**Minutes of the Community CVS Network Meeting**

**Thursday 27th July 2023**

Syka Quraishi – Community CVS: syka.quraishi@communitycvs.org.uk

Kiran Sadiq – BwD Carers kiran.sadiq@bwdcarers.org.uk

Nova Dolman – Autism Friends nova.stardust@outlook.com

Shelley Whittle – NHS Lancashire and South Cumbria ICB shelley.whittle@nhs.net

Dawn Treanor – IMO dawn.treanor@imocharity.org

Rachel Coupe – Dance Syndrome rachel@dancesyndrome.co.uk

Tim Horobin – Prevent BwD Tim.Horobin@blackburn.gov.uk

Dominic Hawke – Child Action North West dhawke@canw.org.uk

Suzanne Ashton – Age UK suzzane.ashton@ageukbwd.org.uk

Hannah Mitchell – Hope for Justice hannah.mitchell@hopeforjustice.org

Faizah Saeed – Hope for Justice faizah.saeed@hopeforjustice.org

Heather Hook – Kooth hhook@kooth.com

**Apologies :**

Donna Talbot – CVS, Sheila Fielding – Christians Against Poverty, Anthony Carr- Re:fresh

Julie Moran – Herbert Parkinson, Ryan Perkins – Autism Friends, Anthony Kenyon – LSCFT, Louise Taylor – CANW, Janet Carr – NHS Cervical Screening,

**Presentation from Dominic at Child Action North West**

* I am currently working on a Break the Cycle project which is working with 10-17-year olds who have been in custody with the police. These are usually minor crimes and the police will then send a referral. Our aim is to divert them away from the wrong path. Although the project isn’t new, the staff are new in their roles so working on building their caseloads. We also meet with parents to try and establish the reasons (of which there are many) for the young people getting into trouble.
* Another project is the UK Shared Prosperity Fund which is based in Padiham/Burnley. This is a project which helps adults (any age) get into work, training or voluntary work.
* Carl asked me to inform you about his project called Minds for All. This is a 12-month program working with 18-24-year olds around mental health. It’s a group of people who have lived experience and identifying what inequalities young people with mental health issues are potentially facing.

[Home page - CANW](https://canw.org.uk/)

**Presentation from Nova at Autism Friends**

* We are a fairly new group and work with adults who have any form of autism. We meet once a week on Thursdays 1-3pm at the Community Hub CVS building.
* We offer a safe space where participants can unmask and talk through things.
* My role is to support women, non-binary and trans men – the reason being that women with autism aren’t supported as much as men.
* The participants of the group have become more confident.
* I am trying to expand the group and link in with other organisations that have similar aims to the group.

Q: Why do you think women with autism are treated differently?

A: Women tend to present differently with their symptoms. There is also a lot of emphasis on hormones so they get a later diagnosis.

**Presentation from Dawn at IMO**

* Firstly, just to talk about the Business Health Matters Project. The aim of this project is to support organisations to improve the health and wellbeing of their staff. IMO are offering courses – level 2 and level 3.
* The level 2 course is a one-day course and the level 3 course is 3 days. In a nutshell its about trying to think of things to do to improve health and well being at work whether this is physical exercise, trying a new activity or creating health and wellbeing rooms at work.
* I am still running the Volunteer Academy – I do link in with other organisations such as Chip In, Refresh and LVP. We do 6 weeks of workshops which are centred on teamwork, communication, information-sharing, self-confidence, learning new skills and volunteer opportunities.
* At the end of September we will also begin to support people with writing/updating their CVs

[IMO Charity](http://www.imocharity.org/home/)

**Update from Rachel at Everybody Dance**

* We have a Dance Project which is based at Bangor and open to the public – I must stress the change of venue for this. We were originally at Wesley Hall but Bangor Community Centre suited us a bit better with there being a few community organisations based in there.
* There is another project called DS Youth which is professional dancers who will be performing in public. This will be launching in September and is for age 14 onwards. If you do know anyone who is interested in performing, there is a taster day on 11th August.
* We are also looking for volunteers to assist in our dance sessions.
* We are based in Preston, Blackburn, Chorley and Accrington. We will be opening up in Burnley/Wigan.

[Upcoming Sessions | DanceSyndrome](https://dancesyndrome.co.uk/sessions/)

**Update from Hannah at Hope for Justice**

* We offer training on modern slavery.
* We work across Lancashire and attend community events to talk to people about modern slavery.

[Hope for Justice | End Slavery. Change Lives.](https://hopeforjustice.org/)

**Update from Heather at Kooth**

* We work in schools all over the country. The age of the children we support are 10-18.
* We are happy to work with anyone who works with young people and their families.
* We offer staff training sessions which are usually an hour long.
* The biggest pull of our service is that it is anonymous. The children have online chats and secure messages and access to counsellors (for up to an hour).
* I am happy to send digital resources to anyone who is interested

[Home - Kooth](https://www.kooth.com/)

**Donna from Community CVS**

**Community Volunteer Awards 2023 have now been launched**

* Is your organisation supported by many wonderful volunteers? Do they deserve to be recognised individually or as a group for their contribution to Blackburn with Darwen?
* Do you have wonderful Neighbours who make your local community a better place?
* Do you know a local organisation that supports your charity? Your local community?

**If so please nominate them today**

* We have a number of categories to choose from, you can nominate individuals or groups and you can also nominate for a number of categories. (please find attached a nomination form – simply complete and email back to me) – you can also go on line Nominations open for 2023 Community Volunteer Awards – Community CVS
* All winners will be announced at a special evening of celebration On Thursday 2nd November 2023 @ King Georges Hall (main Hall) from 6.00 pm onwards. (invitation only)
* Any queries please do not hesitate to contact me

[Community Volunteer Awards – Community CVS](https://www.communitycvs.org.uk/volunteer/volunteer-awards/)

**Next Meeting : Thursday 28th September 2023**

**9:30am – 11:30am**

**The Conference Room, The Boulevard Centre**

 **45 Railway Road, Blackburn BB1 1EZ**

**For more info please contact Donna Talbot 01254 583957**

**Donna.talbot@communitycvs.org.uk**

***Parking – please do NOT park on the car park next to the Community Hub – this is a private carpark and you will be fined***