



**COVID-19 Third Sector Response Forum**  
**Wednesday 11<sup>th</sup> November 2020**  
**3pm – 5pm**  
**Zoom Meeting**

**Present:**

Claire Bernard (CB) (Chairperson)	CVS Falkirk and District
Laura Jamieson (LJ) (Minute Taker)	CVS Falkirk and District
Alan Crawford (AC)	Home Energy Scotland
Annette Tonner (AT)	Community Focus Scotland CIC
Claire Houston (CH)	NHS Forth Valley
Donald Park (DP)	Forth Valley Voluntary Sector Group
Duncan Hearsom (DH)	Dial-a-Journey
Janine Rennie (JR)	Wellbeing Scotland
Jessie Anne Malcolm (JM)	NHS Forth Valley
Mairi Wright	NHS Forth Valley
Maria Ferrari (MF)	Cyrenians
Martin Allen (MA)	Forth Valley Sensory Centre
Mhairi MacDonald (MD)	Community Focus Scotland CIC
Miranda Wilson (MW)	Falkirk Council
Richard McLennan (RM)	Falkirk Safebase
Sandra Lyon (SL)	The Conservation Volunteers (TCV) Scotland
Susan Docherty (SD)	Falkirk and Clackmannanshire Carers Centre
Winnie Delaney (WD)	Aberlour
Yvonne McIntosh (YM)	Maggie's Forth Valley

**1. Welcome and Introductions**

CB 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.

**2. Minutes of Previous Meeting, 14/10/2020**

An update was provided on the following actions:

- 4.2: CB to send survey to members for both they and their service users to complete.
  - CB has not yet received the survey, and will send to members once available.



- 4.2: MF to send CB the anonymous data from the Cyrenians trustee report, regarding services during COVID-19.
  - MF confirmed there was nothing of use within the data.
- YM to send LJ details of the prostate cancer support group (and any other Maggie's information) for promotion, by email: [laura@cvsfalkirk.org.uk](mailto:laura@cvsfalkirk.org.uk)
  - YM to send whenever suits; confirmed LJ's email address.
- CB to send information on the Cancer Screening Inequalities Fund to DH and GM.
  - CB confirmed this had been sent.

### **3. Forum Discussion**

CB recapped the discussion from the previous meeting around what direction members would like to see the form take in future.

The majority of discussion focused on the new Wellness in Winter (WiW) campaign, and members' concerns about reaching the people they aim to support, especially those who are not online (for various reasons), and those struggling in any way. All members were interested in feeding into the WiW work and resources.

CB highlighted concerns raised at a recent WiW meeting, about the coming months, the festive period and possibility of a second lockdown. She noted that actions are already underway, with requests for support coming in, and that she is confident that with everyone working together, the communities will come through. WiW focuses on how we can support these, each other, and those most in need, not just service users, and will be hosted prominently on the CVS Falkirk website, with links to fuel poverty resources, Social Security Scotland, debt support

**Action:** SM to send WiW link to members once live.

There was also discussion on ways to connect with people and get information on services to those who needed it, including local press (who are often active on social media, but are still printing physical papers (eg), which for many older and rural people is still a key point of connection), and models used in the islands and rural areas, where local Co-ops and shops are used as a point of contact (with the idea being people are more likely to open up to those they see regularly).

#### **3.1 Vitamin D Working Group**

CB informed members that she is now part of the Vitamin D working group; there is a concern about people's Vitamin D intake due to lockdown, and the group hopes to provide supplements for those in need, who cost is a concern for.



They are currently approaching food groups on the best way to distribute these; there is a small amount of money to source these, and support, from Falkirk HSCP. Additionally, Scottish Government asked those shielding if they wanted a supply, on a first come basis. The aim is to provide a 4 month supply, as the recommendation is supplements should be taken October – March, when the days are shortest.

Supplements will go out in December or January; CB noted that every breastfeeding mother and child aged 1 – 3 years old is entitled to [Healthy Start](#) packs with Vitamin D supplements. However, WD raised that many families find Health Start difficult to access, due to the number of places it is available (mainly in pharmacies, which can sometimes be multiple buses away from home).

MW advised that if members know of anyone struggling with access to Healthy Start, to contact LF by email: AT said her team would be happy to distribute supplements through the Social Grocer and Community Focus Scotland if they were needed.

**Action:** CB to send Rhona Archibald and Sally Buchannan email addresses to AT.

#### 4. Member Updates

- Aberlour:
  - WD spoke about the recent VSCSF meeting, where a number of useful resources were shared, and the [Falkirk Families Support Centre](#)
  - Aberlour received a donation of £500, earmarked for winter shoes for children and families; once the funds are allocated, there is no more, but people do not have to be Aberlour service users to access this support; members were encouraged to highlight to families.
- Community Focus Scotland CIC: [The Social Grocer CIC](#) launches Monday 30<sup>th</sup> November, providing food parcels across central Scotland; they are also accepting referrals through local authority.
- Forth Valley Sensory Centre: continuing the services they can currently provide, including the Climate Challenge Fund project, [Making Sense of Energy Saving](#), which has helped people with sensory loss to access new boilers and new windows (amongst others). Additionally, they are still running online climate cafes, with the next on Tuesday 24<sup>th</sup> November; MSPS and a local MP have been involved and attended.

**Action:** MA to send information and resources to SM and LJ for dissemination through forum and e-bulletin.



- Forth Valley Voluntary Sector Group: the group are adapting their services to the restrictions (ie. one passenger per car, and a deep clean between each), and are currently looking at PPE supplies.
- Forth Environment Link (FEL): CB highlighted FEL's online cooking classes (designed to be low-cost and healthy, but also fun), which are available to join live or watch later via their [Facebook](#) page.
- NHS Forth Valley: JM is still surveying people receiving their flu vaccinations; she has so far gathered over 3.5k responses, which she is collating into a report on their additional health issues.
  - JM noted that she often still refers people to Maggie's Forth Valley and the Falkirk and Clackmannanshire Carers Centre, and that a lot of people are struggling.
  - She has also signposted more young people to helplines than before COVID-19; CB highlighted Strathcarron Hospice's CALL service and Wellbeing Scotland, and agreed to raise this at the daily co-ordination group meeting.
- Falkirk and Clackmannanshire Carers Centre:
  - Carer's Rights Day is Thursday 26<sup>th</sup> November; the centre has organised an online session on knowing your rights as a carer.
  - As the team doesn't expect to return to the office till at least April 2021, SD is regularly looking at the best ways to adapt their services and respond to accessibility issues.
  - Another member raised a general point around the lack of information targeted to carers, and asked if there was a way to get this out via primary care sessions and providers. SD clarified that the information and guidance often changes as the virus situation does, and that while they normally have a local information officer to do this at GP surgeries and hospitals, they aren't currently able to, which causes difficulties, because working from home isn't the same as handing out leaflets. Additionally, it is expected that this will be a difficult winter, and many people (including carers) have difference priorities as a result.

**Action:** SD to send LJ information on Carer's Rights Day for the e-bulletin.

- Maggie's Forth Valley: YM spoke about the families and friends support group, which is still running; however, they are experiencing the same difficulties where people are not online, and how to get the information out.
- Dial-a-Journey: still operating as usual regarding school transport, though use of their other routes has dropped. DH is currently looking at what public transport could look like post-COVID, and noted that it will take the industry a long time to recover.



- In January, their Shopmobility service will be moving to the Howgate Shopping Centre, from Callendar Square.

## 5. CVS Falkirk Update

### 5.1 CVS Falkirk AGM 2020

CB confirmed that the AGM, taking place on Thursday 19<sup>th</sup> November from 1:30pm, is open to anyone who wishes to attend, and asked that those who planned to attend confirm this, in order to be sent the Zoom link.

Those looking to attend should inform Nicola Cox by email:  
[nicola@cvsfalkirk.org.uk](mailto:nicola@cvsfalkirk.org.uk)

### 5.2 New CEO Appointment

CB informed the forum that Victoria Macrae has been appointed CVS Falkirk's new CEO, with immediate effect.

Forum members asked that their congratulations be passed on to Victoria, with multiple saying they couldn't think of anyone better to take on the role.

### 5.3 Falkirk Plan

CB had spoken to some members attending today's meeting at the Compassionate and Included Communities meeting, wanted to update this forum too.

Falkirk's Community Planning Partnership (CPP) is keen and committed to working with the local third sector and communities, sharing priorities and responsibility. They are eager to start engagement, and begun sending invites to third sector organisations with how to take part.

It was confirmed that the Falkirk Plan will be co-produced through a community-based approach.

**Action:** SM to send information on almond milk to WD.

**Action:** CB to send WD the Vitamin D contact information.

**Date of Next Meeting: Wednesday 9<sup>th</sup> December, 3pm – 5pm  
via Zoom**

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