

CVS Falkirk & District Third Sector Health and Wellbeing Forum
Wednesday 20 September 2023
10am – 12pm
Held via Zoom

See Appendix 1 for list of attendees and guest speakers.

1. Welcome and Introductions

EW 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

- 2.1** The minutes were approved as an accurate record of the meeting held on 7 June 2023.
- 2.2** All actions on the Action Tracker were noted as complete.

3. Scottish COVID-19 Inquiry: Let's Be Heard: Sharing Scotland's COVID Experience

EW introduced ST and EP, who attended the meeting to share their work and ask for feedback on the 'Let's Be Heard' workstream within the Scottish COVID-19 Inquiry. The core request was support in raising awareness of this work to increase the level of engagement and contribution.

ST explained that their task was within the public side of the inquiry, and they were looking to gather details of individual and group experiences from as many participants as possible. Specifically using a human rights-based approach, to ensure that all demographics are covered and unequal impacts were assessed.

ST drew attention to the 'Let's Be Heard' presentation, which can be found on the [CVS Falkirk website](#). The following additional points were noted:

- i. Feedback can be given using an online platform or via a paper form. Translated and EasyRead versions of the documents were available, and versions adapted to be more accessible for children.
- ii. National engagement activities were originally due to conclude during Autumn 2023, with more focussed engagement to follow, but the timeline had now been extended.
- iii. The information gather was based around three core questions, which can be found on page 6 of the slide pack.
- iv. A Let's Be Heard [communications pack](#) is available for groups to use.
- v. Any expenses incurred as part of the information gather will be covered, these include venue hire, travel costs etc... and these must be pre-approved. Expenses could not be claimed retrospectively.
- vi. ST and EP welcomed invitations to present to other groups.



- vii. Resources created by individuals or groups, including artwork, could be uploaded to the via the 'share report' section online.
- viii. Statutory services were also inputting into the research, this was very much a top down, bottom-up approach.

After the fatigue felt by people post lock downs was acknowledged, a discussion took place noting the vast amount of work undertaken by individuals and organisations across Falkirk & District and the importance of capturing that.

In response, EW offered to host an online feedback session to gather information for this piece of research.

Action: EW to set up online feedback session.

ST and EP were thanked and left the meeting.

4. Diabetes Scotland: Diabetes Tech Can't Wait

EW introduced JM and DO to the group, who provided background to the role of Diabetes Scotland and drew attention to the presentation titled 'Diabetes Scotland: Diabetes Tech Can't Wait' which can be found on the [CVS Falkirk website](#). The following points were noted from JM:

- i. Diabetes is the fastest growing health crisis in Scotland, with diagnoses exceeded that of cancer and dementia combined. It is also relentless, impacting those diagnosed 24 hours a day, 7 days per week.
- ii. Current access to technology to manage diabetes is patchy and unequal.
- iii. Diabetes Scotland offer a helpline, information and resources with peer-to-peer support and representatives in the community. One of its core goals is to reduce feelings of isolation.

DO covered the section on tech and the following points were noted in the relation to the goal of providing fair and equal access to technology to manage diabetes:

- i. The most advanced technology for diabetes management was a Hybrid Closed Loop, which combines the role of the Insulin Pump and the Continuous Glucose Montior.
- ii. One year ago, the Scottish Government made £14.6m funding available to support this initiative and enable all eligible individuals to access the most efficient and effective management tool.
- iii. In March 2023 a campaign started to push this forward.
- iv. The heat maps on slides eight and nine illustrated the social, economic, health and regional inequality about the availability of technology.
- v. The focus of the project is to gather lived experiences across Scotland, which the comms pack has been designed to support via such as newsletters, bulletins, social media.



- vi. Via the webpage www.diabetes.org.uk many more tools could be accessed, including a self-assessment tool titled 'Know Your Risk'.

Action: Please contact Jacqui.mackenzie@diabetes.org.uk for a copy of the comms pack.

JT from NHS Forth Valley noted the NHS 'Keep Well' health assessment which included a diabetes check, along with blood pressure and cholesterol and can lead to a referral to the dietetics team. AS also promoted the work of Central Wellbeing in this area and offered her email, ania@centralwellbeing.org.

JM and DO were thanked and left the meeting.

5. CVS Falkirk & District Updates

5.1 Falkirk Communities Mental Health and Wellbeing Fund for Adults

LH drew attention to her presentation, available to view on the CVS Falkirk webpage, the following additional comments were noted:

- i. This is the third investment for Falkirk from the CMHWB Fund and although most aspects are the same as previous rounds, there are two new requirements which are detailed below. Please note this does not represent a continuation of funding for previously successful applicants, although they are welcome to apply again.
- ii. The mental health element is not in relation to clinical intervention, rather what happens at a community level regarding prevention and early intervention.
- iii. The priority in rounds 1 & 2 related to post COVID-19 work, now this was in relation to the Scottish Government mental health strategy.
- iv. The slides detailed the size of the three pots and the key dates, specifically that all applications must be received by 12pm on Friday 3rd November 2023 and funds would be distributed by 31 March 2024, once the funding panel had decided how to allocate funds.
- v. There can be only one application per group, so a category must be chosen.
- vi. For successful applicants, a light-touch progress report would need to be submitted approx. 6 weeks into the project, then a detailed end of project report after the funded activity ends. Accompanying case studies, photographs and videos were welcome. Parent Councils are eligible to apply, but the application must be to fund work with adults in the school community.
- vii. Small capital costs of up to £5,000 could be included in an application.
- viii. Although clinical interventions are prohibited. Greater clarity has been given related to counselling, CBT, or similar, in third sector settings and this was now included in the definition of prevention and early intervention.
- ix. All successful applicants were encouraged to promote their work with this funding on social media and if they had any questions about this to contact laura@cvsfalkirk.org.uk



- x. All aspects of the funding, such as transport for example, need to be outlined by their positive impact eg. Contact with hard-to-reach communities.
- xi. Applications for new and existing projects are welcome, where applicants are seeking funding again for a previously CMHWB Funded project they MUST detail how their learning and development has influenced their new application and ideally allowed them to improve their approach and engagement. Where applicants are seeking funding to provide additional capacity to an existing project, they should detail this in their application.

Additional Requirements

LH emphasised the two additional requirements:

- i. All successful applicants must add their funded project, service or activity to the [ALISS Directory](#).
- ii. The Fair Work First guidance related to the payment of the Real Living Wage and public sector grants, contracts or other funding, does apply in this instance. Meaning that all successful applicants must pay their employees the Real Living Wage. More details can be found on Slide 8 of the slide pack.

With regard to the Real Living Wage, LH acknowledged the challenge of this requirement and encouraged any organisations to contact her with any questions.

LH confirmed that CVS Falkirk would host two more information sessions, one on Wednesday 27 September and the other on 4 October.

Post meeting note: These sessions have now taken place.

5.2 CVS Falkirk & District – Update

EW encouraged attendees to review the contents of her presentation titled 'Health & Wellbeing Forum - Updates' and available on the [CVS Falkirk webpage](#). It included reference to suicide prevention; dementia friendly Denny; the Elly Project; funding updates and trauma training. As well as 'Good Conversations' training offered free by Linking Lives until the end of October.

6. Forum Discussion

The following updates were received from Forum members:

- i. KM from LinkLiving mentioned its partnership with Falkirk Foundation 'Sporting Chance' which was designed for 16-24 year olds (post meeting note: this has now taken place)



- ii. JL from FDAMH promoted the Better Sleep and Managing Menopause sessions it was running (post meeting note: leaflets for these were issued via email on 27 September 2023)
- iii. GM from Cycling without Age noted that it had opened a new hub at the Kelpies
- iv. SAK from Scottish Ethnic Minority Autistics encouraged members to contact her on info@sema.scot for information regarding neurodiversity training.

7. Any Other Business

There being no other business, the meeting was closed.

**Date of Next Meeting: Wednesday 13 December 2023
10am – 12pm, via Zoom**

DRAFT

Appendix 1: Attendees & Guest Speakers

Attendees:

Eloise Wilson (EW) (Chairperson)	CVS Falkirk & District
Lynsey Hansford (LH) (Chairperson)	CVS Falkirk & District
Kerrie Hoggan (KH) (Minute Taker)	CVS Falkirk & District
Carolyn Dick (CD)	dates-n-mates Falkirk
John Clarke (JC)	dates-n-mates Falkirk
Donald Park (DP)	Forth Valley Voluntary Sector Response Group
Steve McQueen (SMc)	Sustainable Thinking Scotland CIC
Suzanne Riddoch (SR)	Hospital at Home
Jackie Turnbull (JT)	NHS Forth Valley
Gillian Millar (GM)	Cycling Without Age
Donna Laidlaw (DL)	Strathcarron Hospice
David Henderson (DH)	Strathcarron Hospice
Lorraine Love (LL)	RVS Forth Valley
Kirsty McEwen (KM)	Linkliving
Nicola Cox (NC)	Health & Social Care Partnership
Mark Wood (MW)	Go! Youth Trust
Dave Cameron (DC)	Avonbridge
Mehar Shagufta (MS)	Playlist for Life
Saadia Ahad (SA)	Al Maasar
Sofia Akbar (SAk)	Scottish Ethnic Minority Autistics
Mairi Wright (MW)	NHS Forth Valley
Donald Johnston (DJ)	Fire Scotland
Ania Sandland (AS)	Central Wellbeing
Julie Law (JL)	FDAMH
Angie Smith (ASm)	Corra Foundation

Guests Speakers:

Sarah Thomson (ST)	COVID-19 Inquiry
Emily Porth (EP)	COVID-19 Inquiry
Jacqui MacKenzie (JM)	Diabetes Scotland
Daniel O'Malley (DO)	Diabetes Scotland