

**CVS Falkirk & District Third Sector Health and Wellbeing Forum**  
**Wednesday 4 December 2024**  
**10am to 12pm**  
**Via MS Teams**

See Appendix 1 for list of attendees and guest speakers.

**1. Welcome and Introductions**

Eloise introduced herself and welcomed attendees to the Forum.

**2. Review of Previous Minutes**

The minutes were approved as an accurate record of the meeting held on 11 September 2024.

**3. Mental Health Impacts of Menopause and Perimenopause**

Eloise introduced Val and Morag from FDAMH who were attending the Forum on behalf of the senior trainer, Julie. They provided a high-level overview and outline to the Managing Menopause Course, which was offered free to individuals living in the Falkirk and district area. The following points were noted and a copy of the course details and presentation shared with attendees via email on 6 December 2024:

- i. Women of all ages are impacted by hormones, with perimenopause and menopause representing an upsetting time due to presence many different symptoms including increased anxiety, low self-esteem and brain fog.
- ii. The Managing Menopause Course was run over four sessions, each two hours in length. More details could be found on FDAMH's [website](#).
- iii. The goal of the course was to increase provide an understanding of the symptoms, together with tips, techniques and strategies to improve self-confidence and increase mental wellbeing.
- iv. The role of hormones as chemical messengers was outlined, with the impact of a drop in oestrogen on brain function, which included a loss of glucose to the brain.
- v. Hormone changes also impact the skin and tendons with a wide range of changes outlined.
- vi. The impacts of perimenopause and menopause on neurodiverse individuals could be particularly pronounced.
- vii. The Anxiety Cycle was shared and that CBT techniques can be useful in breaking this cycle and offering coping strategies.
- viii. A number of physical impacts of anxiety were identified, the most pronounced being poor sleep and memory

A discussion took place which acknowledged the positive way that this was being talked about more and captured in workplace policies, such as the NHS Scotland Menopause and Menstrual Health Workplace Policy. Yet also covered the broad range of real-life impacts, especially in relation to job opportunities.

Val shared that FDAMH now have a Distress Brief Intervention (DBI) in place which was 365 days, 24 hour service offering support to individuals who present to emergency services or in primary care settings in a distressed state.

#### **4. CVS Falkirk & District Update**

Eloise shared the following updates:

- i. The fourth round of the Communities Mental Health & Wellbeing Fund was now closed, with the number of applications representing more than double of the available funds. Thus, representing the demands on the sector. The outcome of the process would be communicated by the end of February.
- ii. The development of the NHS Forth Valley Mental Health & Wellbeing Strategy was noted, with Eloise keeping track of what it means for the third sector.

#### **5. Forum Updates**

- i. Diane Cairns shared details of the Time 4 You group which was held weekly in the Morrisons community room. A leaflet with more details was shared via email with attendees on 6 December 2024.
- ii. Safia Ali outlined that the Al Masaar AGM would take place on 18 December 2024.
- iii. Margaret Ann MacMillan outlined that the [Step on Stress](#) course could be presented to groups as well as separate individuals.
- iv. Michelle Candlish outlined two resources from Linking Lives, [Good Conversations](#) and a conversation resources [Going Deeper](#).

#### **6. Any Other Business**

There being no other business, the meeting was closed.

**Date of Next Meeting: Wednesday 5 March 2024  
10am to 12pm**

## Appendix 1: Attendees & Guest Speakers

### Attendees:

Safia Ali	Al Masaar
Angela Reid	Central Advocacy Partners
Diana Morgan	NHS Forth Valley
Anne Black	NHS Forth Valley
Justine Nicolson	NHS Forth Valley
Laura McKenzie	Falkirk & Clackmannanshire Carers Centre
Margaret Anne McMillan	NHS Forth Valley
Donna Rodgers	NHS Forth Valley
Dawna Chisholm	Falkirk Council
Diane Cairns	Transform Forth Valley
Gillian Gunn	NHS Forth Valley
Kelly Tulloch	NHS Healthcare Improvement Scotland
Michelle Candlish	Linking Lives
John Clarke	Dates n Mates
Cheryll Bremner	Go! Youth Trust
Vicky Doney-Campbell	
Amanda Rutherford	
Vicki Lennox	
Violeta Silva	
Caroline Quinn	
Jayne Lennox	
Jo McCorrison	
Yvonne McIntosh	
Rowan Ferguson	

### Guests Speakers:

Morag Fullard	Operations Manager, FDAMH
Val McInroy	Service Manager, FDAMH

### CVS Falkirk & District Representatives:

Eloise Wilson	Partnership Development Manager
Kerrie Hoggan	Third Sector Engagement Officer

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