contact of a positive test.



The team then contact people on the list, by phone, to check they have support in place to allow them to self-isolate correctly and to check if they are eligible for the [£500 self-isolation support grant](#). The team is using the same referral mechanisms as the existing Support for People helpline, to provide assistance with food, prescriptions and other essential services. As a result, third sector groups and organisations may receive referrals from the Self-Isolation Support Team.

For further information, please visit the [Falkirk Council](#) website.

Members asked what the teams' referral mechanisms are; CB explained that Falkirk Council holds a directory with not only the details of constituted groups or registered charities offering support, but those in the private sector, such as taxis and local shops.

LJ then highlighted the [Local Support by Area](#) page, with contact information of those offering support organised by area, and the Organisation Directory.

4.5 Falkirk Plan

HG asked if there was an update on the Falkirk Plan, spoken about at the recent CVS Falkirk AGM.

CB gave information on the Plan's background and ways the third sector forums had already contributed, while SM updated the forum on the information events taking place.

SD asked that the Carers Centre be kept up to date on these events, in order to pass the information on to carers; CB confirmed, as the aim is to develop a diverse and full picture of Falkirk.

Members then discussed previous consultations in areas of Falkirk, residents' exhaustion with consultation (especially if they perceived no change), and that from the start of lockdown, many areas have seen genuine citizen-led action (eg. shopping for neighbours, the Denny Remembrance Day activities). Some noted that people in communities do not need to be consulted, just connected, and perhaps a more effective structure for local authorities would be:

- let communities do what they can (eg. litterpicking)
- support them when needed (eg. in sourcing black bins)
- do what communities can't (eg. deal with flytipping)

Others noted that the strategic levels would always be in place; still others wondered if it was perhaps time to turn these discussions and practices on their head, as they still talk about what has always been done, which didn't necessarily work well. COVID-19 presented an opportunity for change, which needs to be worked at.



Action: members working with children and young people engagement to contact SM in order to be included in consultation work.

Action: DL to put Claire at Woodcraft in touch with SM.

4.6 Forth Valley Sensory Centre Energy Saving Project

MA informed members of the work the Sensory Centre has been doing around energy saving, including energy saving and food waste tips available on [their website](#).

4.7 Voluntary Health Scotland (VHS) Event

VHS is holding "[Renewing Scotland's Full Potential in a Digital World: A Voluntary Health Sector Response](#)", a free online event on Thursday 3rd December, 10:30am – 12pm.

The event will focus on Scottish Government's consultation on "Renewing Scotland's Full Potential in a Digital World", which is seeking views on a new digital strategy for Scotland that will reflect the changing digital world in which we live and the impact of the COVID-19 pandemic.

For further information, please visit the [VHS](#) website.

**Date of Next Meeting: Wednesday 27th January 2021,
via Zoom**