

CVS Falkirk & District Third Sector Health and Wellbeing Forum
Wednesday 5 June 2024
9.45am – 1pm
Westfield Park Community Centre, Falkirk

See Appendix 1 for list of attendees and guest speakers.

1. Welcome and Introductions

EW introduced herself, welcomed Forum members to the first in person Health and Wellbeing Forum. She thanked Westfield Park Community Centre for its hospitality.

2. Review of Previous Minutes

The minutes were approved as an accurate record of the meeting held on 6 March 2024.

3. Tackling Men's Mental Health Stigma – Andy's Man Club

EW introduced Alex McClintock, Head of Groups for Scotland. He outlined the background to Andy's Man Club, a suicide prevention charity, established in July 2016 following the death of Andy Roberts. It was funded wholly by donations and received no grant funding.

The idea was simple, the groups meet on a drop-in basis between 7pm and 9pm on Monday nights (excluding Bank Holidays) for a coffee and a chat, holding a stress ball when it was their turn to talk. They were there for all men who were going through a storm, or who had just been through one. The structure was the same across all groups, at first visiting the 'brew station' and then considering three questions:

1. How's the week been?
2. Is there one positive you can name from the week?
3. Is there anything you need to get off your chest?

The group then got another hot drink, and an open conversation takes place. The group never discusses medication, religion, or politics and all discussions are fully confidential. Each club also has a closed Facebook page which provided peer support in between meetings.

Alex shared the statistics on suicide, where in the UK someone died every two hours and was the biggest killer of men under the age of 54. Following celebrity endorsement through social media, the organisation has recently grown quickly, and there were now over 40 groups in Scotland and 196 nationally. The nearest locally was at Stenhousemuir Football Club, and the location link can be found [here](#).

Alex shared two videos, together with his own story and links to these can be found below:

[Andy's Man Club - A Place Where It's Okay To Talk \(youtube.com\)](#)

[ANDYSMANCLUB - 5 Years On - YouTube](#)

[Alex McClintock shares his Andy's Man Club journey! - YouTube](#)

Alex was thanked for this presentation and a discussion took place regarding the challenges in getting people to attend meetings, particularly in the face of bereavement, with an acknowledgement that it was impossible to make people attend. He was asked whether any groups were held in prisons, particularly in the face of such high suicide rates in that setting. He noted the need and explained that at present the resources were not in place to support this.

Alex closed the session by noting there was one club in Falkirk & District at present, at [Stenhousemuir](#) and he was looking for other venues locally, details of the request can be found [here](#).

4. Emerging and Current Mental Health Themes - FDAMH

EW introduced Ian Dickson, FDAMH's Chief Executive Officer, who shared this [presentation](#) titled "Mental Health and Wellbeing in Falkirk". As detailed on the slides, Ian outlined the background to FDAMH, its 2023 statistics, the services it offered and emerging and current themes in terms of presenting factors, issues and observations from the data.

The following additional points were noted:

- i. Although 70% of referrals to FDAMH were female, this did not reflect need, rather that it was less likely for males to seek help.
- ii. It was highly likely that everyone would struggle with their mental health at some point in their life, and early intervention and community resources had a very positive impact.
- iii. Isolation and loneliness were huge factors in suicide, consequently community support was key to prevention.
- iv. FDAMH provided training both to individuals and organisations, and during 2023 it had trained c.1,600 people. More details could be found [here](#).
- v. The intersection between mental health and neurodiversity was acknowledged, and although FDAMH was unable to diagnose, its practitioners did work with individuals on what they were experiencing.
- vi. There was a [Bereaved by Suicide Support Group](#) in place, it met fortnightly and was open to anyone in the Falkirk area impacted by suicide, including witnesses to it.
- vii. The [Young Person's Service](#) was only established two years ago for and was now the busiest service, there was no other criteria for referral, other than that the individual was living in the Falkirk area.

Ian was thanked for his helpful and informative presentation.

5. Creating Hope in Falkirk: United to Prevent Suicide - HSCP

EW introduced Fiona Bartley, Senior Health Improvement Officer, who shared her [presentation](#) titled “Creating Hope in Falkirk: United to Prevent Suicide”. Fiona outlined the statistics detailed in the presentation which provided a national and local picture of rates of suicide, together with demographics in term of age, gender, and levels of deprivation.

She emphasised the high proportion of people who prior to death had no contact with any support services, including their GP, and listed some suicide risk factors that had been identified by Public Health Scotland:

- i. pressures within communities including stigma, poor social cohesion, deprivation and lack of safety.
- ii. pressures within Scottish society including inappropriate reporting and representation of suicidal behaviour by the media.
- iii. the quality of response from services including insufficient focus on the prevention, identification and assessment of needs.
- iv. pressures on individuals including family breakdown, low educational qualifications, insecurity of employment and alcohol and substance misuse.

Fiona summarised the background to the Suicide Prevention Group, its current activity and national outcomes as detailed on slides 5, 6 and 9 on the presentation. Together with links to videos from ‘United to Prevent Suicide’. Milestones and resources from the group would be shared when reached. The new logo for, as shown in the top right-hand side of the slides, was noted as well as the range of services involved, across the public and third sector.

The learning and development available, as detailed in this [training brochure](#) was outlined. The main training options were as follows:

Ask Tell Respond: A programme to enable individuals to have healthy conversations around the risk of suicide.

Scotland’s Mental Health First Aid: A two-day programme which looked at common problems that arose from various mental health diagnoses.

ASIST: Suicide Intervention Skills Training.

Links to additional resources could be found on slide 11 of the presentation.

Also outlined where the principles and approach of Time Space Compassion. It was developed for use by people and services who regularly came into contact with people experiencing suicidal crisis and an introductory guide could be found [here](#).

5.1 Change The Narrative: World Suicide Prevention Day

Fiona outlined the three-year theme for World Suicide Prevention Day, 10 September 2024, #StartTheConversation, which offered the opportunity to talk about this complex issue.

To enable activity around this these, a fund of £5,000, with individual grants of up to £500 per organisation, had been made available for activities on the day – from coffee mornings, self-care activities, sport etc...

Post meeting note: This was launched on 25 June 2024 and a link to the Resource Pack and Application Form can be found [here](#). Please note the closing date for applications is Friday 9th August 2024.

For more information contact Fiona.bartley@nhs.scot or jamesa.paterson@falkirk.gov.uk

Fiona was thanked for her detailed and helpful presentation and there being no other business, the meeting was closed.

**Date of Next Meeting: Wednesday 11 September 2024
10am to 12pm**

Appendix 1: Attendees & Guest Speakers

Attendees:

Anne	Black	Braveheart Foundation
Lizzie	Hannah	Aberlour
Cheryll	Bremner	Go! Youth Trust
Louise	Brown	Tamfourhill
John	Clarke	Dates n Mates
Betty	Cook	Westfield Community Centre
Nicola	Cox	HSCP
Hazel	Cunningham	NHS Forth Valley
Arelene	Dickson	Samaritans
Sharon	Frederiksen	Home Start Falkirk
John	Giovannacci	Falkirk u3a
Cybele	Haim	SupportED The Community Eating Disorder Charity
Lynsey	Hansford	CVS Falkirk & District
David	Henderson	Strathcarron Hospice
Susie	Hooper	Pause & Breathe
Gerard	Hughes	Fire Scotland
Donald	Johnston	Fire Scotland
Donna	Laidlaw	Strathcarron Hospice
Jayne	Lamond	Strathcarron Hospice
Sandra	Lyon	TCV
Jessie-Anne	Malcolm	NHS Forth Valley
Alison	McClymont	Falkirk Support Service and Stirling Outreach
Margaret Ann	McMillan	NHS Forth Valley
Gillian	Millar	Cycling Without Age
Diana	Morgan	NHS Forth Valley
James	Paterson	HSCP
Sharlene	Ramage	Central Carers
Magali	Redding	Scottish Families Affected by Drugs and Alcohol
Ewan	Roy	Epilepsy Connections
Annabel	Russell	Go! Youth Trust



Ania	Sandland	Central Wellbeing
Pauline	Simpson	Penumbra
Linsey	Stocks	Forth Valley Sensory Centre
Greg	McKnight	Cyrenians
Kelly	Tulloch	NHS Healthcare Improvement
Fiona	Welsh	Christians Against Poverty
Suzanne	Riddoch	Strathcarron Hospice

Guests Speakers:

Alex	McClintock	Andy's Man Club
Ian	Dickson	FDAMH
Fiona	Bartley	Health and Social Care Partnership

CVS Falkirk & District Representatives:

Eloise	Wilson (Chair)	Partnership Development Manager
Lynsey	Hansford	Deputy Chief Executive Officer
Kerrie	Hoggan (Minute Taker)	Third Sector Engagement Officer
Mhairi	MacRaidl	Community Development Officer – Denny and District
Rachel	McRae	Communications and Events Officer