**Minutes of the CVS Peer Network Meeting**

**Thursday 24th October 2024**

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**Apologies: Trudi Wilkinson – Inspira, Bev Ormerod – Neuro Dynamix, Samina Saddique – Youth Action, Fee Iqbal – BRCT, Janine Smith – Blackburn College, Clare Rigby – BwD BC Mubashar Khaliq – NSPCC, Philomena Strickland – Care Network**

**Yasmin – Community CVS**

* The Community team is based in The Boulevard Centre in Blackburn and in Darwen @ Jubilee Credit union – we offer drop ins, or you can phone Ste to arrange an appointment
* Drop in Blackburn – Boulevard Centre 10:00am – 12:00pm Tuesday, Darwen Jubilee Credit union – 10:30am – 12:30pm
* We are a team of 5 – me, Geoff, Miffy, Marsy, Ste is our line manager
* We help with Volunteering for:
* Individuals wanting to volunteer
* Organisations looking for volunteers

We have a webpage – Volunteering Plus where you can register or search for opportunities

[Community CVS Volunteer Centre – Community CVS](https://www.communitycvs.org.uk/volunteer/community-cvs-volunteer-centre/)

* We also offer support to community groups @ Grass Root Level
* We help with: -
  + Creating a constitution
  + Funding – finding and applying
  + Opening Bank accounts
  + Policies and Procedures
* We run two grant funds
* Asset Fund – rolling programme awarded to groups who support individuals in recovery – alcohol & Substance Misuse – grants available up to £2,000.00
* BwD Community Fund – anyone can apply in BwD quarterly grants – grants available up to £1,000.00

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

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

**Anne – UK Men Sheds**

* Set up in 2013 to support new and existing Men in Sheds projects
* Men Sheds – not an actual shed, it was a group that if it was something that would attract men then go for it – men as you know are the most difficult group to engage
* The Men Sheds offer a plethora of activities from woodwork, gardening, music, railways, games or just a brew and a natter
* The idea behind the men sheds was to get men out of the home and socialising, men who were either isolated, struggling with mental health and long-term health conditions
* The Men Sheds are peer support groups, and we support 1,000 existing sheds with an additional 300 in development across the country
* Each Men Shed supports around 30 – 40 people which is a good number however when you think of the population it's not that many – we need so many more
* Lots of the Men Sheds have been set up in local disused buildings and they benefit the community and the people in the community
* My role is around suicide prevention - we have many members who have either thought about suicide or attempted it, before they joined the Men Sheds, they were seriously isolated: now they are attending the sheds regularly they have made quick progress
* The Men Sheds enable men to achieve positive things, making things, walking, talking, day trips and social events enable them to get out and about and make friends too
* Many men discover their local community, they build networks, get involved, volunteer.
* Sheds – come in all different forms – railway buildings, morgues, abattoirs, butchers, old, abandoned Community buildings, shared spaces
* Often when we visit the location for the first time – the buildings are falling to pieces, however the steering group for the men shed can see the vision, they know what they want to achieve, and we are there to support them
* Shedders/Ambassadors can do anything and be anywhere – it all depends on what is good for your group, what inspires your group
* Three ways in which groups tend to be set up
  + - A group of people come together with a shared vision to open their own shed – need a location etc
    - A group have a space already, so they just need support with setting up as a constituted group
    - An organisation will grant the space and support the group, so they are covered by the organisations policies and procedures

Q: What is available in BwD?

A: Not many – Blackburn Rovers Community Trust have a Men in Sheds – it's an amazing group, their shed is the size of a phone box on a plot of land, they do a lot of gardening, but mainly have a brew and a natter – the group is supported by a couple of staff due to the high needs of the group

In contrast a Men Shed in Bury is based in the park, they are all singing and dancing, have lots of equipment that they can loan to other groups, they apply for funds, keep the park tidy etc

Q: Do you link in with other men's groups

A: Yes, the shedders have been working with other groups – a good example teaching them how to put together bird boxes with a disability group

* No two sheds are the same – they are all different in size, shape, people and place

Q: How do you set up the rules for the sheds?

A: Every Shed set their own rules – they run them how they want to run them – so for example some of the men sheds now have groups for women or they have mixed groups – but it is up to the group to decide – it's completely democratic

* Every shed has a handbook containing its rules, policies and procedures – they all have their own constitution and committee

Q: How do we refer into the sheds?

A: If you go onto our website and type in the town name it will show you all the Men Sheds in that locality

Q: How do you help the sheds set? Is there funding available?

A: No funding as we are a small charity – we support the new group with their constitution etc then we introduce them to existing shedders who can help and advice and create that network of shedders

Q: Does It cost anything?

A: We do have a membership offer – its free for the first year and with membership they can have access to a 30% discount at Wickes etc. Its £30 per year for membership – the groups apply for their own funding, sell the things they make, receive donations – some ask for subscriptions – it really does depend on the individual group

Q; Are members vetted?

A: Anyone can join – however the individuals have to be safe for the other members, they behave appropriately – no drinking, no drugs no aggressive behaviour – if it's a one of the members will talk to the individual and assess if it's the right time for them to be coming along, sometimes the individual knows it's not the right time and won't return

Q: How do you engage with the setting up of the men sheds?

A: We help host events to develop sheds and support the shed while they are setting up

Q: Do your shedders signpost individuals – say who come in drunk etc to the relevant services?

A: Yes, all the volunteers have training, suicide, how to deal with challenging behaviour etc and yes, they go out and link in and find out what's available in terms of services in the area so they can sign post

Q: Who is the founder?

A: Mike Jenn is the founder of UK Men's Sheds – after a holiday in Australia he had come across these huge sheds for men and wanted to replicate that here – so he did he is now the president of UK Men's Sheds – they have similar things in Canada, New Zealand in total 8 countries across the world

[Home | Men's Sheds Association | UKMSA](https://menssheds.org.uk/)

**Holly – East Lancashire Chamber of Commerce**

* East Lancs Chamber is a non-for-profit organisation – we have 900 business that we work with
* We operate on a membership basis – we have 4 membership offers – Bronze, Silver, Gold and Diamond
  + - Bronze – protection for your business
    - Silver – connections
    - Gold – Grow your business
    - Diamond – Influence
* I am part of the training team
* We also have an international trade team – they offer courses/trading/documentstapping into new markets, increasing sales and reducing costs. etc, they meet up for a breakfast meeting once a month
* We have a communications team – they deal with marketing etc, and we outsource the team so they can help you with your web design, photography, brand design etc
* We have the low carbon funded course throughout Lancashire for organisations and businesses wanting to achieve net zero carbon ambitions.
* We also have the training teams – I am part of the AAT - new accreditation for anyone working in finance, accounts – you must be 16 yrs. + to access the training you can access
* Level 2 – bookkeeping all the way up to level 4 Diploma in professional accounting
* There is a bursary available for 16 – 19-year-olds – if they are on low income and can prove it.
* We have the CIPS programme **(**[Chartered Institute of Procurement and Supply](https://www.cips.org/) )- this covers procurement, buying etc
* We also offer an array of other training
  + - * Day Leadership training
      * Excel/Microsoft
      * LinkedIn Course
      * Social Media Training
      * Rise – programme for women in business – 9 months

Q: Do you offer any training on programming?

A: No – more of the basic excel & Microsoft

[East Lancashire Chamber of Commerce | International Trade | Training](https://www.chamberelancs.co.uk/)

Shelley – NHS L&SC ICB

* I work for the local health service communications team
* I primarily work in BwD – Winter always poses the NHS with lots of problems – the hospital is already full to capacity, and with winter round the corner we are trying to get the word out to the local residents on how they can stay healthy and at home this winter
* Last year we developed a number of key messages and with the help of staff from community groups we managed to spread the word
* There are number of things that you can share with your service users etc info on: -
  + - Cost of living
    - Pension
    - Age Uk
    - Vaccines
    - Fire Safety
    - Damp & Mould – healthy homes
    - Mental Health
* There is a new service – Pharmacy First service, launched 31 January 2024, adds to the existing consultation service and enables community pharmacies to complete episodes of care for 7 common conditions following defined clinical pathways.

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| **Clinical pathway** | **Age range** |
| Acute otitis media\* | 1 to 17 years |
| Impetigo | 1 year and over |
| Infected insect bites | 1 year and over |
| Shingles | 18 years and over |
| Sinusitis | 12 years and over |
| Sore throat | 5 years and over |
| Uncomplicated urinary tract infections | Women 16-64 years |

* We have lots of resources – videos, booklets in different languages – please can you spread the messages with your groups etc
* Change NHS **Our NHS is broken, but not beaten. Together we can fix it.**
* The NHS has been there for us for over 76 years. But to make sure the NHS is here for the next 76 years, doing all it can to support the health of everyone, we need your help.
* We want to have the biggest ever conversation about the future of the NHS.
* It doesn’t matter whether you have a lot or a little to say. Your views, experiences and ideas will shape a new 10 Year Health Plan for England.

[Change NHS](https://change.nhs.uk/en-GB/)

Q: Some of our Men’s Sheds offer health checks – how do we link in to offer that service?

A: Ant & The BwD Re:fresh team can offer this

**Oluwaseun Johnson – BwD BC – Environment department**

* The environment department @ BwD BC – looking at climate change work across the borough
* We are trying to see how we can help
  + Residents
  + Businesses
  + Charities
* Climate change has a negative impact on residents we want to help adapt and mitigate the impact by giving them pointers on what they can do
* We currently have a programme we aim to plant 30,000 trees before 2023 -= we have already planted 17,000 we do this with the help of volunteers
* We had the people's jury where residents worked with the council to create a report on what was needed to be done in BwD
* We have the one-degree challenge – if every resident turned their thermostat down by one degree it will save each household £100 per year
* We have found it very hard to engage with the residents – going forward we will have wetter winters and hotter summers this will influence health and wellbeing risks, especially for vulnerable people
* We want to speak to lots of different groups – we want to link in with those groups that are community focused etc
* Coronation Living Heritage Fund - £3,000.00 available to plant trees – funding cover equipment etc we have had a couple of community groups who have applied for the fund and have been successful

Q: Can it be applied for by an Un constituted group?

A: Yes, if they via the food alliance

Q: If you get the £3,000.00 how many trees do you have to plant?

A: It depends on your application – the fund doesn't just cover the cost of the trees it covers equipment- maintenance etc

* Leeds and Cambridge have really good examples of how successful communities can be if they work together – if they harness their resources
* The more people and businesses we can get on board the more we will achieve as a borough and people will benefit from better health, saving money etc

Q: If we have a group of volunteers who want to plant trees – do we have to apply for the fund or can we just turn up and help?

A: You can do both – if you identify a spot of land, we will look at future planning etc and see if its viable or alternatively we can let you know when the next tree planting sessions will be

Q: Can other council departments apply for the fund?

A: Not sure – I will get back to you on that

[Climate change | Blackburn with Darwen Borough Council](https://www.blackburn.gov.uk/environment/climate-change)

**Paul – BwD Diabetes Support Group**

* 13th November there is a diabetes health event @ The Community Wellbeing Hub, Blackburn Rovers, Darwen end. 1:00pm – 3:00pm

[BwDdiabetesgroup@outlook.com](mailto:BwDdiabetesgroup@outlook.com)

**Kiran – BwD Carers Service**

* We have our volunteer academy coming up for anyone wanting to volunteer at the BwD Carers
* a training programme where you learn about our service, take part in accredited training in customer care, safeguarding and other topics.
* The Course is over 6 weeks and is run Monday Mornings – 10:00am – 12:00pm and Thursday afternoon 1:00pm – 3:00pm
* We hold a mini graduation at the end of the course

Q: Can anyone attend and is there a cost?

A: For external volunteers there will be costs involved

[Volunteer - Blackburn with Darwen Carers Service](https://www.bwdcarers.org.uk/support-us/volunteer/)

**Next Meeting**

**Thursday 28th November 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 is free for 3 hours on Morrisons Carpark**