



Health and Wellbeing Forum
Wednesday 4 June 2025
10am – 12pm
Westfield Park Community Centre

Present:

Eloise Wilson (Chairperson)	CVS Falkirk & District
Laura Jamieson (Minute Taker)	CVS Falkirk & District
Rachel McRae	CVS Falkirk & District
Ania Sandland	Central Wellbeing SCIO
Bob Thomson	Central Advocacy Partners
Carly Crooks	Falkirk and Clackmannanshire Carers Centre
David Henderson	Strathcarron Hospice
Diana Morgan	NHS Forth Valley and Falkirk Health and Social Care Partnership (HSCP)
Diane Hamilton	Forth Valley Advocacy
Elizabeth-Anne McGeorge	Falkirk Citizens Advice Bureau (CAB)
Gillian Gunn	Strathcarron Hospice
Hazel Cunningham	Falkirk Health and Social Care Partnership (HSCP)
Jackie Turnbull	NHS Forth Valley Keep Well
John	Falkirk and Clackmannanshire Carers Centre
John Giovanacci	Falkirk District U3A
Julie Hayward	Bailliefields Community Hub SCIO
Kim Wyllie	Falkirk and Clackmannanshire Carers Centre
Lou Carberry	LGBT Youth Scotland
Lucy Jamieson	PLUS Forth Valley
Mairi Wright	NHS Forth Valley
Mandy Winters	Falkirk and Clackmannanshire Carers Centre
Safia Ali	RISE Forth Valley
Samantha Green	Creative Stirling
Sharlene Ramage	Falkirk and Clackmannanshire Carers Centre
Sharon Frederiksen	Home-Start Falkirk
Yvonne McIntosh	Maggies Forth Valley

Apologies:

Elisabeth Campbell	Paragon Housing
Margaret-Anne MacMillan	Falkirk Health and Social Care Partnership (HSCP)
Nicola McCourtney	Falkirk Health and Social Care Partnership (HSCP)
Vivienne Malcolm	Solicitors for Older People Scotland (SOPS)

1. Welcome and Introductions

Eloise introduced herself, welcomed forum members present, and introduced the speakers from Falkirk and Clackmannanshire Carers Centre. She also highlighted an informative exercise from the Community Mental Health and Wellbeing Planning Group, which attendees would have the opportunity to feed into throughout the meeting. Eloise will collate this feedback to present to the Planning Group, to ensure the voice and views of Falkirk District's third sector are heard.

2. Review of Previous Minutes

Review and approval of the previous meeting's minutes will be done by email; Eloise will send out the drafted minutes following today's meeting, and members should respond by email, with a deadline of Monday 16 June 2025.

3. "Do You Think You Are a Carer?" and Support for Adult Carers: Sharlene Ramage, Carly Crooks, and Kim Wyllie, Falkirk and Clackmannanshire Carers Centre

Eloise spoke about [Carers Week 2025](#) (linked for your convenience), due to take place the following week, and its theme, "Caring About Equality" – as this is the core purpose of the Carers Centre, ensuring carers have the support they need to access equality.

Sharlene and Carly spoke about the support available for unpaid carers through the centre, highlighting how many people would not consider themselves carers, despite meeting the definition of an unpaid carer:

"An unpaid carer is anyone who cares for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support. Unpaid carers might care for someone for a few hours each week, or as much as 24 hours a day, seven days a week. Carer support is varied and might include personal care – such as washing and dressing – housework, food shopping and picking up medication and providing company and emotional support."

Anyone can refer to the carers centre, and anyone can be referred. While some support and services may take time to put into place, the team is always available to talk: *"The point is to enable carers to feel supported, and have a life outside of care."*

Other points discussed included:

- the importance of an [Adult Carer Support Plan](#) (including emergency planning and future planning, and the additional support available if the cared for person is terminally ill)
- the work done by Falkirk and Clackmannanshire Carers Centre promoting carers' rights
- additional support services provided, including:
 - welfare and benefits advice
 - Power of Attorney information
 - [carer support groups](#) (in partnership with Central Wellbeing SCIO)
 - Care With Confidence sessions and training
 - taking place once per week, with one session per month dedicated to a dementia focus
 - [Carers' Voice](#)
 - consultation events
 - health and wellbeing sessions
 - [short break opportunities](#) (including access to the Short Breaks Fund, Creative Breaks, and Respite)
 - emotional support (via the Telephone Support Team)



- hospital support team (supporting carers if the person they care for is transferred elsewhere, such as Glasgow)
- signposting

3.1 Questions

Questions from members were around the identified gap regarding care and carers in minority ethnic communities, and ways to develop that work amongst members, along with the [ILF Transition Fund](#); a member spoke with one of the Carers Centre team about this, and received an offer of support as a result.

One member asked about the support available for [young carers](#), which the Carers Centre provides for young people aged 8 years old and over, until they leave school. Kim clarified that those aged 5 – 7 years old can be referred for support, but the Carers Centre’s funding specifies support from 8 years old due to the fact that these younger children often struggle to understand what caring responsibilities are. The centre’s support workers will speak informally with the child, and go through the Young Carers Statement, but the most likely support route will be keeping in touch via their school. There was acknowledgement of the balance between what the child comprehends, and what the centre is funded and resourced for.

3.2 Carers’ Voice

Sharlene spoke further on the [Carers’ Voice](#) meetings, which aim to provide an opportunity for carers to meet with other carers, representatives from local authorities and other third sector organisations. Meetings take place monthly, in person at the centre and via Zoom. While some professionals do attend, this is a space for carers and other attendees are limited.

Sharlene stressed that she is committed to making these meetings a meaningful use of carers’ (often limited) time, and aims to create “an opportunity for carers to have their voice heard at national and local levels” on relevant topics, including consultations and legislation.

3.3 Carer Representatives

Sharlene provided background on the role of a [Carer Representative](#), including with the Integration Joint Board (IJB), along with explanatory details of the IJB with Eloise.

Carer representatives receive training from the Carers Centre, in partnership with Falkirk HSCP (though designed entirely by the Carers Centre team). Currently, there are 10 trained representatives (supported by the team), with a waiting list of others interested in the role; Sharlene is hoping to run training again in January. Sharlene noted that carers often already have the skills needed for the role, but the training helps develop their confidence and develop these existing skills.

The carer representatives in attendance then spoke about their personal journeys as unpaid carers, and as carer representatives.

4. AOCB

- Central Wellbeing: all groups ran by Central Wellbeing are free; as mentioned above, they also run a specific carers group.
 - A new art group has started, running every Monday 10am – 11:30am at the Central Wellbeing office, open to everyone (but with a target group of New Scots, to help with integration).
- Falkirk HSCP:
 - The [Stop Smoking service](#) provides support to people looking to quit smoking, and is available at all local pharmacies. People can be referred, and can refer themselves. The service can also provide support around vaping (though this is not available through pharmacies, who would refer to the main service).
 - [Step on Stress courses](#) are running throughout August, September, and October, and can be booked via the [BookWhen](#) page (where further dates will also be available).
- PLUS Forth Valley: PLUS is launching its new [Play & Chat group](#) for parents and carers, with a launch event in July. Play & Chat is free to attend, with no diagnosis required. Parents and carers are welcome to attend alone, or with their children.
- NHS Keep Well: in addition to the Thrive to Keep Well groups for women, [NHS Keep Well](#) also provides assessments for carers, which last for approximately one hour and can be booked by phone: 01324 434044.

**Date of Next Meetings: Wednesday 10 September 2025,
10am – 12pm, via MS Teams
Wednesday 10 December 2025,
10am – 12pm, via MS Teams**