**Minutes of the Community CVS Network Meeting**

**Thursday 25th April 2024**

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Mubashar Khaliq – NSPCC – [Mubashar.khaliq@nspcc.org](mailto:Mubashar.khaliq@nspcc.org)

**Apologies: Jon Travena – Duke of Edinburgh Awards, Leroy Philbrook – PAC, Sarah Bernasconi-Parsons – Maggie’s Still Birth Legacy, Trudi Wilkinson – Inspira,**

**Abdul from Offload Northwest**

* Offload Northwest is a wellbeing and mental health support group
* We started initially as we looked at the numbers of suicide in Lancashire and we wanted to do something about it so we visited the existing groups – Andy’s/Men in Sheds etc and looked at how they operated and we decided to open something similar in central Blackburn – Audley Range
* We have a team of me, an ex-councillor and Pearl who does all our admin and social media
* We launched in 2023 – it started slowly as men don’t talk, they let it manifest and wait until they are at breaking point, Mental health is taboo in the BME community and post covid people have become more isolated due to cost of living etc, when we launched we had 3 members and now we have so many more
* The sessions run Monday 7:00pm – 9:00pm @ St. Pauls Church on Higher Audley Street, we ensure that the meetings are strictly confidential and they are for adults 18+
* In the sessions we sit in a circle and pass around a bowl if the bowl stops at you, you are invited to speak without interference – the questions we ask – How was your Week? What was positive this week and what was a problem this week? This is then followed by food and the we go onto a light hearted quick fire questions
* We organise outings with the men, bowling, snooker we have recently organised a trip out to Bolton Abbey followed by a BBQ
* We received a request for us to open a group in Preston and Accrington – Red Rose Recovery on Lune Street have kindly offered us a space and we will be launching on 2nd May 7:00pm – 9:00pm
* We have also been asked to hold sessions in Lancaster
* We also work with younger men as they have different issues to older men for example we had one young man whose mum contacted us because her never came out of is room, the first time he came he wouldn’t get out of the taxi but over time he came in to the sessions, initially he didn’t mix but now he is doing great he is talking in the sessions and he improves daily
* We now work with over 14 young males – many of them from wealthy families but because of their parents jobs they spend a lot of time on their own and this does not help with their mental health
* We encourage our young men to volunteer to help them with their confidence and self-esteem – the young men also find it easier to talk to strangers than their own family
* We also have a women’s hub on Wednesday 5.15pm – 7.30pm – women have lots of stresses – children, in-laws, husbands, this isn’t growing as quickly as then men’s group but it is very new
* Men and Women when they come along to the group – its social peer to peer circle – they don’t have to speak until they are confident enough to do so
* The sessions are not exclusively for the BME community they are open to everyone
* We also offer Spiritual support, we have speakers from time to time, we offer courses – life skills, Diabetes, recovery and we link in with lots of other organisations

Q: What is the referral process

A: Professionals, GP and self-referrals – there is a contact number Mens Hub:07784950317 Women’s Hub:07729327013

Q: Are you Multi Cultural? Is there a lot of common ground?

A: Yes absolutely – Mental health, stress, anxiety etc are not exclusive to any one, we all struggle, we all have problems

Q: Do you work with the BwD BC social prescribing team?

A: Yes one of the team works for BwD BC

[Facebook](https://www.facebook.com/photo.php?fbid=135449566142408&id=100090320945561&set=a.109680822052616)

**Lian – Shine Coaching**

* We provide support and resolution for men, living in Lancashire, who are struggling to deal with stress, anger and conflict in their daily lives. Both Fiona and I had worked in community settings supporting young people and adults with Challenging behaviours, we wanted to offer more than was available so we went to Graham at Bootstrap and we set up as a CIC, we applied for funding and we were successful with our Lottery bid
* We offer one-to-one guidance coaching over the phone with a dedicated coach, providing a free, accessible, personal and flexible service
* We find many of the men who contact us – behind the Anger is anxiety, low mood and depression
* Anyone can self-refer -we also take referrals from Mental Health services
* Our support is anonymous, flexible and completely confidential and it works – its very goal orientated , practical and hard work
* We offer goal-oriented, practical solutions for men to reduce anger and conflict and, as a result, improve their mental health and wellbeing
* Each session is conducted over the phone, which creates a layer of anonymity and confidentiality and gives the men we help the opportunity to open up more freely and without restraint.
* We also offer zoom sessions and we can also offer 6 sessions 1-2-1 while continuing with the phone support
* We receive on average 45 referral per month we do have a low drop off and sometimes this is because the individual may have gone back to prison, life circumstances changed – divorce etc
* You can find us on all social media – You Tube, Facebook etc
* We have 12 wonderful volunteers who we could not operate without them, we simply would not get through the amount of work
* Our volunteers have completed the Walk leaders Training with Ant (BwD BC RE; Fresh)
* We link in with Talk Ourselves Well in Darwen on the Unity Walk
* We have a men & Children walk in Burnley – we go on walks and use the family hub for activities
* We are currently working with UCLAN – they have been collating all our data and the findings prove that our participants scores showed a reduction in conflict significantly – UCLAN are proving that what we do -works

Josh - “I volunteer @ Shine Coaching – in the past I was in turmoil, past from post to post in the NHS mental health services, I was finally referred to Shine Coaching, I kept rearranging my appointments and it took me 4 months to actually get through 8 sessions, but no-one gave up on me and after those 8 sessions I started to feel like I was someone. With out the support of Lian and her team I wouldn’t be were I am today, I have my own business, I volunteer and I wouldn’t be here – Lian and her team literally saved my life”

Q: Do you have the same patience with everyone? Its important to give people space and time once they have plucked up the courage to reach out, Its important to let individuals know that it is ok to miss sessions and that the support is there when they are ready

A:Absoltuley – it’s entirely up to the client the pace we go at and the time it takes, everyone is different- we all work hard to ensure that the support is tailored to the clients need – there are 5 directors, 7 coaches and 12 volunteers and we all work extremely hard to ensure that there isn’t a very long wait before talking to someone, triage and finding the best person to support that individual – we know if we want to achieve the best we need to take our time

Q: Are the coaches Male & Female?

A: Yes, however mostly female, no client has ever asked for a male support worker

Q: One of the main problems with mental health is the inability to communicate – how do you encourage men to do so?

A: Our Mental Health systems are very complex and we need to ensure that it’s the kindest safest experience to ensure they do open up and are honest with us and themselves

Q: Do you work with women?

A: No, we aren’t funded to work with women at the moment – however on our webpage there are a number of You Tube videos that women can access for free, we will direct women who contact us to Lancashire Women

[Shine Coaching – Shine Coaching (shine-coaching.com)](https://shine-coaching.com/)

**Kulsum form Roots and Wings**

Could I just say that I find it amazing what you are doing @ Shine Coaching – its not easy to find the right coaching

* We are recently constituted group and our vision is to offer children the best support we can
* We home school our children and have brought together a network of many other mums who are also home schooling – for lots of different reasons.
* We want to provide children not only academic skills but life skills – we offer things like a 7-week plumbing project
* The reason we want to ensure there is support out there for mums is because home schooling is becoming more and more popular – when you home school there are no funds available and you have to provide everything yourself
* My own daughter didn’t like school and refused to go – when she is being home schooled she is so much more confident in social situations, far more than when she was in main stream school
* Home schooling is very hard and we want to provide other parents with support – I’m sure if you did it through Covid you can appreciate how hard it is
* We hope to grow and be able to offer lots of other activities for the children – outdoor, trips etc to enhance their home-schooling experience

Q: What support do you get from the local authority – do they do home visits etc?

A: We don’t get any support, we just have to let them know what we are doing and they monitor us if everything is ok they don’t do the home visits -personally my children do not like the homevisits – having strangers in the home etc

Q: What if your child is SEND? Is there funding available, if your children were in main stream education you would be able to apply for it – I am aware that more SEND children are being home educated

A: Yes there is some help available if the children are SEND

**John from LSSA**

* Lancashire School Sailing Association has been running for a very long time – we are based at 2 reservoirs – Fishmoor in Blackburn and Spade Mill in Longridge
* It’s a great community resource- lots of different groups join and organise their own groups
* Our vision for Lancashire School Sailing Association is to provide young people, from Blackburn with Darwen as well as the surrounding areas access to water sports, to be able to expand their opportunities and develop confidence in learning new practical skills.
* We know that access to these activities can be limited for some, and for LSSA we want to make sure location or financial background doesn’t hinder in allowing young people the opportunity to give new activities a go or expand current skills.
* Fishmoor we have been going since 1966 with 81 groups accessing the facility – lots of volunteer groups, quite a few SEND children through school
* We are the sole users of Fishmoor and on this site LSSA provides changing, toilet & teaching rooms, boat storage and a purpose-built slipway & launching area.
* The centre provides two dedicated safety boats and offer a wide range of dinghies Laser Fun boats for beginners, single handed Toppers to double handed Laser Picos. There are also a range of paddle sports equipment ranging from kayaks, canoes and stand up paddle boards.
* We manage the sites and have equipment that the groups can use – every year we have new members – however we do run events for non-members in May we have an event – **“Push the boat out”**
* Fishmoor volunteers are opening Fishmoor for a Sailing and Paddling ‘Push the Boat Out’ Water sports Open Day for young people aged 9 to 18 years on Monday 18th May 2024. Places are limited so to book your slot follow the link:
* <https://www.lancashireschoolsailing.org/product-category/event-ticket-booking/push-the-boat-out/>
* Along with providing the ability to participate in water sports we also want to continue to support volunteer adults in the community to realise goals, whether in developing their skills further in water sport specific expertise to be able to provide mentoring and coaching to young people as well as give back to the local community.
* Waterdays Saturday 20th July 2024 - The annual LSSA Watersday on Saturday 20th July 2024 will allow over 150 Young People access a number of different water sports including dinghy sailing and paddle sports including stand up paddle boarding. To book you place follow the link at:
* <https://www.lancashireschoolsailing.org/product-category/event-ticket-booking/water-days-2024/>

Q: Are you allowed to wild swim in it?

A: No, unfortunately not, its licenced for water sports not submersive sports, plus its not safe to swim in and you would probably end up breaking certain laws

Q: How much does it cost for members?

A: £3 per child plus £1 extra if you use our equipment

Q: How do we access it as a community group?

A: You would have to find your own instructor – we can help you with this

Q: Do you ever secure the funding for the groups to offer activities for free or is it up to the groups to find their own funding?

A: Both really, we do receive some funding from the Gosling Foundation, Sports England to work with women, we have received other pots of money too

[Lancashire School Sailing Association - Promoting water sports for Young People.Lancashire School Sailing Association](https://www.lancashireschoolsailing.org/)

**Mubashar – NSPCC**

* The NSPCC are offering some training to small groups, councils, police across Lancashire and Cumbria
* The training offers support around safeguarding campaigns for children online – after Covid kids spent so much more time online, on devices etc parents are not always as savvy online as their children, plus there is a lot of neglect around children online – parents not actually realising that they are neglecting their children 34% local children – neglected against a national 19%
* So, this training equips parents etc with the info that they need to be aware of and what to look out for, how to ensure their children are safe online
* BwD BC have a council strategy to be aware of this neglect – mostly in affluent families: -
  + - * + Identification
        + Response
        + Share info
        + Collaboration
* The first phase of the project is professional engagement – a 2-hour training session offered where and when is best for your groups/families/staff etc
* Then re developing – what are the learnt lessons? Topical issues?
* Finally engage with children – through schools, youth groups, YPS forum etc – we want to create a resource for children created by children
* We want everyone to stay in the loop as things develop – through social media and tool kits etc

[Mubashar.Khaliq@NSPCC.org.uk](mailto:Mubashar.Khaliq@NSPCC.org.uk)

**Louise from Everyone Health**

* Everyone Health offers a behaviour change approach to improving the health of local communities
* We are currently bidding for the Stop Smoking contract in BwD.
* We want to expand the offer beyond the pharmacy into the local community, if we are successful we hope to put the clinics in the right places with your expert help
* We were established 15 years ago we have the biggest link with University College London -we work with professor Robert West, he has created apps that help people move away from patches and vapes
* We offer a 12-week programme in a selection of venues – we will still work with pharmacies because some people prefer this
* We are very people focused and have provided the smoking cessation service for over 12 years – we always put the people first
* We know that many addictions come from mental health – it’s a big trigger we work with the individual to look at their triggers, support change in their habits and successfully stop smoking
* Its important to work through those triggers because if you don’t you will start smoking again
* So I have come along to day to find out where it would be good to hold clinics, find out about your community etc

Q: Will there still be funding for the service in Pharmacies?

A: if an area prefers the pharmacy and it is the best place then we will look at that - we want the best service for the community and the individuals who live there

Q: My concern is that by offering vapes to help quit smoking you are sending out the wrong message, Vaping is completely aimed at young people and if your supporting their use how will this stop them from vaping?

A: BwD BC will not support the use of vapes at all

Q: What age group will you be working with?

A: over 12 years

Q: Is this part of the smoke free Lancashire?

A: Yes – NHS want Lancashire to be smoke free by 2030 – if you are identified as smoker you are automatically offered support however the approach is inconsistent nationally

Alex Shelter – We would be happy to support you and have your leaflets – we come across so many people struggling with budgeting, benefits etc when we look at their income/ affordability against expenditure – they will not get rid of their cigarettes even though it costs them a fortune, they will with out food so they can smoke

Louise- We would be happy to work with you and possibly run a clinic from Shelter – we do have an app the automatically calculates how much you save when you have quit smoking and also how healthier you are – how many extra days you have added on to your life etc

Alex- Its about empowering that person not telling them what to do- give them the info and apps are a good idea

Louise – We also work with the individual over and over again – it usually takes 9 attempts to stop smoking, we want the individual to know that they can come back to us and we will be there offering that support

[Home - Everyone Health](https://everyonehealth.co.uk/)

**Tracy from Mad Creatives**

* We run a number of workshops – pottery, Glass Vase painting, teapot painting, we recently ran a BSL course
* We work with Shelter, The Wish Centre – knitting groups, upcycle fashion events
* In July we are holding a women’s menopause group

1. [Facebook](https://www.facebook.com/MadHomeCo/?locale=en_GB)

**Ant – Re: Fresh**

* We have open days coming up at the newly renovated Witton Park Hub please come down and bring your clients
* We really want to link in with other groups who offer outdoor activities

Refresh Blackburn with Darwen (refreshbwd.com)

**Donna – CVS**

* Please pop in your diaries the Annual Community CVS Conference – which will be taking place on Tuesday 4th June
* There will be a number of workshops in Blackburn Central Library
* A community market place outside Blackburn Town Hall where you cn set up a stall and network
* I will be sending out invitations asap

**Next Meeting**

**Thursday 23rd May 2024**

**9:30am – 11:30am**

**The Boulevard Centre**

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

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

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