**Minutes of Networking meeting Thursday 21st September 2017**

**Attendees;** Donna Talbot, Marselle Davies – Community CVS, Julie Astley – Sliding Doors, Sean Starkie – Blackburn College, Linda Guise – Age UK, Shamim Malik – Humraaz, Rohan Awan – Blackburn Youth Zone, Misbakh Ahmed – Older Peoples Forum, Rose Morgan – Blackburn Youth Zone, Maura Gannon – St Mary’s College, David McCloughlin – Red Rose Recovery, Lauren Turton – CRC Probation, Imogen H- Gill – Inspire, Kiran Sadiq – BwD Carers, Adam Kearney – Living Well @ Lancs Womens Centre

**Presentation from Julie Astley at Sliding Doors**

* Sliding Doors is a small community group that started life as a social events at Ewood Park on a Thursday evening for everyone – including those with disabilities, learning difficulties, lonely and social isolated individuals.
* We recently won £50k from the peoples lottery
* We now have a hub at Mill Hill Community Centre - we have settees, TV’s all the activities are run by our volunteers (most of whom have disabilities or learning difficulties)
* We now have a large number of older people accessing the activities
* We don’t just hold activities Mon- Fri 9am – 5pm we hold weekend events and activities and socials in the evenings, it was identified very early on by the guys who came on a Thursday evening that there was a definite gap in the activities already being delivered.
* We hold activities in bars, cricket clubs – were everyone has a chance to have a sing, play bingo, dance and a drink in a safe environment.
* New project called ‘Winter Warmer’ we are playing old black and white films, looking at photos of old BLackburn – it has been identified that reminiscing helps improve memory etc
* We afternoon tea on the road – tea with china teacups, teapots & biscuits social activities.
* We offer trips away – sometimes overnight for individuals who thought it not possible – due to lack of confidence, many friendships have been made with new friends going on holiday independently.
* We also support guys to go on coach holidays
* We are looking for both volunteers and Clients to come along to all the sessions
* Our Mill Hill Hub is available for other agencies
* Does anyone know of other venues where we can hold afternoon tea?
* We are currently being supported by Tesco – Livesey, Roe Lee and Bank Top please get the green tokens and vote for us the winner will receive £4k
* Sliding Doors have 50 tickets for the Pantomime at Thwaite’s Theatre

Q. Can individuals just turn up?

A: Yes Sliding Doors open for all everyone is welcome

Q: Tea parties on tour for isolated people – where do you find the people?

A: Social Services, sheltered housing,

Q: How do you get people to attend the community venues?

A: we go out and talk to the people on the streets, in the Post Office etc, many of our volunteers have very vibrant confident personalities so talking to people does not pose a problem.

Q: Have you linked in with the District Nurses in order to reach the most isolated?

A: we are doing ok at the moment, our profile has been raised with the TV appearance – but we need to raise it higher.

Q: Do you come across carers?

A: Yes, I have linked in the carer’s service – many come along on Thursday evening at Ewood Park.

Linda Guise: Age Uk offer a befriending service - many individuals asking for this service don’t actually qualify so it would be good to link up, many of the clients are lonely and mostly lacking in confidence, many are mobile and maybe we could work together. If you could give me some leaflets we could distribute them. We also have many students that we cannot accommodate as many are at Uni Mon – Fri 9am – 5pm so I will re-direct them to you.

**Presentation from Misbakh Ahmed from Older Peoples Forum**

* Hi Everyone if you don’t know me I am sure you have all met Brian Todd
* There are two strands to the Older peoples forum
* We join/go along to many decision boards/strategic meetings – CCG, Council, for example prescription charges etc. to put forward the older people’s views.
* The second strand is the social side – we have trips out, we also have a monthly event at The Postal Order in Blackburn on the last Wednesday of every month. Its 99p for a refillable coffee, we have a chat and then many of the participants then go on to other activities.
* We have a fortnightly dominos group at Mill Hill Community Centre.
* We are struggling to find isolated older people
* We do find that some individuals just turn up and don’t engage and the individual doesn’t converse with anyone else and that’s my job to get people to get involved.
* Older peoples Day on Sunday 1st October – international older peoples day started by the UN and in Blackburn with Darwen we have never really done anything in the past, this year we are having a balloon release, outside the town hall in Blackburn, we are currently in the process of organising other events.
* Monday 2nd October at Darwen Library Theatre we are holding a social event with an entertainer/singer – there will be a raffle etc
* We need to show the community that older people matter – older people need more investment something as simple as a bus shelter being moved a couple of meters – impacts measurably on the older person and their social life.
* We are organising a trip to the pantomime for £5 on Monday 18th December at Darwen Library Theatre
* Monday 6th December we will be holding a Christmas Party at Darwen Library Theatre
* We do put on a lot of events but we don’t seem to have the numbers attending – how do we target those who are isolated and would benefit from such events? We put up lots of posters, hand out lots of leaflets but unless people hear about us by word of mouth, they are less inclined to come along.

Linda Guise Age Uk we have a project called Stepping Stones – supporting those who have recently been bereaved or in hospital and are wanting to participate in activities but need someone to support them, it does prove incredibly difficult to match these individuals up with a volunteer, however if we can get that individual to come along to one of your events once, or twice they will have enough confidence to attend.

* We need lots of volunteers
* For any details of upcoming events please contact me directly

Q: where do we find out about upcoming events?

A: all our events are on the back page of our booklet, please let me know if you need them – I will send an electronic version to Donna to send out to everyone.

**Presentation from Maura Gannon from St Mary’s College**

* Hi Everyone Im not sure if you all know me, I have been emailing Linda @ Age UK for the last 4 years and today I have finally met her!
* St Mary’s College – never been able to come to one of these meetings before, I have come along today as I wanted to do some networking make organisations more aware of all our lovely students and build better relationships with the organisations within Blackburn with Darwen.
* I would like to encourage students to volunteer and get more involved with the community.
* We have 2 lots of students – vocational students and general students
* General students – find out about volunteering – the more info about opportunities and organisations the better.
* Vocational students (Health & social care) looking for placements – the students need to complete a couple of placement every year.
* We have found that a lot of students who have a volunteer placement will go back and volunteer once their placement is finished.
* We are already linked in with other groups – we promote their Opportunties already.
* We have all sorts of students coming to me for work experience and volunteering it looks great on the student’s personal statement if they have been volunteering.

I believe in France there was a project that linked university students with elderly people and it worked well – lots of potential there.

* If you need students for any events – let me know in advance and we can try to ensure you have bodies.

Q: Would any of your students be interested in designing leaflets etc?

A: Yes possibly – if they have enough time to do so – definite possibility

Q: What age are group are the students?

A 16 yrs. – 19 yrs.

Linda Guise Age UK “If you are thinking about taking on students for placements I would be more than happy to share our practice with everyone – how to speed up the process etc.”

Q: How many students do you have needing placements?

A: We have 25 – 30 students looking for a 2 week work experience

Q: do your students source their own volunteering placement?

A: I source the bulk of the opportunities however we do encourage the students to find their own placement.

Q: Do your students do their degree – in house?

A: No they go onto other colleges/universities

Sean Starkie – “Blackburn College Im organising a volunteer fair in October/ January – I don’t mind if students from St Mary’s access the volunteer fair at Blackburn College, I would be happy to work with you if you are willing to link in”

David McCloughlin – Red Rose Recovery “We are currently supporting the top 100 individuals who constantly present at A&E – most of the time they have no need for medical intervention most of the guys are homeless, chaotic. One of my roles is to get volunteers to support my staff workers – they must be 18 years +

MG “It all sounds brill and we have all these charities and vols and they need to be the right person for the right role”

Kiran – BwD Carers “We have a good links with Blackburn College and we could possibly find a placement for your students – as well as supporting roles we have the charity shop which is in desperate need for vols, we also have opportunities with the fund raising team, there really is a lot of things on offer”

* Imogen H- Gill – Inspire clients are very high risk etc, DBS checks are done in house, it’s a great opportunity for social work students unfortunately level and volume of caseloads – we need to be more specific –
* we are in the process of developing roles to ensure that when individuals apply they know what they are applying for, we would also like to ensure that we get the right volunteer for the role. The whole process takes 2 – 3 months that includes training etc. Volunteers need to be quite robust they will be witnessing lots of chaos you will also be working with police & probation.
* We have a number of volunteer psychotherapists, councillors – most of them are studying for a Masters,
* We host a number of events and family days, lots of our service users have accessed our service and are now in recovery and they have moved onto become peer mentors.

David McCloughlin – “Red Rose have 5 case navigators who will support 4 volunteers each as they are working with very chaotic clients. The opportunities will change their life’s – educate individuals. I haven’t been in Blackburn since the 1990’s - volunteering in this sector enables students to find out more about the route problem of drugs and the chaos they cause- once they have worked with the guys in chaos they will be less inclined to dabble”.

**Presentation from Adam Kearney from the Lancashire Womens Centre**

* We offer therapeutic services @ Lancashire Womens Centre
* Living Well – New NHS/CCG service
* Idea behind – targeted at individuals living with long term health conditions
* COPD
* Asthma
* Cancer
* MS – these conditions impact negatively on the individual’s wellbeing, and a lot suffer with mental ill health.
* We offer 1 – to- 1 and group therapy, free service out in various local community settings – job centre, Blackburn College, Doctors Surgery, CGL, Daisy field Mill
* So far really successful we have 11 trained officers working across Lancashire
* We have high intense therapy, CBBT – for clients with high levels of depression, anxiety and PTSD
* Core therapy – anyone can access not just women.
* We have councillors, psychologists and therapists all offering one to one service
* Demand is slightly high for counselling – however we share clients with Mind Matters so this helps cut down the waiting time.
* We can now see individuals within one week
* All sessions are free
* Referral process – contact directly on phone/form/email
* Clients do not need to be referred by GP
* However Clients do need to be registered with a GP

Q: Could we refer guys who are on a script?

A: Yes we are not as strict as NHS services – as long as they can function and engage with the therapy we will see them.

We also offer a living well project – some individuals don’t necessarily need CBT

Q: At St Mary’s we do have an issue for 16 yr. – 18 yr. old males, we don’t have any mental health support – is there any where we can refer them to?

Sean Starkie Blackburn College: At Blackburn College we have a disability team & Mind on site – external services coming in.

There is also the Everybody Centre at Barbra Castle Health Centre

AK – Lancs Womens Centre “We would be happy to be based at The Blackburn College one day per week

MG: Sometimes being among their peers can be a barrier to accessing such services there is a stigma attached.

AK- We could just set up a Drop In to talk about the different therapies

RM: Youth Zone “Would that be possible at The Youth Zone? We have individual youths with issues but we do not have the capacity to sit and talk to them as conversations can be disrupted by the activities

AK – Yes we could as long as the individuals are 16 yrs. plus

MD – Community CVS “we support number of high risk offenders could we look at this with our guys?”

AK: Yes of course if they can attend and engage – there will have to be risk assessment though

Date of next meeting: Thursday 19th October 9am- 11am