



Compassionate and Included Communities Forum
Wednesday 27th January 2021
2pm – 4pm
Zoom Meeting

Present:

Hannah Gray (HG) (Chairperson)
Laura Jamieson (LJ) (Minute Taker)
Eleanor Davis (ED)
Jayne Lamond (JL)
John Hosie (JH)
Martin Allen (MA)
Sarah Murray (SMu)
Scott Malcolm (SMa)
Susan Docherty (SD)

Strathcarron Hospice
CVS Falkirk and District
Strathcarron Hospice
Strathcarron Hospice
Our Place Camelon and Tamfourhill
Forth Valley Sensory Centre
Royal Voluntary Service Forth Valley
CVS Falkirk
Falkirk and Clackmannanshire Carers
Centre

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

2. "What's happening for you now we're back in lockdown?"

HG invited members to speak on the above topic, with 4 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: MA to send LJ information on centre's lip reading group, for e-bulletin promotion, via email: laura@cvsfalkirk.org.uk

3. Mental Health Support: What does the sector want to see happen?

The forum discussed the various mental health support needs they had seen in their work as a result of lockdown, and the best ways to address and support these needs while staying safe and healthy themselves.

ED raised the importance of suicide prevention as especially relevant, given the time of year, the lockdown and ongoing pandemic, and some local incidents (some of which involved young people).

While discussion focused around people's experiences (both professional and personal), key points included:

- training – multiple members mentioned free training courses and resources available, as cost can often be prohibitive (especially if multiple people wish to attend), especially for small community groups and individuals
 - additionally, numbers are often restricted; HG pointed out that, “When it comes to mental health, you want the expertise, you don’t want to have to trust only one person.”
 - courses and resources (free and with cost) included:
 - a buddy systems with colleagues
 - the Wise Group’s [Re-Connect CBT sessions](#)
 - [Applied Suicide Interventions Skills Training](#) (ASIST) and other online courses from [Grassroots Suicide Prevention](#)
 - [Scotland’s Mental Health First Aid \(SMHFA\)](#) courses
 - [Turas](#) training and resources (via NHS Education Scotland)
 - St John’s Ambulance [Workplace Mental Health First Aid](#)
 - [St Andrew’s First Aid](#) mental health courses
 - Falkirk District Mental Health Association (FDAMH) [training courses](#)
- the benefits of lived experience (in this context and others), and how it can be seen as more relatable and less patronising; ED described this as “the difference between someone standing and talking to you, and sitting together to talk.”
- stigma – both the traditional negativity associated with mental health issues and conditions, and the projected validity from medical diagnosis (as opposed to “everyone feels like that sometimes”)

SD highlighted that lockdown has strained everyone’s mental health, and that “everyone is going through something”, some of whom may not have ever dealt with mental health issues before.

HG informed the forum of an upcoming joint event between CVS Falkirk and FDAMH, with time and date to be confirmed. An invite will be circulated to members.

Action: The CVS Falkirk team to ask management about NHS Forth Valley training on Mental Health First Aid.

4. AOCB

HG informed the forum that meetings would return to being held 3pm – 5pm.



Members noted that many of them were reassured to see they were not alone in their experiences (or both lockdown, and working with people and communities through lockdown), and that they had felt some solidarity as a result. A number said they would be taking forward and keeping in mind the importance of taking a real break from work, as well as the discussions and resources around mental health and suicide prevention.

One member said that the meeting had reassured them that mental health and suicide prevention was something other people were thinking of too.

Action: LJ to add JL to the e-bulletin distribution list.

Action: SM to add JL to the forum mailing lists.

**Date of Next Meeting: Wednesday 24th February 2021,
3pm – 5pm, via Zoom**

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