**Minutes of the networking meeting on Thursday 22nd November 2018**

Attendees: Donna Talbot – Community CVS, Lisa Rawcliffe – Northwest Air Ambulance, Ian Leadbetter – Encompass, Kathryn Clay – The Alzheimers Society, Yaseen Patel – Inter – madrassah, Angel Spratt – Bootstrap, Jeremy Sharples – CLCRC Probation, Scott Sheridan – Active Lancashire, John Verity – Age UK, Nigel Baker – Creative Support, Alex Zawadzki – National Festival of Making, Samina Mahmood – Empower Womens Group, Kathryn Cassidy – St Marys College, Maura Gannon St Marys College, Shabnam Tay – Empower Women Group, Anthony Millihan – CAB, Kiran Sadiq – BwD Carers, Suafina Aslam – Carers link Lancashire, Rebekah Wilson – The Wish Centre, Denise Hayhurst – CVS, Blackburn College

Salma Saleh – Humraaz,

Apologies: Maggie Asquith – Together Lancashire, Nadine Ray – Blackburn College,

**Presentation from Alex Zawadzki – National Festival of Making**

* We have successfully run the Festival of making for the last 2 years, the festival is in Blackburn town centre and runs from 19 different venues – active shops, Library, King William Street, Market, Cotton Exchange, Tony’s ballroom.
* The festival is an interactive experience with more than 157 activities – we have more planned for this year
* The idea behind the festival is to give people access to making but also to benefit people’s health and wellbeing from the social interaction
* Lots of art and crafts – brings the community together also looking at the heritage and history of Blackburn
* We have art installations that factors working with people to make the installations interactive.
* We have cooking sessions – The Bureau did a mass cook were they got everyone involved and those who had been involved were allowed to eat for free at the end of the session.
* The Festival is open to everyone – money isn’t a barrier as you really do not need any to be part of the festival.
* There is a lot of research and development into Blackburn
* We have stakeholder meetings every month
* The idea behind the festival is for it to be owned by the town, embedded it comes from and is led by the people in Blackburn.
* The festival increases the number of visitors first year 30, 000 and last year 40,000which has a positive impact on the borough.
* We are hoping to increase our volunteers this year – last year and Denise and CVS helped engage 120 volunteers
* Lots of opportunities for volunteers:
  + - * Handing out leaflets
      * Workshops
      * Signposting
      * Helping set up the stalls
      * Installations
      * Meet & Greet
* Lots of Opportunties online <https://festivalofmaking.co.uk/about/volunteer/>
* What we ask is if you could please spread the word that we need volunteers- family, colleagues everyone and anyone, volunteers need to be over 18 unless there are support leaders i.e. – cadets etc
* We hold volunteer training sessions – everyone receives certificates and we also hold a party too, to say thank you to everyone
* Important that people here have a presence at the festival – people come for an experience, if you want to do something we don’t just want it to be an exhibition of what services & Activities are available we want interactions so if you can be part of this experience and engage with people we
* For example –Alzheimers society had a stall last year arts and crafts which engaged the general public however Alzheimers were able to educate the public that arts and crafts have a positive impact on individuals with Alzheimers.
* 8 different Themes:
  + - * Making Music
      * Making Tastes
      * Making History
      * Making Place ( communities)
      * Making Futures (careers)
      * Making technologies (steam etc )
* Please do not hesitate to contact us if you would like to be part of the festival of making, all ideas are welcome as we would like to see more activities etc.

Q) Maura – St Marys College – Would you be interested in volunteers aged 16 – 17yrs old.

If under 16 years old they would need a support worker/point of contact – to ensure safeguarding if this isn’t in place we would have to say no.

If you would like to volunteer please contact Denise – press release will be going out soon

John Verity – Age Uk – “Age Uk did it last year, it was fantastic we made a lot of contacts”

**Presentation from Samina Mahmood from Empower Womens Group**

* I work with lots of different women across different communities within Lancashire, our aim is to empower women – support them and bring them together to improve their self-esteem and confidence. I have found that a lot of ladies in Accrington are very segregated.
* We have started to tackle loneliness and depression within the Asian community – we came into Blackburn and so that the same problems are here too.
* We have put some money in to get the projects up and running:
* We are offering English and maths at Bangor Street
* We have branched out in Accrington & Burnley – many have not engaged due to language and social deprivation.
* We have changed into an advocacy service and we link in with Carers Link
* Coming upto the New Year we wanted to launch the group as a recognised group we had a launch and gave out lots of certificates to the ladies who all progressed
* We have a Wednesday and Friday Drop in
* Lots of people attended and lots of people wanted to be part of it.
* We have now branched out and are now based at the library – all are welcome
* Most clients are 25 yrs. plus – mums and kids are able to come along and have a brew
* Ladies have nowhere to off load so they like to come along to have someone to talk to
* Enterprise for all delivering courses – empowering women – interview skills, english, maths etc
* Another event coming up in March – ladies only at Staveley House raising money for a family in Pakistan, tickets are £25 and everyone is welcome
* Lots of ladies have a lot of enterprise ideas and we are encouraging them to make their wares and bring them along to the event to sell them with a few to making a little bit of money.

Q) Kathryn – Alzheimers society

Can you work with Syrian families who have been resettled here? They need links and support?

1. Yes we have sessions all through Lancashire – we have a counsellor and translator too.

Q) Can I refer clients to Bangor Street?

A) Yes send me a txt or email and then I know that your clients are coming along.

**Presentation from John Verity from Age UK**

**Digital Inclusion**

* Aim of the contract to work over 50’s who may not be on line, or may not be able to get on, may not know how to use apps etc
* We have to make contact with 3,500 people over 50 – we could talk to 100 people in a group or with individuals as Age Uk engages with lots of people we have the conversation with everyone so we are well on our way with numbers.
* We have to have had 1, 000 interventions – not necessarily all have to be in depth, it could be simply shoeing someone how to download an app, book an appointment at their doctors online.
* We do now have drop- in’s in doctors surgeries.
* None of the interactions need to be in a formal setting
* We also need to recruit 200 digital champions – people who are confident in talking to people not necessarily tech skills but people skills
* When we go out we find people have phones/tablets that they have been bought as a gift and the individual hasn’t got the skills to use them, someone hasn’t actually sat down and explained how to use these gadgets.
* We have digital champions we offer 1-2-1 sessions on Monday and Wednesday and ½ day Tuesday in Darwen – these sessions are for people requiring specific training – we offer upto 6 sessions and they cost £2 per week.
* We have digital champions and phone networks focusing on how to use mobile phones – help them to get more out of their phones.
* We also go out to organisations – groups no bigger than 6 as they can be labour intensive. People bring their own device – however we now have new tablets.
* By and large greatest request is for help with communication – skype, what’s App and video calling, we have found that it opens up the world for individuals who have had very active life’s travelling the world when they were younger, lost contact with colleagues, friends and family by learning how to skype etc they get aspects of their life back.
* Now in its 2nd year we have received a lot of equipment so there is the potential if people want to come along wanting to learn how to use a tablet we could possibly loan these out. Each session last around 2 hours
* If you have any one who would benefit from a 1-2-1 please contact me directly and I will book them on.
* Volunteers – Digital champions if they are over 18 they can sign upto digital champions network which gives access to lots of training and courses- It also has lots and lots of resources.
* If under 18yrs old they cannot sign upto the network – they can be a digital champion and could involve helping family members etc
* If you have any ideas we can work together –just get in touch with me

**Presentation from Scot Sheridan from Active Lancashire**

* We have been going now for 5 years, we have linked in with approximately 3,500 individuals during that time.
* We historically worked with just people in addiction or mental health
* We are based at the Shadsworth Hub – in a community setting, lots of people are isolated, suffering from depression – which without intervention can lead to suicide very quickly.
* I haven’t actually got a timetable with me for Shadsworth Hub at the moment as it is currently being put together.
* Monday we have a chill and chat group – pool, table tennis from 10am – 12pm we offer free tea and coffee
* Wednesday we are at the Soccer dome 1pm – 3pm
* Everything we do is completely free, no need for a referral process – just turn up and you can join in, alternatively you can give me a ring and let me know that they are coming along
* We offer yoga on a Wednesday evening at Shadsworth Hub 6pm – 7pm
* We also run courses such as It, cooking on a budget, budgeting – lots of residents do not have the basic skills
* We also get to know local people we can help them with other issues, we signpost individuals to the relevant services – i.e. drug & Alcohol, benefits, debt etc
* We work with everyone – we have put on a number of large outdoor events – we held an old fashioned schools sports day at Witton Park in Blackburn, there were around 180 people we did egg Spoon races, three legged races etc
* We held one at Christmas and people dressed up as Santa and we held one in summer – we focus mostly on people having a laugh
* Active Lancashire have bases all over Lancashire – Preston, Chorley, Rossendale, Pendle , Accrington, Morecambe and Blackpool

Q) Where are you based in Accrington?

A) We have a walk and talk where we meet at Inspire at 11am on a Sunday morning, we also have in partnership with CGL a gym course – exercise on prescription if the individual attends the course for 5 consecutive weeks they then get a 3 months Gym membership completely free of charge at the new gym at Vue.

Q) Do you need volunteers?

A) Yes we do need volunteers and we have a volunteer package – the volunteer induction starts on the 28th – we do have age restrictions, anyone under 16 would have to be accompanied by an adult.

Please ring me if you have anyone who is interested in becoming a volunteer , we have lots of training available for our volunteers, we do our initial training in the main office in Leyland however we can make sure if you don’t have transport that you can get there.

Scott’s contact details: [ssheridan@activelancashire.org.uk](mailto:ssheridan@activelancashire.org.uk) Mobile: 07922511671

Rebekah Wilson – Wish Centre

* The Wish centre has now been running for over 30 years – we deal with all types of domestic abuse – children, adults, male and female victims and perpetrators.
* We have 2 refuge sights – very rare that we would take a lady from Blackburn into refuge in the town, we would signpost them out of town – for obvious safety issues
* We offer a range of services:
* IDVA
  + Independent Domestic Violence Advocates (IDVAs) support victims of domestic violence who are at the highest risk of serious injury. Our IDVAs are all accredited and have the experience, skills and knowledge to support clients and help to manage and reduce risk.
  + An IDVA can help with the following:
  + Creating safety plans and undertaking risk assessments.
  + Accompanying clients to court.
  + Supporting clients to give evidence and write victim impact statements.
  + Specialist substance misuse IDVA.
  + Assisting clients in increasing security in their property.
  + Providing emotional support to clients and referring them to counselling or mental health services.
  + Working with social services on child protection issues
* Children’s & Young Person’s IDVA
  + A specialist IDVA can now provide one-to-one support to those aged 11-24 who are experiencing or at risk of domestic abuse. Support is tailored to meet the needs of the individual and includes risk assessment, safety planning, emotional and practical support
* Ethnic Minority Support
* We provide culturally sensitive advice and information to women from the black and minority ethnic communities who have experienced Domestic Abuse from their partner or a family member. Domestic Abuse includes forced marriage, honour based abuse and female genital mutilation.
* We have qualified and specialist staff on site who can speak in Urdu and Gujarati. We can also get access to translation services for other languages.
* Counselling Service
* We work with the Women’s centre to provide a counselling service that provides one-to-one support in a non-judgmental, emotionally supportive way and is a very valuable process for women and men who have suffered the effects of Domestic Abuse and Sexual Violence.
* Floating support
  + The floating support service is for people in the community who have experienced domestic abuse in the past are now living independently. We aim to assist people who have experienced domestic abuse to live free from abuse and regain confidence
* Services for men
  + We offer support and advice to both men and women who are affected by domestic abuse. Our services available for men include:
  + Our advice service at the WISH centre and at our community ‘drop-in’ sessions
  + Access to emergency refuge accommodation
  + IDVA, ISVA and YPVA service
  + Floating support
  + Access to counselling
  + Ethnic minority support
  + Voluntary perpetrator programme (make the change)
* Legal surgery
  + There is a free legal surgery available for service users to access expert advice on a range of civil options.

**Our Programmes**

* The Freedom Programme
  + Domestic Abuse Awareness and Support Group for Women the Freedom Programme is a 12 week support group for women. It is open to any woman who wants to learn more about the reality of domestic abuse. The programme is delivered by experienced and qualified staff who have extensive knowledge of Domestic abuse and programme delivery.
* The Recovery Toolkit
  + The Recovery Toolkit is a 12 week group programme for women who have experienced and are recovering from domestic abuse.
* Make the Change
  + Voluntary Perpetrator Programme
  + ‘Make the Change’ is a voluntary perpetrator programme based on the theory that violence and abuse are used to control people’s behaviour.
  + It is a behavioural change programme, as opposed to anger management, for men who recognise that they are or have been using power and control to abuse their female partner or ex-partner, and want to address this behaviour. This abuse is more widely known as domestic abuse.
* Letting Off Steam
  + Using violence puts people at risk of serious harm and has consequences for the victim and the perpetrator. The aim of the programme is to increase safety by ensuring participants acknowledge the risk associated with violence and aggression and change attitudes and behaviour. The programme is delivered by experienced and qualified staff who have extensive knowledge of Domestic Abuse and programme delivery.
* We offer a range of services for schools within Blackburn and Darwen with the aims of
  + Raising awareness of domestic abuse and the effects of domestic abuse
  + Providing information about available support services
  + Educating about non-violent strategies to conflict
  + Educating about healthy relationships
  + We deliver assembly presentations, workshops and programmes of work, which can be tailored to the needs of individual organisations and students. Our work can include many issues related to domestic abuse for example forced marriage, gender, healthy relationships, body image and cyber safety.
* We have volunteers who help in a variety of ways including supporting families in refuge, administration, helping at coffee mornings, sorting out donations, helping out at our programmes and with our awareness raising work in schools etc.

Q) What does Wish stand for?

A) Womens, Information, Self Help and BDDWA – Blackburn with Darwen District without abuse

Q) How do referrals work?

A) We have self-referrals, we work with the police, social services, probation

Updates

Kiran: Blackburn wit Darwen Carers

We are just about to launch our new 6 week training programme for our volunteer academy starts Monday 28th Jan (afternoon Mondays and Thursday mornings)

At the moment the course is only available for our volunteers – we are looking at ways to offer the training to other agencies etc.

Once our volunteers have completed the training sessions they are offered placements in all volunteer opps- this way they can get a taste for each role and the organisation as a whole. Once our volunteers have passed the training the course is accredited and we have and 17 volunteers pass so far.

We are looking for someone to teach sewing…

DT – just to let you guys know that I am meeting with Mubashar from Youth Zone to discuss this very issue, I have met with Salma from Humraaz and they are also in need of someone who would be able to teach their ladies sewing skills – can I ask is this something that other Agencies are experiencing/needing?

1. Yes most definitely – sewing, mending clothes, making curtains
2. Painting
3. Decorating
4. DIY
5. Changing a plug
6. Life skills etc

DT – I met with the market manager following on from a conversation with Kiran about the closure of the BwD Carers shop, The market were more than happy to give us a stall but only at the cost of £50 per week, I tried to barter but unfortunately this is the lowest price I could get, please let me know if this is something you would like me to pursue.

Kathryn Clay – Would it be possible for a list of events – health etc? I recently missed the Health event in Darwen and would really like to know what is planned for the year

RW- Wish – we had this conversation at the FHWB forum – Maureen Bateson mentioned it

DT – I can certainly look into it.

**Next networking event will be held on Thursday 28th February 2019 9am – 11am @ The Boulevard centre**

**Breakfast will be provided**