

CVS Falkirk & District Third Sector Health and Wellbeing Forum
Wednesday 13 December 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 20 September 2023.

2.2 All actions on the Action Tracker were noted as complete.

3. The Importance of Physical Activity

EW introduced Scott Burton, Physical Activity Referral Officer, who shared his presentation titled 'Physical Activity Provision in Forth Valley', which could be found on the [CVS Falkirk webpage](#) and was emailed to Forum members on 13 December 2023. The following points were noted:

- i. Physical activity includes any form of movement from household chores to muscle strengthening workouts.
- ii. The Chief Medical Officer has put in place guidelines for a range of physical activity for all age groups, which were illustrated in the presentation.
- iii. In 2021, 69% of adults met the guidelines for moderate or vigorous physical activity, yet this had dropped to 65% in 2022.
- iv. Locally, 22% of adults in Falkirk did not even achieve 30 minutes of moderate or vigorous physical activity (MVPA) per week.
- v. Similarly, in 2021 only 35% of adults in Scotland adhered to both the MVPA and muscle strengthening guidelines. With working from home increasing the chance of being sedentary.
- vi. A number of strategies were underway to address this, local to Falkirk these include the Falkirk HSCP Strategic Plan for 2023-26 and NHS Forth Valley Healthcare Strategy 2023-2028.
- vii. Physical Activity Referral programmes were in place, locally Active Forth: Falkirk developed to reflect long term medical conditions, which considered medication and were tailored to the individual.
- viii. SB recommended watching the '[Moving Medicine](#)', which was integrated into the presentation and to be used to start a conversation with service users and encouraged using the provided QR code to find out more about what was available locally.

The Forum noted that much more individual physical activity took place in Stirling and this started a discussion on health economics and work underway at Edinburgh University to research this. LC from the Forth Valley Sensory Centre noted the challenges involved in enabling the visually impaired to access gyms and exercise classes, from access to buildings to navigating the equipment. SB responded that he had experience of working with a visually impaired person at Stenhousemuir gym, who was taken there three times per week by Dial-a-Journey. He offered the number to Laura to make contact with the service. Laura thanked for the update, yet expressed the challenges in terms of working hours, transport, costs etc... and Scott committed to share a contact in Clackmannanshire to raise this with and also access via [Scottish Disability Sports](#).

SB was thanked for his presentation.

4. Enjoy Life Locally (ELLY) Project

EW introduced Dr Rhonda Archibald, Health Improvement (Nutrition) Lead, NHS Forth Valley and Julie Cowie, Senior Research Fellow at Glasgow Caledonian University. They drew attention to their presentation titled 'A Community Designed Intervention to Improve Healthy Weight and Wellbeing' which could be found on the CVS Falkirk webpage and was emailed to Forum members on 13 December 2023. The following points were noted:

- i. As interventions targeting weight-loss in disadvantaged communities often fail, ELLY was set up to examine the issue from a different angle, to understand the needs of the community and the subsequent impact on wellbeing and weight, among other factors.
- ii. It was built on over 28,000 studies, predominantly in the US, which illustrated that an incentive, reward-based approach, worked much better in the longer term.
- iii. A psychologist was involved to offer an understanding of human behaviour, with the circulate model of social support, incentives and food provision present as themes from community engagement.
- iv. The ELLY intervention was outlined, which included goal setting, free soup to eat in or takeaway and some form of activity – the data collected and statistics related to the study fundings were illustrated in the presentation. Each participant was rewarded with a shopping voucher after 12 weeks participation.
- v. The presentation also contained quotes from participants.
- vi. The next steps are to collect outcome measures, which included the collection of stories from participants, and publish the data with a request for a longer trial.

Rhonda introduced Bette, who was a volunteer at The HOPE Hub, Denny. She shared her experience of the impact of the project on the number of people coming along to The HOPE Hub and their sense that they were part of something, with getting their participation card stamped offering motivation to continue.

DC commented that he had not heard of the ELLY project yet had experienced something similar with the weekly community café in Avonbridge, which brought people together for regular company and social connections. He offered to share his findings and experience with the ELLY team.

Action: DC to share experience with the ELLY team.

A discussion took place where Forum members shared their experience and successes in relation to people looking for support in group settings, access to physical activity and warm hubs, alongside the challenges, including transportation and the impact of austerity, that can hinder that.

Bette, Rhonda, and Julie were thanked for their presentation and committed to share the feedback from the study with EW. Rhonda and Julie's contact details were shared with the Forum members in an email dated 13 December 2023.

5. NHS Forth Valley Bereavement Support

EW introduced Janet and Liz, who were job sharing to lead a six-month project to present a review of the bereavement services, including partnerships, within the acute side. Their review was currently scheduled to close in January 2024. They had been meeting with stakeholders and assessing how the service was now. Referrals have trebled, mainly with referrals from GP services. Their goal is to look at the range of support within the third sector and communities, not just counselling, taking a more holistic approach.

They were working closely with colleagues in Forth Valley Equality Improvement Team and Forth Valley Information Governance, looking at processes and pathways and the best interventions available. They acknowledge that there were regional differences across the three Forth Valley areas. Core to their thinking was to enable people to feel connected and that that did not need to be specialist support.

Their request was for feedback from people on the Forum, as third sector organisations what would people like to see as part of a bereavement service.

MK talked about 'Stay Connected' which was bringing people together in difficult circumstances. DH asked Janet and Liz had come across the Bereavement Community Connector role, based in Falkirk. Someone who works beside the community for those impacted by grief. He offered a conversation about that.

Action: DH to speak to Janet and Liz about the role.

EW offered to facilitate a conversation about gaps in provision if that would be useful. Liz and Janet explained that they have been talking to services such as Andy's Mans Club and Cruse. And would value other referrals.

They noted that the most referrals come from the mental health nurse in a GP setting and that is one of the issues they are looking at, could the referrals be dealt with before they reach the acute stage.

Action: CVS to keep updated on Janet and Liz's review and open up a conversation in 2024 about the range of existing services available.

Rhonda introduced the nutritional aspect of grief and how this ties in to a holistic approach. It was noted that Kooth Digital Health offer counselling services across Forth Valley and that Strathcarron is in the process of creating a self-help bereavement hub.

Janet and Liz were thanked for their presentation

6. CVS Falkirk & District Updates

EW shared her presentation, which was emailed to Forum members on 13 December 2024. She highlighted the following:

- i. The free event, [Falkirk Funders Fayre](#), will take place on Tuesday 19th March, on its 10th anniversary. Please save the date. [Post meeting note: this event is now open for bookings, please follow link above].
- ii. The Stay Safe, Well and Warm leaflet has been produced, it is to be used in discussion and copies can be obtained from gemma.ritchie@falkirk.gov.uk
- iii. CVS Falkirk has launched its [Wellness in Winter](#) page, an online information resource.

EW encouraged Forum member to look through the other updates and wished everyone an enjoyable break over Christmas.

7. Any Other Business

MK shared that after looking at Dial-a-Journey's 2023 activity and thanked everyone that had supported all the excursions that had taken place over the year, there were 33 excursions, for 263 passengers, 54 of which were wheelchair users, with 84 escorts and this utilised 39 buses. This was up from 12 people in 2022. MK asked for ideas for excursions in 2024.

There being no other business, the meeting was closed.

**Date of Next Meeting: Wednesday 6 March 2024
10am – 12pm, via Zoom**

Appendix 1: Attendees & Guest Speakers

Attendees:

Eloise Wilson (EW) (Chairperson)	CVS Falkirk & District
Kerrie Hoggan (KH) (Minute Taker)	CVS Falkirk & District
Diane Cairns (DC)	Transform Forth Valley
Dave Cameron (DCa)	Avonbridge Community Hall
Laura Cluxton (LC)	Forth Valley Sensory Centre
Michelle Candlish (MC)	Linking Lives
John Clarke (JC)	Dates-n-Mates
Nicola Cox (NC)	Health & Social Care Partnership
Carolyn Dick (CD)	Dates-n-Mates
David Henderson (DH)	Strathcarron Hospice
Emily Johnston (EJ)	Kooth Digital Health
Martin Kenny (MH)	Dial-a-Journey
Donna Laidlaw (DL)	Strathcarron Hospice
Marjory Mackay (MM)	Strathcarron Hospice
Jessie-Anne Malcolm (JAM)	NHS Forth Valley
Kirsty McEwan (KM)	LinkLiving
Steve McQueen (SM)	Sustainable Thinking Scotland
Allan Robertson (AR)	Social Security Scotland
Mehar Shaufta (MS)	Playlist for Life
Fiona Welsh (FW)	Christians Against Poverty
Mairi Wright (MW)	NHS Forth Valley

Guests Speakers:

Janet Hamill (JH)	NHS Forth Valley
Liz Macmillan (LM)	NHS Forth Valley
Scott Burton (SB) (item 1-4)	NHS Forth Valley
Dr Rhonda Archibald (RA)	NHS Forth Valley
Julie Cowie (JC)	Glasgow Caledonian University
Bette (item 4)	Hope Hub, Denny