

CVS Falkirk & District Third Sector Health and Wellbeing Forum

Wednesday 6 March 2024

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.

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 13 December 2023.

2.2 The Forum noted the actions on the Action Tracker related to the presentation on Bereavement Services which took place in December and that these would be followed up offline.

3. Change Mental Health

EW introduced Klaudia Dziemianko from Change Mental Health who had been invited to the Forum to share the work undertaken by the organisation, which was rooted in lived experience to inform its services. Klaudia drew attention to her presentation which can be found [here](#).

The following additional points were noted:

- i. Change Mental Health was originally known as the 'National Schizophrenia Fellowship' having been formed following a letter to The Times from father, John Pringle, of a son diagnosed with schizophrenia over 50 years ago. The letter outlined how society treated people with a mental illness and how being a carer for a person with a mental illness changes you and the entire family.
- ii. Change Mental Health had a service in most regions in Scotland, especially rural areas where people can feel isolated. It also offered a nationwide advice and support line providing practical and emotional support.
- iii. It did not have a service in Falkirk or Clackmannanshire at present.
- iv. It delivered person-centred and non-clinical support for people with mental illness or poor mental health.
- v. It focussed on peer support groups and as well as 1:1.
- vi. It still delivered services that emerged from the letter from John Pringle, these are 'Hearing Voices' and 'Carer Support'. The organisation continued to recognise the extreme pressure on the mental health of carers looking after people with mental illness or poor mental health.
- vii. For young people it offered three key programmes: 'Your Resilience', 'Bloom', and 'Me & Money', these were designed for young people aged between 12 & 18.

- viii. Support was also provided for teachers, youth centre staff etc... and Change Mental Health offered free training for this population, which included train the trainer events.
- ix. It had five values, as illustrated in the presentation, with lived experience flowing through the heart of each.
- x. There were three categories of activity with Lived Experience at their heart which were Influence; Participation; and Leadership.
- xi. 'Influence' activity shaped organisational activity working with other experts, including academics and statutory services. It also worked on the creation of policy campaigns focussed on engaging Scottish Government and, working with other organisations, Westminster, and other localities.
- xii. 'Participation' was designed in a practical way to harness volunteering and story telling support or taking part in advisory groups or panels. The example shared was work with Health Improvement Scotland to create a lived experience reference group which, among other things, would seek to define what a good service should look like.
- xiii. The 'Mind to Mind' project had a goal of enabling participants to share their story via short, accessible videos with practical tips on how to deal with a range of mental health challenges, give hope, and signpost the wide range of support available. They were looking for underrepresented groups such as LGBTQI+, minority ethnic and disabled groups, along with young people (16+), men, carers, and parents to take part.
- xiv. 'Leadership' was designed to involve people with lived experience to lead work and act as a board representative. The structure of organisational support was designed to harness a feeling of belonging, where you chose to participate or not, and are enabled to sit with feelings, however difficult.
- xv. The organisation had recognised that a lot of the language used by mental health services was not accessible to most people, so this was taken into consideration in the design of its services.
- xvi. At present there was not a service in Falkirk, the nearest services being in the Tayside/Fife Region. There was an online Carer's Group organised by the Edinburgh service.
- xvii. When asked, Klaudia confirmed that people's travel expenses were supported within its regions and localities. Or support was provided by outreach workers. Also, that individuals could refer themselves for support, but the majority (85%) come from other services.

Klaudia was thanked for her presentation and left the meeting.

For more details of the work that Change Mental Health do, please access their webpage [here](#).

4. Learning Disabilities, Autism and Neurodivergence – Bill Consultation

EW shared an introductory video to the Bill consultation from Maree Todd, Minister for Social Care, Mental Wellbeing and Sport, which can be viewed [here](#). She then drew attention to her presentation titled 'Learning Disabilities, Autism and Neurodivergence (LDAN) Bill – Consultation' which can be viewed [here](#).

EW walked through the details of the presentation and cautioned that some of the statistics illustrated in the presentation could be quite upsetting. Attendees were then split into two breakout groups and shared their feedback which would be fed into the consultation response from CVS Falkirk & District's consultation feedback.

[Post meeting note: The consultation closed on 21 April 2024 and the response from CVS Falkirk & District, informed by the feedback sessions, can be accessed [here](#)].

5. Any Other Business

JT shared information on the Thrive to Keep Well Programme, which ran across Forth Valley for adults experiencing mild to moderate mental health and wellbeing challenges.

For more information, the contact is Jackie Turnbull, Programme Coordinator, via: fv.falkirkthrivetokeepwell@nhs.scot

[Post meeting note: Leaflets about the programme were shared with the Forum via email on 8th March 2024]

HC highlighted that National No Smoking Day would take place on Wednesday 13 March 2024 and impact training as part of the [NHS Forth Valley – Stop Smoking Service](#) would take place in the new financial year to outline how mental health medication is impacted by smoking. Support was accessible to all, in a variety of different mediums (from written material to video consultations). And the team welcomed referrals and offered sessions to train staff at third sector organisations.

MK mentioned Dial-a-Journey which offered help to organisations in Forth Valley whose users faced transport problems, more information and contact details could be found [here](#).

EW confirmed that a Forum update would be circulated after the meeting. A link can be found [here](#). She also promoted the 10th annual Funders Fayre which would take place on Tuesday 19 March 2024.

[Post meeting note: The Funders Fayre took place and reflections on it can be found [here](#)].

There being no other business, the meeting was closed.

Date of Next Meeting: Wednesday 5 June 2024
9.45am – 1pm, Falkirk Fire Station

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
Michelle Candlish (MC)	Linking Lives
Martin Kenny (MH)	Dial-a-Journey
Steve McQueen (SM)	Sustainable Thinking Scotland
Ania Sandland (AS)	Central Wellbeing
Jackie Turnbull (JT)	NHS Thrive to Keep Well
Anna Black (AB)	Braveheart
Linsey Stocks (LS)	Forth Valley Sensory Centre
Kirsty McEwan (KM)	LinkLiving
Hazel Cunningham (HC)	NHS Forth Valley Health Promotions
Bob	Central Advocacy Partners
Pauline Simpson (PS)	Penumbra
Val McInroy (VM)	FDAMH
Pamela Vannan (PV)	NHS Forth Valley
Zareen Iqbal (ZI)	Epilepsy Connections
Sharlene Ramage (SR)	Carers Centre
Saadia Ahed (SA)	Al Masaar
Louise Brown (LB)	Tamfourhill Community Centre
Ewan Roy (ER)	NHS Forth Valley
Gill Wilson (GW)	Epilepsy Connections
Lorraine Love (LL)	RVS Forth Valley
Kelly Tulloch (KT)	NHS Forth Valley

Guests Speaker:

Klaudia Dziemianko	Change Mental Health
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