**Minutes of the Community CVS Network Meeting**

**Thursday 27th June 2024**

Donna Talbot – CVS donna.talbot@communitycvs.org.uk

Philomena Strickland – Care Network philomena.strickland@carenetwork.org.uk

Verity Gardner – Lagans Foundation –veritygardner@outlook.com

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Lucy Kinder – Lancs Diabetic Eye Screening – Lucy.kinder@elht.nhs.uk

Uzma Khan – Four Seasons Outdoors - fourseasonsoutdoors.cic@gmail.com

Luckman Ismail – Inclusive North - luckman.ismail@inclusivenorth.org.uk

Samina Saddique – Youth Action - Samina.Saddique@youthaction.org.uk

Hussain Mulla – Community CVS Business Team - hussain.mulla@communitycvs.org.uk

Lisa Clarke – Re: Source Blackburn - lisa@exchangeblackburn.org.uk

Shaf Ahmed – PHX Training - ShafAhmed@phxtraining.co.uk

**Apologies: Bev – Neuro Dy-Namix, Alexandra Clayton – Shelter , Amanda Fletcher – Nightsafe, Ant Carr – Re:Fresh, Carl Simms – CANW, Lian Frankland – Shine Coaching, Faxi Assi – Lancashire Fire & Rescue, Margaret Jepson – Samaritans, Samantha Blackburn – Lancashire Mind, Trudi Wilkinson – Inspira,**

**Angel – Blackpool Council – Individual Placement and Support (IPS)**

* The IPS in NHS service team is a partnership between Blackpool Council’s Positive Steps into Work Service and Lancashire and South Cumbria Foundation Trust (LSCFT) who integrate employment specialists from the council, into the trust’s mental health teams.
* The model of employment support on offer is unique as the IPS teams are co-located with the mental health teams, so they become part of a wider service.
* The team are striving for a culture change so that clinical staff think about employment for patients much earlier than normal resulting in employment becoming part of the treatment journey, as opposed to the destination.
* Referrals come from Health/Care and Social Prescribers
* We are working with employers to remove the stigma around mental health/autism etc and disabilities etc – everyone can do something and employers need to see the benefit of employing our clients
* We also work with individuals who have been off on long term sick, supporting them to get back to work, look at what readjustments need to be made, supporting them to stay in work – maybe a phased return etc

Q: Where are you based?

A: I’m based in Accrington and Martin is based in Blackburn

[Home - IPS Grow](https://ipsgrow.org.uk/)

**Janine - Blackburn College**

* I work at Blackburn Colleges new campus event centre
* We have a number of facilities that are available to hire we have a conference room which can accommodate up to 80 people
* Smaller Rooms for around 18/20 people – all our rooms have screens in
* We have run a number of corporate events for Forbes, Employment, Mental Health conferences etc
* We have a sensory room, a cyber-attack room plus a real hospital ward with all the equipment
* Scholars restaurant is being updated, not sure if anyone has been to Scholars but the food is Michelin Star standard – the actual restaurant is available for hire with a number of different catering options
* We offer a wide range of catering options from tea and coffee to buffets

Q: Are they free?

A: No however we do have lots of different rates etc and if you do a block booking we can do a deal on that also we can potentially offer charities free rooms as long as they pay for catering

Q: When are you having an Open Day?

A: We had one back in October

[Room Hire and Conference Facilities (blackburn.ac.uk)](https://blackburn.ac.uk/employers/room-hire-and-conference-facilities)

**Verity – Lagans Foundation**

* I work in Community engagement and I think its important before I tell you about Lagans Foundation that I let you know who I am
* I got into charity work after losing my partner to cancer in 2022, losing someone brings it home to you that you do not have much time and I wanted to use my time helping people and doing something worthwhile
* I started with fundraising – Sky dives etc and then I realised I wanted to work for a charity, I was looking to get back into work after struggling with addiction after the death of my partner so I initially started volunteering at Cancer research as part of my recovery – slowly I rebuilt my life
* I finally stumbled onto Lagans foundation and applied for a job and got it
* Lagans Foundation supports families with children with heart defects and feeding difficulties
* Feeding difficulties are a result of the children not having the capacity or the energy to feed due to breathing problems
* Lagans Foundation was set up by CEO Karen – Lagans mum, Lagan passed away at 15 weeks old, she had a congenital heart defect. The experience Karen went through made her vow to bring to parents the information they ask for, the support at home they need and the sensitivity and passion every heart parent has.
* We offer families with children 0-5 years old 2 hours respite per week – this is run by our volunteers and it enables the family to have time to relax and reset – looking after a poorly child can be exhausting, this free service is a life saver
* We also have commissioned care of children aged 0 -19 years old this is funded by councils and allocated funding for the children
* Heart defects in babies are more common than people think 1 in 12 babies born have a heart defect
* All staff and volunteers are trained to the highest standard
* We are wanting to set up a Jungle Club – in a sensory room where children can meet other children with similar problems, parents can meet other parents. Peer support enables them to support each other and understand what each are going through
* We help families navigate the system when parents leave hospital with a poorly child there really isn’t any other information given about services etc this is where we can step in and help
* We are the only charity in the UK offering this service we are based in Bolton and work across Merseyside, Lancashire and Greater Manchester
* We want to raise awareness across Lancashire about our services, we are looking to partnership work with hospitals, Family Hubs and Charities
* I want to spread the word as far as I can – I am happy to attend Network Meetings, Conferences etc
* We need volunteers to help spread the word, support the Jungle Club, Support families. We particularly need volunteers in Burnley, Leyland and Clitheroe as we have families waiting for respite. We provide full training expenses
* We have Volunteer roles in admin, events etc
* Does anyone know of a suitable space with sensory room and changing facilities?
* Could you guys share what we do on your social media platforms, please like our page – that would be really helpful
* Easy way to raise funds for Lagans Foundation – we have a QR code so that when you buy anything online a portion of the money goes directly to the charity

Q: Do you have any contact with specialist schools? (Phil – Care Network)

A: No I don’t

R: I will give you the contact details of Newfield School later)

[Respite Care & Short Break Services (lagans.org.uk)](https://lagans.org.uk/services/respite-care-short-break-services/)

**Luckman – Inclusive North – formerly know as Lancashire BME**

* Inclusive North is a member-led infrastructure charity that supports and promotes the development of BAME VCS groups throughout Lancashire.
* We want to promote collaboration – within in the community and the infrastructure – NHS/ Trusts/Young People/Counselling
* We have been commissioned by the NHS to help with research and papers
* We want to link in with BME communities through your networks and see how we can support them
* The Phoenix Way is a national collaborative partnership created during the COVID-19 pandemic as a response to the structural inequalities which Black and racially minoritised communities and community-led organisations face in relation to influencing and accessing grant funding in the UK.
* The Phoenix Way, led by The Ubele Initiative and supported by Global Fund for Children, is a grant-making initiative aimed at transforming Black and racially minoritised communities.
* The funding comes from the Global Fund for Children we hold the money and distribute it to community groups working with
* The December fund was £2 million we managed to secure 29% of the funding for the North West – we achieved the second highest applications outside of London
* We want to continue to work with organisations to find funding, secure funding
* Our latest £2.2 million funding round is NOW OPEN, dedicated to non-profit organisations working with Black and racially minoritised young people at risk of violence.
* I need you to help me share it with groups that could potentially apply for this fund – spread the word far and wide
* Groups do not need to be constituted if they want to apply – we will support them to apply etc
* The National Lottery are in the process of allocating £50 million to BME projects – they have acknowledged that in the past BME groups have struggled to secure lottery funding – everything is on hold until after the election
* As I mentioned we are called upon to help with research – I sent out a survey to donna today please complete and share
* Case Study – Inspire to Aspire were working with 100’s of children and literally had no money left – we worked with them to secure funding £45K which has ensured they can continue for at least another 12 months

[The Phoenix Way | Global Fund for Children](https://globalfundforchildren.org/the-phoenix-way/)

[Lancashire BME Network | Equality | Diversity | Inclusion](https://lancashirebmenetwork.org.uk/)

**Uzma – Four Seasons Outdoors**

* I am not originally from Blackburn, I grew up in Oxford, when I moved here it was a big eye opener – I couldn’t believe the landscape all the hills etc
* I got a job at the Enterprise Centre and I could see this hill form my office – so I did some research and found out that it was Pendle Hill
* I wasn’t in a good place my mental health wasn’t great, I was overweight and unwell Gyms bored me and I wasn’t sure what to do – so I decided that I was going to climb Pendle Hill – it was amazing the confidence that the outdoors gave me
* When you are outdoors no one looks at you, you can make it as intense or as easy as you want to
* I have lost 6 stone simply by walking so during Covid when we where all be encouraged to go out walking Four Seasons Outdoors began
* During Covid we couldn’t socialise with friends the same – coming from a diverse community that was so divided I just wanted to bring people together and get outside
* In 2022 Four Seasons Outdoors registered as a CIC raising funding has been the hardest thing to do – I desperately need help with this as the larger organisations seem to scoop up all the funding
* We have linked in with mental health services – whilst people are waiting to see a therapist – we offer walking and talking therapy – for 2-3 hours you can forget about your problems and talk to others about nature etc
* We also work with Re: Fresh offering local walks and One Voice – offering youth walks
* One lady we have worked with is 65 years old and she was restricted by her husband from going out, she started doing the RE: Fresh walk with us and during the walks she opened up and told us that she had always wanted to get out of Blackburn and explore – she couldn’t and didn’t have a clue how to, we supported her for 6 months and she actually climbed Snowdon – all her children where there supporting her as she touched the summit, it was a massive achievement
* We don’t just offer walks and hikes, we have water sports, paddle boarding, youth residentials in hostels so that young people can get out and explore
* I am also desperate for volunteers – I started all by myself and the more volunteers I have the more people we can support getting out

Q: When do your activities take place?

A: Saturday and Sunday and the Watersports once a month

Q: How do we contact you?

A: Facebook

[(1) Facebook](https://www.facebook.com/profile.php?id=61553456185696&paipv=0&eav=AfZofvVFdg9iZ8DCtcHQCDwXqRyOgw9umh1YJSQnZY6p7nSzZLq7UNff8P7U6XRSJ4k)

**Linda from Healthy BwD BC**

* I have been running the healthy weight programme for 15 years – the Healthy Weight programme provides a variety of support to help improve eating habits and increase activity levels
* We have a number of projects : 12 Week Healthy Weight Programme : FREE 121 support with a health coach
* In recent times – working in isolation there needs to be more sharing of info in order to help people get the right support
* We want to set up a network that generates the support needed
* Aim of the network 5 areas of work:
	+ - * + Improve Connections
				+ Open up to new ideas
				+ Network
				+ Improve services
				+ More community-based work
* Service grant – look at different ways to reach out to services – share the grant
* Well-being Hub – referrals from Social Prescribers, GPs etc
* We are currently limited to a degree – daytime interventions only it would be great if we could offer weekends ands evenings
* We are well aware that transport it is a big problem
* We are wanting to reduce barriers – look at how different networks work,
* Shared Learning insight – development through lived experience – support/positive bring all that to the network
* Sharing messages – NHS/ Public Health sometimes lost in translation
* Make Signposting easier – delivery of services easier come along to the network
* Weight & Mental Health impacts on everything
* Public Health have commissioned a piece of work looking at the wider determinants of health and wellbeing – the network would help to promote the agenda better
* We aim to provide the right service at the right time – listen to people’s needs – what do we need to improve upon?
* We need to look at food labels – spread the message look at advertisements – takeaways – restrictions/school meals etc
* The Network meetings will be on Thursday’s I need make sure they do not overlap with Donna’s meeting or any other

Q: Are you linking in with the family hubs?

A: Yes through the Harry Programme

**Kala – Community CVS**

**Community CVS have a number of grants up for grabs at the moment**

Breast Feeding Grants - Small grants of £250 to £1,000 are available to groups for promoting and supporting breastfeeding. among families within Blackburn with Darwen. Deadline for applications is 12 noon on Monday 15th July.

[Infant Feeding Community Grants – Community CVS](https://www.communitycvs.org.uk/resource/funding-resources/infant-feeding-community-grants/)

**Community Asset Fund**

Do you run a volunteer-led community organisation with a great idea which can support recovery in the community and enhance people’s wellbeing? If you answered “yes,” our Community Asset Fund is offering small grants of between £500 and £2000 to enable you to put your plans into action.

[Recovery Collaborative – Community Asset Fund – Community CVS](https://www.communitycvs.org.uk/resource/funding-resources/recovery-collaborative-community-asset-fund/)

**Community Fund**

[Blackburn with Darwen Community Fund – Community CVS](https://www.communitycvs.org.uk/resource/funding-resources/blackburn-with-darwen-community-fund/)

**Ben – BwD Health & Well Being**

* We run a monthly Active BwD Network – aimed at those groups providing sports/activities etc within the Borough
* We aim to bring providers together, build relationships – develop smaller focus groups – give them a platform on social media

Q: Would Lagan’s foundation be appropriate to attend these network meetings?

A: Yes, its all part of health & Well being

Q: what is the difference between your network and the healthy eating network?

A: The Activity network supports the groups providing the activities and Linda’s is more around eating well and bringing the groups that support individuals needing to access this together

**Next Meeting**

**Thursday 25th July 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***