



**Health and Wellbeing Forum**  
**Wednesday 10 September 2025**  
**10am – 12pm**  
**Via MS Teams**

**Present:**

Eloise Wilson (Chairperson)	CVS Falkirk & District
Laura Jamieson (Minute Taker)	CVS Falkirk & District
Euan Robertson	CVS Falkirk & District
Ailsa Christie	Talk About Trust
Collette Lowe	Link Living
Diana Morgan	NHS Forth Valley and Falkirk Health and Social Care Partnership (HSCP)
Donna Laidlaw	Strathcarron Hospice Compassionate Communities
Duncan Hearsom	Dial-a-Journey
Eleanor Paterson	The Braveheart Association (Forth Valley Top Toes)
Gill Wilson	Epilepsy Connections
Jacinta Jaylo Barker	RISE Forth Valley
Jessie-Anne Malcolm	NHS Forth Valley
Julie Hayward	Bailliefields Community Hub SCIO
Louise Brown	Tamfourhill Community Hub / Tamfourhill Tenants and Residents Organisation (TTRO)
Lucy Jamieson	PLUS Forth Valley
Lynne Boslem	Tamfourhill Community Hub / Tamfourhill Tenants and Residents Organisation (TTRO)
Mary Cattanach	British Red Cross
Mary Ross	Beatson Cancer Charity
Melissa Ryan	Self Directed Support Forth Valley
Munira Farara	The Braveheart Association
Nicola McCourtney	Falkirk Health and Social Care Partnership (HSCP)
Sharlene Ramage	Falkirk and Clackmannanshire Carers Centre
Yvonne McIntosh	Maggies Forth Valley
<b>Guest Speakers:</b>	
Fiona Bartley	NHS Forth Valley
Jennifer Goldie	Falkirk Council
Stacey McIntosh	NHS Forth Valley

**1. Welcome and Introductions**

Eloise introduced herself, welcomed forum members present, and introduced the speakers from NHS Forth Valley and Falkirk Council.

## 2. Review of Previous Minutes

Review and approval of the previous meeting's minutes will be done by email; Laura will send out the drafted minutes following today's meeting, and members should respond by email, with a deadline of Monday 22 September 2025.

## 3. Draft Forth Valley Suicide Prevention Action Plan: Priority Areas and the Third Sector: Stacey McIntosh and Fiona Bartley, NHS Forth Valley

Eloise spoke briefly about [World Suicide Prevention Day 2025](#) (linked for your convenience), coinciding this year with the forum meeting, and how timely it was to then discuss the drafted Suicide Prevention Action Plan, specifically from the third sector's perspective.

Stacey then spoke about the Forth Valley vision for suicide prevention, namely reducing the number of suicides and resulting harms, and the recognition that underlying issues and inequalities would need to be tackled in order to achieve this. She noted that multi-agency working would be essential to this goal.

She then highlighted 4 high level priorities which had been identified. These priorities align with the national priorities, but there are a number of local action points. The aim is to build on the work which already exists in suicide prevention locally, and identify any gaps, with actions which can be measured and progressed.

Regarding the current status of the draft action plan, the second draft is currently in development by the working group, with 9 drafted actions – the first of these, “Produc[ing] a quarterly Forth Valley Suicide Prevention Brief [newsletter] to share”, has already begun; members are welcome to submit articles for inclusion, and sign up to receive.

Attendees then split into breakout rooms to discuss the following questions and key points:

- What is already happening?
- What needs to be amended?
- What is missing?
- Who might be able to support delivery of these actions?

Comments from this exercise will be included in feedback for the next draft of the action plan.

Stacey's presentation is available to view or download via the [CVS Falkirk & District](#) website.

Fiona then spoke about some of the suicide prevention activities done locally and nationally, including:

- The new [“What If?” podcast](#) from Suicide Prevention Scotland.
  - The podcast follows on from the “What If?” campaign in April, “focusing on lived experience of hope and loss”.
  - Information packs are available for distribution, along with a specific Conversation Game for young people.



- The “What If?” campaign is not time sensitive, as the materials and message have been designed to be used throughout the year.
- Fiona has been working with Eloise to send information packs to everyone who applied to the Falkirk Communities Mental Health and Wellbeing Fund; anyone who has not received a pack and believes they should, can reach out via email.
- Building on [Creating Hope in Denny and Bonnybridge](#), organisers are looking to work with communities and identify the next area to work with on this.
- Train the Trainer “Wave After Wave” suicide bereavement training will be available shortly, with information available later in the year.

**ACTION: Eloise and Laura to share the Forth Valley Suicide Prevention newsletter with members.**

**ACTION: Eloise to share the next Scottish Recovery Network meeting with members.**

#### 4. “Housing Needs and Homelessness Prevention”: Jennifer Goldie (Senior Housing Needs Prevention Officer), Falkirk Council

Jennifer provided background information on her role and its purpose, along with her own presentation, which is also available to view or download via the [CVS Falkirk & District](#) website.

Key points included:

- A housing allocations update in April means that those presenting as homeless, or requesting housing through Falkirk Council, can only request a maximum of 3 desired areas within Falkirk District; the current system divides Falkirk District into 10 areas.
- By March 2025, Jennifer’s team had dealt with 11,000 homeless applications; by July 2025, they had dealt with over 12,000.
- There are currently around 1,100 homeless applications across Falkirk District.
- It takes approximately 2 years for someone presenting as homeless to be processed through the whole service, costing around £25,000 each time; this is part of why there is now such a focus on prevention, which Jennifer described as “using what we have in time to make a difference”.
- Jennifer noted that people can be placed in unsuitable accommodation such as B&Bs, which can be in or out the area, as this might be all that is available due to the current housing emergency. However, they try hard not to do this.
- Scottish Government research that, within the Homeless Prevention Framework, Scotland excels at responding in Recovery Provision, Emergency Provision, and Crisis Provision, but needs to work to improve in other areas, especially Targeted Provision.
  - Jennifer highlighted that Falkirk District is the only area in Scotland where homeless numbers have dropped, and is one of the few seeing improvements; she is hopeful that this is due to their work with services, and getting ahead of the Ask and Act requirements before it comes into effect.
- Ask and Act is part of the [Housing \(Scotland\) Bill](#), which will legally require public bodies to ask people at risk of homelessness their housing status, and then act accordingly.
  - Jennifer’s team is working to get ahead of this and continue using the services they already work closely with.



They can also hold appointments over the phone, by email, and in person at the offices of groups and services, or at the Falkirk Council Advice Hubs.

**ACTION: Eloise to share the World Homeless Day event poster with members.**

## 5. ORCA: Organisational Resilience and Capacity Assessment Tool

Euan spoke about ORCA, CVS Falkirk & District's new [online self-assessment tool](#) to help groups and organisations highlight their resilience, currently in the final stages of development.

ORCA helps provide a snapshot of the organisation, allowing them to track their strengths, weaknesses, and progress, as well as being able to pull all their documents into one place and identify what is still needed. It has been designed to be done at intervals, as a way to see how the organisation progresses.

It also helps CVS Falkirk & District identify and plan training and support needs for the sector. Eloise highlighted that ORCA is about helping groups and organisations, and the CVS Falkirk & District team, to identify areas the team can help. The information included in ORCA **will not** be shared with anyone outwith CVS Falkirk & District, including partners and funders.

## 6. AOCB

- Strathcarron Hospice: the team supports the [Blossoms groups](#) taking place in Denny and Stenhousemuir: “a peer-led support group offering women a safe and confidential, free space to share life’s challenges, with the opportunity to find support and connect with other women who understand”. Both groups are open to all women aged 18 years old and over. No booking or referrals are required.
  - The new Stenhousemuir group takes place every Wednesday, 6:30pm – 8:30pm, at Ochilview Park stadium, Gladstone Road, Stenhousemuir, FK5 4QL.
  - The Denny group meets every Friday, 12:30pm – 2:30pm, at Westpark Church, 38 Duke Street, Denny, FK6 6NP.
- Falkirk HSCP: Eloise highlighted the work being done on the [new HSCP West Locality Plan](#) (including a consultation for residents in the west of Falkirk District), which aims to be “hyper local”; James Paterson (Policy and Research Officer) is happy to visit groups to discuss this, and Eloise will approach him about attending a future meeting.
- CVS Falkirk & District: Laura reminded members that they can promote their groups’ and organisations’ vacancies in the weekly CVS Falkirk & District e-bulletin for free, to a wide range of people interested in the third sector. Vacancies can be submitted to Laura by email: [laura@cvsfalkirk.org.uk](mailto:laura@cvsfalkirk.org.uk)

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