

Compassionate and Included Communities Forum
Wednesday 21st April 2021
3pm – 5pm
Zoom Meeting

Present:

Hannah Gray (HG) (Chairperson)	Strathcarron Hospice
Laura Jamieson (LJ) (Minute Taker)	CVS Falkirk and District
Dani Lisney (DL)	Outside the Box
Geoff Reid (GR)	SACRO Forth Valley
Sandra Lyon (SL)	The Conservation Volunteers (TCV) Scotland

Apologies:

Ania Sandland (AS)	Outside the Box
Claire Bernard CB)	CVS Falkirk and District
Scott Malcolm (SM)	CVS Falkirk and District

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. " How are we focusing on mental health and wellbeing as restrictions ease?"

HG invited members to speak on the above topic, with 4 minutes each to share their updates (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 activities. Many spoke about the "balancing act" between anxiety and excitement about restrictions easing, and being mindful of others' experience and points of view (eg. those coming out of shielding).

Discussion also included the difference in how people now view public spaces, and continuing differences between working from home and not, perceptions of people's time as a result, and the impact of that.

3. Forum Format and Future

Members discussed the ways in which the forum is relevant and beneficial, and how it will continue as restrictions ease. HG noted that the format of the forum may change to better suit people's needs, and that it can be difficult to plan or anticipate need in this "liminal space" of changing



restrictions. However, the spoon room model has proved useful, and the forum has provided a space for partnerships to form and for members to network, not only as professionals, but as human beings.

Members wondered if and how this forum could feed into the [Falkirk Plan](#) and its work, given mental health and wellbeing is listed as a priority.

LJ will pass these comments to CB and SM for consideration, and confirmed that CVS Falkirk is committed to supporting the forum as long as members require.

Action: LJ to pass members' comments on the connection between this forum and the Falkirk Plan to CB and SM.

Action: LJ to pass suggestion for 9am or 10am meeting to CB and SM.

4. Volunteers' Week 2021

LJ updated the members on the CVS Falkirk's plans for Volunteers' Week 2021, which include a new, digital Volunteer Awards Ceremony (open to public nominations) and requests for Celebrating Volunteering certificates.

They invite local people, organisations and groups to nominate the volunteers they think deserve recognition for their exceptional efforts. The winner for each category will be chosen by an independent panel and will receive a surprise gift, with prizes donated by local businesses including [Mango](#) and [Sanam](#).

The Award categories are:

- Volunteer of the Year
- Young Volunteer of the Year
- COVID Volunteer Award
- Innovative Volunteer Award

Nominations should be submitted via [the online NOMINATION form \(linked\)](#).

Local groups and organisations can also request Celebrating Volunteering Certificates for their volunteers. The certificates will be professionally printed, and delivered by the CVS Falkirk team (safely and within all current restrictions) in the week leading up to Volunteers' Week.

Certificate requests should be submitted via [the online REQUEST form \(linked\)](#).

All certificate requests and award nominations must be received by **11:59pm on Sunday 9th May**.

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



5. Members' Updates

5.1 TCV Scotland

TCV will be looking to recruit for 2 positions in the coming weeks, with one for a project on outdoor mental health and wellbeing, and the other based in Camelon. SL will send LJ the information for promotion once the details have been finalised.

Action: SL to send LJ recruitment information for promotion.

5.2 Strathcarron Hospice

Strathcarron Hospice is hoping to continue its [Storytelling and Musical Memories](#) sessions further, with one a month currently scheduled until June. Both sessions are led by Strathcarron supporters (one a retired musician), and will continue as virtual sessions on Zoom for those who can't or aren't comfortable socialising in person.

5.3 Outside the Box

Many of Outside the Box's groups have restarted as a result of recent changes to restrictions, including some Permission to Dream groups, their crafting group, and walking groups. DL noted this has been incredibly positive and exciting, and members have all been keen to see each other again.

DL is also looking at how to do [Falkirk Food Connections](#) in-person events for the first time, and tying into the [Big Lunch](#), as well as possible activities with local Police Scotland Youth Volunteers (PSYV), such as camping.

5.4 SACRO Forth Valley

Over the last year, SACRO has been focused on providing mental health and resilience support; they are now looking at how to safely bring back in-person support. (There has been some face to face work done, but only where there is a welfare or safety concern.)

Additionally, there will be focus on support during this new transition period, and how to help people access skills necessary to manage the transition.

6. AOCB

6.1 Men Across Generations Event

Generations Working Together (GWT) is holding a "Men Across Generations" conversation event on Wednesday 5th May, 10am – 12pm via Zoom.

The event aims to explore idea of connecting with men and intergenerational work in local communities, ways to pass skills and knowledge to younger people, and exploring possibilities.

Guest speakers will include Bruce Newlands from the Inverclyde Shed ([Scottish Winner of Men's Shed of the Year 2020](#)) and Gino Satti from Sing@Loud.

Joining links will be sent on Monday 3rd May.

To book your place, or for further information:

- for GWT members: visit the [GWT](#) website
- for non-members: contact Bella Kerr by email: bella@generationsworkingtogether.org

6.2 Camerados Open House

Camerados, whose model this forum uses, are hosting an online Open House on Thursday 6th May, 2:30pm – 4:30pm, via Zoom.

The Open House will take the form of an informal Q&A session, and provides people with the opportunity to ask questions of the Association of Camerados, meet the newly formed Council and find out plans for the coming year.

Questions should be submitted in advance by email: office@camerados.org, or asked during the Open House (via the Chat function or said in person). Attendees are welcome to keep their camera switched on or off as best suits them.

This is Camerados' second Open House event; they aim to hold more quarterly throughout the year.

Please note that this event will be recorded.

To register for your free place, or for further information, please visit the [Zoom registration page](#).

**Date of Next Meeting: Wednesday 19th May 2021,
3pm – 5pm, via Zoom**