**Minutes of the Community CVS Network Meeting**

**Thursday 25th April 2024**

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

Kev Smith – Duke of Edinburgh Award – Kevin.Smith@Dofe.org

Diane Davies – PAC UK – diane.davies@pac-uk.org

Lauren Carr – Pack -UK – lauren.carr@pac-uk.org

Margaret Jepson – Blackburn Samaritans – Margaret.jepson05@btinternet.com

Leah Harrison – Community CVS – Business Team – Leah.harrison@communitycvs.org.uk

**Apologies: Bev – Neuro Dy-Namix, Andrea Westall – British Textile Biennial, Ant Carr – Re:Fresh, Carl Simms – CANW, Lian Frankland – Shine Coaching, Ian Whittaker – Newground, Zainab Dhukai – Newground, Kiran Sadiq – BwD Carers, Christina – Bwd PIP, Parisa – Just Run for Today**

**Leroy form Positive Action**

* We have been providing services locally to some of the most vulnerable people in our community for over 24 years.
* PAC was created as a response to crisis in Pendle of youth homelessness – there just wasn’t any support out there and the Local Authority didn’t support the young people so a number of likeminded people came together and created a safe space for young people – we bought 2 homes and housed 4 of the 50 young people
* We continue to grow in response to community needs namely in three areas;
	+ - * Youth Homelessness
			* Domestic Abuse
			* Emotional Health and Wellbeing
* We have 5 voluntary trustees, employ 72 staff, turnover £1.6 million, deliver 10 project programmes, and are funded from 35 different funding streams.
* Since opening Be Free has supported over **18,000** individuals
* Safe Space has supported over **5,200** young people in regards to housing and homelessness including accommodating over **1100** young people, Supported Accommodation in Pendle and Rossendale – 33 single units (emergency room, en-suite rooms, bedsits and fully self-contained flats) which are staffed 24 hrs. a day 7 days a week
* We provide the young people with Independent living skills and personal development, education, training and / or employment, creating pathways for settled accommodation and stable and safe futures
* Yearly PAC receive over **3000** requests for support, a figure that's forever growing
* HAPI (Homelessness Awareness and Prevention Interventions) - Prevention of homelessness, Crisis accommodation sourcing, Family mediation and Community and school’s education and awareness
* HAPI team deals with around 300 referrals per year
* The Be Free project offers Support and Safe Houses to adult’s who are experiencing current or historic abuse, we have a Helpline, advocacy and support for civil and criminal proceedings, Group recovery programmes and 1-1 support and 2 x safe houses (6 units)
* Individuals who are trapped in DV on average have been abused 35 times before they will begin to look for help
* We also work with children and young people affected by domestic and sexual abuse – directly or witness to – we offer group and one to one support
* We work with schools around safety planning etc
* Our Evolve project Early provides Intervention and Community Based Support – for emotional health and wellbeing, and building positive futures for our communities
* Professional counselling available direct to our service users, and working in partnership to deliver counselling and wellbeing interventions in schools across East Lancashire
* Employability Projects – bringing those furthest away from the job market to develop skills and gain employment to support their futures.
* We are also offering Mental health first aid course – free across Lancashire, If you have a home or work address you can access this training, its great training it gives you the ability to recognise the signs of poor mental health
* We are holding a good old-fashioned sports day on the 28th June @ Colne Cricket Club – anyone can come along, to join in it costs £100 for a team of 5 – there will be egg & Spoon races etc
* You can also win a £5k holiday it costs £2 to entire and the draw will take place in September – I will email donna the leaflets

Q: Within your employability project is there a formal education programme?

A: No – we focus on employability, training and apprenticeships, the project is funded by Government contracts

Q: Would you be interested in linking in/working with the Duke of Edinburgh Awards?

A: Potentially yes, we could definitely look into it

[PAC Homepage - PAC (p-a-c.org.uk)](https://www.p-a-c.org.uk/)

**Kelly from Champions @ Blackburn Rovers Community Hub**

* Champions is an innovative intervention programme supporting young people, aged 10-25 with experience of or at risk of offending behaviours. The programme is delivered by nine football club community organisations (CCOs) across Lancashire.
* We are based at Blackburn Rovers
* Adopting a trauma informed approach, mentors give their time with genuine interest to create a trusted relationship and innovative interventions which promote personal development, wellbeing gains and consequently reducing their experience of offending and antisocial behaviours
* The programme is confidential and non-judgemental. Mentors don’t work for the police and aren’t involved in criminal proceedings.
* The Champions team provide opportunities and activities which help young people achieve their goals. These might include practical help to get job ready, identifying and accessing training opportunities, support into health services, helping to improve their school/college attendance or just engaging in activities that are fun!
* The programme comes in three easy to understand phases, focusing on progression at the client’s pace and objectives set by them. The team provide support for as long as needed provided participants are engaging and working positively towards their goals.

Q: When do you run the sessions?

A: Weekends, Evenings when ever is best for the young person, we run the sessions from Blackburn Rovers Community Trust, Community Centres and Schools

Q: How does a young person find you?

A: Through professionals, education, families and self-referral – online

Q: How long does the young person spend with you?

A: on average an hour a week

Q: What age group do you work with?

A: 10 to 25 years old

[Champions programme: What is Champions? | LVRN (lancsvrn.co.uk)](https://lancsvrn.co.uk/champions-programme/)

**Bushra from Lancashire Women**

* Lancashire women support 5,000 people per year
* The services we provide are:
	+ - * Employability,
			* Mental Health & Well being
			* Money
			* Debt Management
			* Benefit Appeals – we will support the individual through the entire process – regardless of time scale
			* Council Tax
			* Energy Advice – home visit, energy check – if items are needed we can provide them for the individual (Lightbulbs etc)
			* Handy Person – for small jobs
			* Justice and service team – working with DV, homelessness
* We run our projects over 4 venues: Blackburn, Blackpool, Accrington and Burnley
* We provide one to one support, group support in Preston, Chorley, Skelmersdale and across Lancashire
* Raising Aspirations in one of projects and we work with both men and women on this project
* We assist and support the individual and help them overcome their barriers and challenges – this could be disability, ACE, Long term health conditions, Mental health, DV, addiction
* We offer a personal centred approach and there is no time frame, we work with the individual as long as they need us – until they have achieved what they want
* We do work with other organisations we have long waiting times and sometimes other organisations can support our work and link in with the individual earlier
* Caseworkers have been working very hard to cut down the waiting times and we have gone from 15 weeks to 3 weeks – we are really proud of this achievement
* The funding for the project comes to an end in October however we are still taking referrals – just 3 months can make a massive difference to someone’s situation
* Self-Referrals can be made online or via the phone, Professionals can refer by completing the form (Donna will email it out) – we do need the clients consent it is imperative

Q: Can anyone access the Handyman service?

A: It is only available to women who are linking in with our other projects

[Lancashire Women - Lancashire Women](https://lancashirewomen.org/)

**Lauren and Diane from PAC UK**

* PAC-UK is the country’s largest independent Adoption Support Agency. From offices in Leeds, Liverpool and London we wrok with individuals, families and professionals
* Entering adoption, Special Guardianship or another permanent placement is an important step forward in a child’s life. At PAC-UK we understand that this is the beginning of a life-long journey, not just for the child, but also for the adoptive/permanent care family and the birth family left behind.
* We also offer advice to professionals working with these families in different contexts – in particular adoption social workers, school teachers and virtual school staff.

[PAC-UK | About](https://www.pac-uk.org/about/)

* We have 3 staff members covering the whole of the Northwest – we take referrals from social workers, court and other agencies, many of the birth parents don’t like working with the professionals – there is no trust there so as an independent organisation we can support the parents through this process
* We offer 6 sessions in total to the parents – we can apply for additional funding to continue to work with individuals if this is needed, we work at building a good relationship with the birth parents explain the process, their rights support with the loss of a child, the court process can be stressful we are there holding their hands
* The loss of a child through adoption is very difficult, the parent has effectively lost their child and go through the grief process – we do support them to access the hope boxes , parents can write a letter to their child that enables them to explain things why things happened etc and the letter will be given to the child when they are older so they can understand directly form the birth parents point of view why they were put up for adoption, we help them to put their letters together in the most positive way
* Parents children are put up for adoption for a number of different reasons – domestic violence, mental health, addiction and disability, sometimes the parents have neglected their children, not because they don’t love them but their life is too chaotic that they simply cannot look after themselves and a child – when the child is taken away it really is just like a death.
* We can offer support meeting the adoptive parents which is beneficial to both sides, it can be very therapeutic for the birth parents to meet the people who will be looking after their child
* We offer therapeutic groups to birth parents’ crafts, support groups – these are held currently in Manchester and Wigan, they have proved really successful the peer support on offer is positive and supportive. When you have your child taken off you – you lose your networks – people judge and the individual doesn’t only lose their child, they lose their family so the peer support is absolutely needed – the individual knows that they have been through the same pain and they know and understand what it feels like
* We offer face to face support, online support – our groups offer continued support once the 6 sessions are finished,
* Adoption is changing – adoption has been a very closed process – only letters have been allowed but research has suggested that other forms of contact could be managed and more beneficial to everyone especially the child – so there will be changes to the process over the coming years

Q: Do you have volunteers? Community CVS could help with the recruitment and advertising of opportunities

A: No not at the moment but thank you and we will be in touch

Q: in the future are there any plans to extend your services in Backburn with Darwen?

A: No not at the moment – we do have funds to reimburse travel to Manchester and Wigan and we do offer groups via zoom

 [PAC-UK | Adoption & Permanency: Advice, Support, Counselling & Training](https://www.pac-uk.org/)

**UPDATES**

**Paul from BwD Diabetes Support Group**

* We are organising a Diabetes Support day event on June 12th 12pm – 4pm we will have a number of partners coming along, IMO BwD Refresh team, Lancashire Eye Screening

bwddiabetesgroup@outlook.com

**Rachel from Dance Syndrome**

* We have decided not to carry on providing everyone dance in BwD, we are still running the sessions in other areas. We have decided to develop our youth offers in schools, community settings etc, we have received some sports England monies to work with 14- 25-year olds over summer
* We are working with children with disabilities but we can work with other children too if you are interested please get in touch

[Home | DanceSyndrome](https://dancesyndrome.co.uk/)

**Verity from Lagans Foundation**

* Lagans Foundation Provides Unique Home Health Care and Respite in the North West for Families & Children Living with Complex Health Needs.
* We currently work in Greater Manchester and Liverpool but we are looking to work across Lancashire
* We are looking for a venue in Blackburn/Lancashire to set up our Jungle Group – for children and families, offering crafts etc, if anyone know of any spaces – please let me know

[Welcome to Lagans Foundation](https://lagans.org.uk/)

**Leah from Community CVS Business Team**

**Bootcamp – Enrolling now for September :**

* Community CVS are delivering a new Skills Bootcamp in Health and Social Care Leadership for aspiring leaders in the Health and Social care sector across Lancashire.
* Skills Bootcamps are free, flexible courses of up to 16 weeks, giving people the opportunity to build up sector-specific skills and fast-track to an interview with an employer.
* Aspiring leaders in the sector can benefit from a free Skills Bootcamp in Health and Social Care Leadership to equip them with the skills, knowledge and competencies to grow into new leadership or supervisory roles in the sector
* Learning subsidised

**BOOST FLYING START:**

* If you are looking to turn your business idea into reality or take your new business to the next level, the Flying Start service, delivered by Selnet, can help you achieve your business goals.
* The funded Flying Start service is part of Boost; Lancashire’s Business Growth Hub and is created for pre-start businesses and those that have traded for less than three years. It is delivered by an experienced team of qualified business advisers.
* All support is tailored to suit the needs of your business and delivered by an experienced adviser who will be able to assist you to develop a Business Growth Action Plan.
* The adviser will meet with you regularly to help you to keep your business moving forward. Your business advisor will come with a wealth of experience, knowledge and a strong network of contacts who can assist with your business’s development.

**Asylum Seeker Awareness Training:**

* Training offered to help services and organisations understand the needs of asylum seekers, barriers they face etc

[Aspiring Leaders in Health and Social Care – Community CVS](https://www.communitycvs.org.uk/resource/aspiring-leaders-in-health-and-social-care/)

**Colin from Lancashire Mind**

* I work on the Flourishing Minds Projects @ Lancashire Mind in partnership with One Voice – we offer low level support to residents in Blackburn with Darwen
* We offer 6 sessions – face to face, group settings looking at the 5 ways to wellbeing, stress management etc
* We work with Blackburn Foodbank & Darwen Health Centre
* We can offer more support if needed – no restriction we work with adults 18 -65years old – around self-confidence, Stress, Coaching and resilience
* Referrals – please spread the word

[Flourishing Minds - Lancashire Mind](https://www.lancashiremind.org.uk/project/flourishing-minds/)

**Next Meeting**

**Thursday 27th June 2024**

**9:30am – 11:30am**

**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***