**Minutes of the Community CVS Network Meeting**

**Thursday 22nd April 2021**

**Attendees:**

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

Gail Barton – Our Lancashire - Gail.Barton@lancashire.police.uk

Mimi El – Khattam - Our Lancashire - omaima.el-khattam@lancashire.police.uk

Kiran Sadiq – BwD Carers - Kiran.Sadiq@bwdcarers.org.uk

Tracy Davies – BwD Borough Council – Tracy.davies@blackburn.gov.uk

Amanda Fletcher – Nightsafe - amanda.fletcher@nightsafe.org

Chrissie Spencer – BwD BC - christina.spencer@blackburn.gov.uk

Beverly Marsden – Lancashire Women – Beverly.marsden@lancashirewomen.org

Chris Bell – MIND -ChristopherBell@lancashiremind.org.uk

Simon Donnelly – BwD BC - Simon.Donnelly@blackburn.gov.uk

Kevin Grundy – Bwd BC - Kevin.Grundy@blackburn.gov.uk

Siobhan Birtwistle – BwD BC - Siobhan.Birtwistle@blackburn.gov.uk

Barbara Mullin – BwD BC - Barbara.Mullin@blackburn.gov.uk

Vicky Bunting – BwD BC - Vicky.Bunting@blackburn.gov.uk

James Lannon – BwD BC – James.Lannon@blackburn.gov.uk

Chloe Wright – BwD BC – Chloe.Wright@blackburn.gov.uk

Natasha Morris – Brook & Inspire - natasha.morris@cgl.org.uk

Aggie Kweicien – Polish support - qls@qlanguageservices.co.uk

**Apologies:** Maggie Asquith - Lancashire & South Cumbria ICS, Lisa Rawcliffe – NWAA

**Presentation from Chris Bell from MIND**

* The new ***Flourishing Minds*** project, funded by Blackburn with Darwen Council, supports people in Blackburn and Darwen to improve their mental wellbeing.
* Lancashire Mind are working in partnership with Age UK Blackburn with Darwen, One Voice and The Wellbeing Service to provide a range of services.
* All activities are designed to enable people to better understand their mental health and wellbeing and learn how to look after it.
* Flourishing Minds is a community based, tiered service that teaches people self-care and coping skills to enable them to better self-manage their mental and emotional health, alongside any other health conditions.
* Partnership working, care coordination and wrap around support will prevent people’s health and social care needs from escalating and reduce waiting list times for NHS services.
* Flourishing Minds currently offers the following activities:
* Five Ways to Wellbeing and Stress Buster workshops : 1-hour sessions, currently over Zoom, where you can learn more about the five ways to wellbeing and how to better self-manage stress. These are stand-alone sessions so you can attend one or both
* Wellbeing Groups: Six 90-minute group sessions led by one of Lancashire Mind's Wellbeing Coaches, covering topics such as low mood, anxiety, stress, sleep and worry management. The sessions are currently online and delivered over a six-week period.
* ***Time to Change*** is a national campaign that works to end mental health stigma and discrimination. It is a growing movement of people changing how we all think and act about mental health conditions.
* Lancashire Mind coordinate the Blackburn with Darwen Time to Change Hub, which is led by Blackburn with Darwen Borough Council.
* Im sure some of you have heard about us and Im sure some of you are actually champions.

[Home | Mind, the mental health charity - help for mental health problems](https://www.mind.org.uk/)

**Update – Mimi Our Lancashire**

Im putting together my newsletter and if you have anything you would like to include please email it to me

[Our Group Finder - OUR Lancashire](https://ourlancashire.org.uk/)

**Update from Chrissie – BwD BC**

* Upcoming Fund – Our Community Our Future that local groups can apply for – we haven’t got all the details yet, it will be a fast turnaround.
* Community CVS will be delivering a couple of workshops
* Grants of up to £2,000 are available for new projects, and up to £5,000 to expand projects previously funded through our programme. You can bid for as much or as little as you need.
* Eligible projects will help to build more resilient and inclusive communities in a number of ways

[Blackburn with Darwen Borough Council](https://blackburn.gov.uk/)

**Update from Kiran Sadiq – BwD Carers**

* Upcoming Back to school quiz night – Friday 30th April (starts 7.30pm)
* £7.50 per team
* Raffle
* Prize for best school uniform
* The Carers Service are now stepping out from our comfort zone and starting to open up face to face with carers and others.
* During the pandemic we had to close as we are based in Kingsway – no-one has been allowed in the offices
* Staff will start to move back to Kingsway in small groups from 17th May and we will start to invite carers to the Centre

[Home Page - Blackburn with Darwen Carers Service (bwdcarers.org.uk)](http://www.bwdcarers.org.uk/)

**Update from Amanda from Nightsafe**

* Platform 5 has been open since may the 18th 2020, working with street homeless and outreach young people for those living in their own accommodation.
* We are opening a fourth bedroom on the 15th May 2021 and hopefully a fifth bedroom , which will be the last one in June. Date yet to be given
* I now have a new role as Night Shelter and Daycentre Administrative coordinator starting on the 1st May 2021 and will only be working Wednesday to Friday.

[Nightsafe are a local Charity in the Blackburn with Darwen area](https://nightsafe.org/)

**Update from Bev – Lancashire Women**

* Raising Aspirations project – caseworker lead. Referrals come from individuals by completing our on-line referral form or from other services.
* Our role is to help and support individuals overcome their barriers by working with them to help achieve their goals.
* We do this by meeting the individual face to face out in the community, building up a relationship to identify their needs to link them into other services within the borough.
* There is no time limit on how long we can work with an induvial. We also offer therapy sessions either 121 or group work depending on the individual client need.
* Due to the high demand for our service we currently have a waiting list between 10/12 weeks.
* Should someone need support we are currently in the middle of setting up a coffee morning specifically for our R.A clients to access whilst they wait for a caseworker.

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

**Presentation form Aggie Kwiecien – Polish Support**

* I am a Blackburn-based certified and insured translator and interpreter. I have a Police vetting clearance as well as an Enhanced DBS.
* My services involve providing face to face, remote and telephone interpretation (Polish to English) services at ethical and affordable prices. Agencies often charge very high rates, which can be a barrier to accessing local services by non-English speakers.
* I offer free 2 hours to all new clients and a meet-and-greet service (arranging the meeting, contacting the Polish-speaking service user and walking them through joining in procedure, reminding them in advance about the meeting) and my mission statement is to allow support organisations to communicate with their clients at an affordable price.
* My areas of expertise include mental health, social services, access to education (I am a qualified teacher and I had worked as a Bilingual Outreach Officer at BwD for 5 years) and many others.

My contact details are as follows:

 - mobile: 07513255584

 - email: qls@qlanguageservices.co.uk

**Presentation from Natasha Morris – Brook LGBT Support Group**

* I work at Inspire – delivering training on Drugs & Alcohol
* I also volunteer at Brook – We run a support group for the LGBT Community ages 15 -25 yds old.
* We meet up most Tuesdays
* We have meeting via zoom – very informal, everyone can chat about things that are worrying them etc
* Client led
* We do have an older group which Doz runs

[Brook – Healthy lives for young people](https://www.brook.org.uk/)

[Front Page - Blackburn with Darwen (inspireblackburndarwen.org.uk)](https://inspireblackburndarwen.org.uk/)

**Update Donna Talbot from CVS**

* Community fund is now available for grants upto £1,000 please see the link below

[Funding resources – Community CVS](http://www.communitycvs.org.uk/resource/funding-resources/)

**“Green Organisations”**

* Any organisation or group who is currently working on a climate change project – please get in touch as there are a number of groups/organisations wanting to create an alliance in Blackburn with Darwen - order to apply for larger pots of money, best practice – share knowledge and skills etc
* I am co- ordinating meetings etc – Im currently in the process of a mapping exercise to identify who is doing what and where, look at what isn’t being done.
* So if you know anyone – small group of individuals car sharing, groups planting trees etc please ask them to contact me

**Action for Jobs**

* If anyone has any clients who are looking for volunteering, training, confidence building, parents who have been looking after children - going back to work – whoever they are or whatever support they need to move them closer to getting a job – please refer them to me and I will work with them to achieve their goals.
* Just simply email me their details and I will do the rest

**Update Natasha Morris**

* Free footy sessions for Higher croft Residents aged 8yrs – 14 yrs.
* Muga behind the Community Centre
* In the evenings 6pm – 7pm

Date of next Meeting

Thursday 27th May 2021

9:00am – 11:00am

The Conference Room

The Boulevard Centre

45 Railway Road, Blackburn BB1 1EZ

For more info please contact Donna Talbot 01254 583957

Donna.talbot@communitycvs.org.uk