



Health and Wellbeing Forum
Wednesday 8th March 2023
10am – 12pm
Zoom Meeting

Present:

Lynsey Hansford (LH) (Chairperson)
Laura Jamieson (LJ) (Minute Taker)

CVS Falkirk and District
CVS Falkirk and District

Allan Robertson (AR)
Angela Boyce (ABO)
Anne Black (ABI)
Barry Jordan (BJ)
Betty Cook (BC)
Carolyn Dick (CD)
Dave Cameron (DC)
David Miller (DM)
David Stewart (DS)
Donald Park (DP)
Duncan Hearsom (DH)
Gemma Ritchie (GM)
Hannah Gray (HG)
Jessie-Anne Malcolm
John Giovanacci (JG)
Ian Dickson (ID)
Kelly Tulloch (KT)
Lorraine Love (LL)
Martin Kenny (MK)
Pauline Smith (PS)
Rachel Parker (RP)
Saadia Ahad (SaA)
Shabnam Ali (ShA)
Steve McQueen (SMc)
Vivienne Malcolm (VM)

Social Security Scotland
Aberlour
The Braveheart Association
LGBT Youth Scotland
Westfield Community Centre Project
dates-n-mates Falkirk
Avonbridge Community Hall
Falkirk Health and Social Care Partnership (HSCP)
Fedcap Employment
Forth Valley Voluntary Sector Response Group
Dial-a-Journey
Falkirk Council (Adult Support and Protection)
Strathcarron Hospice
NHS Forth Valley
Falkirk and District U3A
Falkirk's Mental Health Association (FDAMH)
Healthcare Improvement Scotland
Royal Voluntary Service (RVS) Forth Valley
Dial-a-Journey
Central Advocacy Partners
ASH Scotland
Al Masaar
Al Masaar
Sustainable Thinking Scotland CIC
Solicitors for Older People Scotland (SOPS)

Apologies:

None

1. Welcome and Introductions

LH introduced herself, welcomed forum members present and advised the meeting was recorded via Zoom. Introductions were made via the Zoom chat function.

2. Review of Previous Minutes and Introduction of Action Tracker

The minutes were approved as an accurate record of the previous meeting.



LH introduced the new action tracker, as part of the efforts to refresh all third sector forums facilitated by CVS Falkirk, moving forward as an action-focused forum and the best it can possibly be. Members agreed to use the action tracker going forward.

3. Falkirk Funders Fayre and Evaluations

LJ thanked those who attended yesterday's in-person Falkirk Funders Fayre in Grangemouth, and informed them that the event evaluation survey should be in their inboxes now; she encouraged everyone to complete the survey with their feedback, for CVS Falkirk to take forward in future.

4. Falkirk Plan Theme 1: "Working in Partnership with Communities" and Theme 3: "Mental Health and Wellbeing"

As the themes of the [Falkirk Plan](#) (linked for your convenience) most relevant to the Health and Wellbeing Forum, LH gave a brief outline of the background of these themes and their outcomes. She then asked if the Forum wanted to contribute to demonstrating the third sector's work within these themes, and if so, how and when?

Members discussed the challenges of sharing details of their work, including concerns about appropriateness and privacy in small communities (including rural and communities of interest), and concerns around that work (or at least involvement) and its outcomes being claimed by partners; specific examples were included. Further points raised include:

- the difference and balance between sharing details in reporting to funders, and speaking about "amazing work" done locally to partners
 - "It's okay to talk about our amazing work, and it's good for boards and decision-makers to know about it, but otherwise, only provide general data."
- the possibility of a wider conversation on what the partnership and relationship is
- there is a question around why we are asked to share – stories and case studies are a great way to highlight the impact on communities, without giving details
- is there a way to collate our information as a sector to share to these themes and outcomes?
- what is the benefit to sharing this information?

Members are welcome to send LH case studies or stories to highlight before the next theme meetings, by email: lynsey.hansford@cvsfalkirk.org.uk

5. Falkirk Health and Social Care Partnership: Carers Challenge Fund and Carers Strategy Update

DM spoke with members about the opportunity to apply for the latest round of the Carers Challenge Fund, and gave an update on the refresh of the Falkirk Carers Strategy.

5.1 Carers Challenge Fund

The fund is open to community groups, third sector organisations, and statutory organisations supporting carers in the Falkirk area.

The Carers Challenge Fund offers grants of up to £35,000 to support projects which help people who provide care for a family member or loved one. Funding can be used by organisations or community groups to help improve carers health and wellbeing, enable a break from caring, or go towards initiatives which help identify "hidden carers" in the community.

At the time of the meeting, there is currently no deadline for the fund; applications can be received at any time.

Those interested in the fund, or looking for further information on future rounds, should contact DM by email: David.Miller@falkirk.gov.uk

5.2 Falkirk Carers Strategy Update

DM described the local strategy as covering everything Falkirk HSCP s able to influence regarding carers, support the planning and delivery of their carers services. It is refreshed every 3 years, with the new version due to be published in April, with 6 new outcomes.

The final strategy will be available to view or download from the Falkirk HSCP's [Publications page](#). The [2019 – 2022 strategy](#) is also available.

5.3 Members' Discussion

Members asked DM questions around dates for the fund, and passed on their thanks in helping them support carers.

The importance of respite and opportunities for cared-for people was also highlighted, with members offering their venues and spaces for both carers and cared-for people.

Please see Action Log for actions assigned.

6. Cost of Living and the Post-Pandemic Landscape

6.1 CVS Falkirk Cost of Living Impact Survey

During Falkirk Funders Fayre, CVS Falkirk launched their [Cost of Living Survey: Impact on Falkirk's Third Sector](#) (linked).

The survey has been launched to help truly understand how Falkirk's third sector, and the communities and people of Falkirk District, are being impacted. While the national picture is useful and relevant in helping identify priorities and trends, CVS Falkirk is keen to learn more about the reality lived by local groups, and build the Falkirk picture, which can be shared with partners and decision-makers.

This survey is an opportunity for third sector groups and organisations working locally to share their understanding and experience of working with the people and communities most impacted and disadvantaged by the current crisis. There are a mix of questions; some are direct questions, and some where groups are asked to share their experiences, those of the people they work with (without identifying information), and statistical information where available.

To submit your response, or for further information, please visit the [SurveyMonkey](#) page.



LH noted that CVS Falkirk does not know what the outcome of this impact survey will be, with nothing guaranteed, but that as the local TSI, they would be remiss if they did not highlight to partners the risks facing supported people during the current crisis.

6.2 Impacts on Third Sector Staff

Members who had completed the survey expressed the need for “strength in numbers” in order to facilitate any change, and how collaboration looked good to funders.

Others spoke about the impact the cost of living crisis has on their teams, including:

- the issues around year to year funding, and how this job insecurity results staff leaving for more secure employment, which means vacancies on the team
- external attitudes to the groups they support, often exacerbated in difficult times, which affects fundraising and promotions
- changes to the local authority systems (procurement and contracts, etc), and the difficulties in changing their own system to match

In response to some points raised, LH highlighted the [Sharing Space in Falkirk](#) page, which can be used to offer venue and office space or facilities, amongst others.

Please see Action Log for actions assigned.

7. Integration Joint Board Update

ID and LL informed members that the next board meeting would be in 2 – 3 weeks, and they would either provide an update at the next meeting, or via LH and the forum mailing list.

8. AOCB

- Forth Valley Voluntary Sector Response Group: With the recent weather warnings, DP will shortly be attending a group meeting to identify where the bad weather is anticipated to hit, and when, along with what resources the group has access to, and where they would best be deployed.
- dates-n-mates: Following discussions with their members, CD and her team will be holding a Falkirk Pride event in August with their partners; the exact date will be confirmed at the next working group meeting, and the 2024 event will take place in March.
- Fedcap Employment: The second cohort of their [Healthy Minds, Inspiring People](#) programme begins soon; the programme involves mental health training for young people in Falkirk District, looking at their next steps, and lasts 8 weeks, with some spaces left. Anyone interested should contact DS by email: david.stewart@fedcapemployment.org

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

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