



2. Introduction to New Third Sector Forums and Networks

LH spoke about the [new third sector forums and networks launched](#) by CVS Falkirk, of which this forum is the first to meet.

The new forums have been designed to be dynamic, and take forward the learning from the COVID-19 pandemic and the [Third Sector Response Forums](#), along with the [Falkirk Plan](#). LH explained that while colleagues from other sectors may join the forums, as part of a more flexible and collaborative approach, they will still be third sector only when appropriate.

3. Health and Wellbeing Focus

3.1 Falkirk Communities Mental Health and Wellbeing Fund (Year 2)

CVS Falkirk is delighted to be managing the second round of the Falkirk Communities Mental Health and Wellbeing Fund (CMHW Fund), which opens to applications on Monday 3rd October.

Charities, social enterprises, community and voluntary groups, parent councils, and other third sector organisations operating in the Falkirk Council area can apply for 3 grant types:

- Small Grants: up to £2,000 for unconstituted groups; up to £5,000 for constituted groups
- Medium Grants: up to £10,000
- Large Grants: up to £25,000

Previous applicants (both successful and unsuccessful) are welcome to apply again, however please note that this second investment will not provide a continuation of any awards made from the previous round of the Fund.

The deadline for applications will be 12pm on Tuesday 15th November.

For further information, including how to apply, please visit [the dedicated page](#).

3.2 Falkirk CMHW Fund (Year 2) Support Sessions

CVS Falkirk has also arranged a series of 3 online Funding Support Sessions to help third sector groups and organisations prepare to make an application to the Fund.

The sessions are an opportunity to ask questions about all aspects of the Fund and how to apply. Participants are welcome to attend to receive help with any stage of completing an application, or if they are still considering if this Fund is a good fit for their project. The sessions will take place:

- Wednesday 21st September, 11am – 12:30pm via [Zoom](#)
- Wednesday 5th October, 11am – 12:30pm via [Zoom](#)
- Wednesday 12th October, 11am – 12:30pm via [Zoom](#)

To confirm your attendance and receive an email invite to any of the sessions (or if these dates don't suit and you would like to arrange another time to receive funding support from our team), please contact Tariq Mahmood by email: tariq@cvsfalkirk.org.uk

3.3 Better Breaks Funding

The Better Breaks funding programme opens for applications in October, with a total of £1.2 million available to fund short breaks projects and services for disabled children and young people (aged 20 years old and under) and their carers (adult or young carers both).

The Creative Breaks programme provides 12 month grants to third sector groups and organisations to develop and deliver short breaks projects and services, which should provide mutual benefit for the disabled child or young person, and their carer(s). Applicants do not have to be a registered charity, but must have a constitution.

The deadline for applications is 5pm on Thursday 17th November.

For further information, including full eligibility criteria and how to apply, please visit the [Shared Care Scotland](#) website.

3.4 Challenge Poverty Week 2022

LH asked if any members were doing anything locally, or anything they would like CVS Falkirk's support with, or if they would like to organise a collective Falkirk effort. Alternatively, were members too busy dealing with the realities of tackling poverty in their day to day work to organise something during the campaign.

Members spoke about the following activities and points:

- One member said that their group had found the best they could do, as volunteers with little resource, is to signpost to support services and share information, They noted that there was little outreach in their area, and asked about the Falkirk Council Worrying About Money leaflet, and if there was an updated version.
- One member suggested including signposting information on the bags used by foodbanks, along with information on mental health support, volunteering opportunities, and recipes for the food they had received.
- Another group is linking in with their local Citizens Advice Bureau to launch a new tool for people with learning disabilities, during Challenge Poverty Week.

Action: LH to enquire about an updated Worrying About Money leaflet.

4. LGBT Youth Scotland Presentation: Life in Scotland

BJ delivered a presentation on LGBT Youth Scotland's latest [Life in Scotland](#) report.

Over 2,000 LGBT young people took part (their biggest response ever), though BJ noted that the environment for LGBT young people "seems to be getting worse"; in the 2017 survey, 74% of respondents felt respected, but in 2022, it was only 55%. Key points of the presentation are noted below:

- Where possible, BJ included Falkirk stats and information, as there were a number of respondents who said they lived in Falkirk; these were mainly consistent with the national figures.



- Nationally, respondents noted a negative shift in attitudes towards trans people.
- Young people in urban areas are much more likely to find their local authority a good place to live (as a result, LGBT Youth Scotland are looking at doing more rural work).
- 82% of respondents said they received a positive reaction when coming out, which was an increase.
- Regarding mental health:
 - Almost half of participants don't know where to access mental health services.
 - Half of participants experienced suicidal thoughts or actions.
 - 17% recorded experiencing or being diagnosed with anxiety.
- 17 respondents locally identified as trans; BJ noted a wide range of identities in sexuality were present this year, both nationally and in Falkirk.

BJ also introduced MM, the new Forth Valley worker for LGBT Youth Scotland, and spoke about the LGBT Charter, which began 15 years ago and was started by young people. Forum attendees had the opportunity to ask questions, with a number interested in linking in with LGBT Youth Scotland and other LGBT support services.

5. Falkirk Health and Social Care Partnership (HSCP) Speakers

A number of colleagues from Falkirk HSCP attended the meeting to speak about activities relevant to the forum, and the third sector.

5.1 Integration Joint Board (IJB) Third Sector Representative

ST and DK presented on the role of the third sector representative to [Falkirk's IJB](#). Traditionally, this role was filled by a member of the previous health forum, the Community Care and Health Forum (CCHF). As this new forum is a follow on of CCHF, Falkirk HSCP is keen to link in with its members, through the role of the representative.

Falkirk HSCP delivers adult health and social care services within the Falkirk and District communities, with its IJB outlining how these services should be developed. The representative will have the opportunity to represent the views of the wider third sector in Falkirk at IJB meetings, and to communicate relevant information back to the sector via the Health and Wellbeing Forum, with the support of CVS Falkirk. Representatives will be appointed as members for a period of 2 years.

Member of the forum, whose group or organisation delivers health and/or social care services in the Falkirk Council area, who would like to ensure the voice of the sector is heard at the IJB, were encouraged to nominate themselves, with DK speaking more about the benefits of the role.

Nominations will open later this month, with all information on the [CVS Falkirk](#) website. All nominations for Representatives must be received no later than 5pm on Thursday 6th October.

For further information about the recruitment process or the Third Sector Representative role, please contact LH by email: lynsey.hansford@cvsfalkirk.org.uk



5.2 Falkirk HSCP Strategic Plan Consultation

Falkirk HSCP is preparing to refresh its 3 year Strategic Plan, with an [online survey](#) which asks local people to assess the current challenges and future priorities which they believe should be included in the new plan.

The Strategic Plan establishes priority areas for focus and development, setting out how services will improve the health outcomes and lives of people who live in the Falkirk area. The [current HSCP Strategic Plan](#) (linked for your convenience) initially covered the period from 2019 – 2022, and has been extended until 2023 due to the impact of the pandemic on services.

The deadline for responses to the online survey is Friday 14th October.

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

JP noted that their team would be happy to do sessions on the consultation with members' groups. A number of members mentioned it would be useful to have an easy read version of the Strategic Plan; ST agreed that this would be looked into, and explained that the HSCP's intention is to make this process, and its documentation, as accessible as possible.

6. AOCB

None.

**Date of Next Meeting: Wednesday 7th December,
10am – 12pm, via Zoom**