**Minutes of the Community CVS Network Meeting**

**Thursday 21st October 2021**

**Attendees:**

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

Jal Iqbal – BwD Libraries – jal.iqbal@blackburn.gov.uk

Julie Hutton – I-Cann – julieh@i-cann.org.uk

Dilwara Ali – Bwd Healthy Living - d.ali@bwdhl.org.uk

Victoria Braithwaite – CBP/SAMS – victoria@cbpartners.org

Gabrielle Aspinall – CBP/SAMS – gabrielle@cbpartners.org

Alex Clayton – Shelter –Alexandra\_Clayton@shelter.org.uk

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

Diane Price – Indigo - diane@myindigoworld.org.uk

Javeria Amjad – Community CVS – javeria.amjad@communitycvs.org.uk

Samara Alameer – Community CVS – samara.alameer@communitycvs.org.uk

Heather Hook – Kooth – khook@kooth.com

Abby Dearden – BwD Carers – Swstudent@bwdcarers.org

Isma Sajid – BwD Carers - Isma.Sajid@bwdcarers.org.uk

Imran Bhatti – 2nd Chance

Chris Trickett – Community CVS – chris.trickett@communitycvs.org.uk

Zainab Jogi – Age Uk/ Zee’s defence - zaynab.jogi@ageukbwd.org.uk

Debbie Summersgill – Care Network – Debbie-summersgill@carenetwork.org.uk

Sidney – medical student – Bwd Carers

Ismail – medical student – BwD Carers

Shamim Razaq – Blackburn College - Shamim.Razaq@blackburn.ac.uk

**Apologies:** Shen Mulla -Humraaz, Tracy Davies – Bwd Borough Council, Maggie Asquith – Lancashire & Cumbria Integrated care system, Chrissie Spencer – BwD BC, Si Donnelly – Talk Ourselves Well, Hannah Mitchell – Hope for Justice, Lilyana Slavova – Hope for Justice, Jason Cothliff - The Mall, Kathryn Creech – BwD BC, Kiran Sadiq – Bwd Carers, Linda McGranaghan – Red Cross, Louise Whiteside – Lancashire Women, Natalie White – Princes Trust, Pam Holgate – Hoze it, Rachel Simm – Gamcare, Rebecca Billington – Sightline, Heather Wearden – DwP

**Presentation from Gaby Aspinall from Community Buds (SAMS)**

* Founded a new group – acquired a unit up at the Energy Zone (based in Higher croft) – bringing people together who are socially isolated
* We want to offer a support network
* Crafting/Skills that people can use on their CV’s
* Tuesday & Thursday workshops – open to everyone
* All things made will go into the gift shop to be sold to help with sustainability
* We also want to open the shop up to local businesses/start ups
* The Gift shop will be low cost all locally hand made
* The Gift shop will be open on Saturdays
* The Shop will be run by volunteers – we are looking for shop assistants, workshop facilitators
* Do you know anyone who is passionate about a craft and would be willing to teach others – we can provide the equipment – we just need the expertise
* We are looking for volunteers to help set up & Clean up
* Social media support is something we are looking for
* We are looking at a number of funding pots – we are trying to keep it all ow cost and free were possible.
* We are currently running a community wall – were people can buy a tile for £5.00 decorate it and then it becomes part of the wall
* We are open to all ideas – crafting -to meditation etc
* We are really looking to fill the unit Monday – Friday with lots and lots of different activities

Q: can you support clients with complex needs?

A: No, unfortunately we are not qualified to offer to support to individuals with complex needs

Q; Where is the Shop?

A: Energy Zone on Newfield Drive

[Community – Community and Business Partners (cbpartners.org)](https://cbpartners.org/community/)

NB: Apologies to Gaby for getting her name wrong

**Presentation from Chris Trickett from Community Buds (SAMS)**

* CVS Upskilling project
* Business support team – deliver business advice – through Boost, we support Social Enterprises and start-ups, private sector and vcsfe
* The upskilling project works with organisations – public, private, charities
* The organisations must impact positively on the broader determinants of health and well-being
	+ - Education
		- Tourist attractions
		- Green Spaces
		- Care
* The organisations can positively impact physically – sport, dance, yoga etc and mentally
* The project works across Lancashire
* We offer free individual staff development training and staff must live in Lancashire
* If you are interested initially you will have a conversation with one of our connectors and they will run through the diagnostic – which take roughly one hour
* Within that process we will look at how you run and look at the organisation holistically
* We will listen to your problems, skills etc look at the hierarchy – look at the teams and from this we will offer you a full unique work development programme delivered on the needs that have been identified
* Anyone has access to courses at all levels
* We offer informal workshops and also offer accredited courses in cooking, public health, health & Safety, safeguarding, marketing, social media, communications
* CMI -operations/strategy/good business – tools for sustainability – which are great to tap into because if you were paying it would cost a lot of money
* Unfortunately at the moment we cannot offer this to volunteers – however we can help staff who train volunteers
* We can offer the training in house or your employees can come along to the Community Hub for training sessions
* What’s the catch? – there isn’t any
* Please book a diagnosis and see how you can profit from our training
* Its all completely free please book in with me

[Upskilling the Health and Social Care Workforce Across Lancashire – Community CVS](https://www.communitycvs.org.uk/index-html/upskilling-the-health-social-care-workforce-across-lancashire/)

**Presentation from Zaynab Jogi from Age Uk BwD**

* I have recently been appointed as community link for Age Uk and my job is to network and show case what we do and how can we get individuals involved in Age Uk
* Age Uk has moved to Accrington Road Community Centre we also have activities in Little Harwood Community Centre and Greenfields Community Centre
* At Accrington Road we offer a day care centre for those with disabilities at a low cost
* The main project that I have been tasked with is to get the wider community involved with the day care services
* We are offering 10-week course both in Accrington Road and Little Harwood Community Centre
* All activities are around the 5 ways to wellbeing – we will be offering craft/reading/exercise etc – we are targeting those isolated and over 50 years old
* If successful we will be able to offer a new cohort in the new year – we are relying on word of mouth so please spread the word
* Age Uk also offers a number of other activities – walks, advice etc
* We are also based in the Blackburn Central Library and again we offer support to over 50’s

Q: Are those Group Session and when do they start?

A: yes and in November

Q: Can people form Accrington access the courses? Is there transport?

A:It is budget dependant – I can have look into it to see if there is the budget

[Welcome to Age UK Blackburn with Darwen](https://www.ageuk.org.uk/blackburnwithdarwen/)

**Presentation form Heather Hook from Kooth**

Apologies – Heather was present and I hadn’t seen her – she will be coming along in January to talk about her project

[Home - Kooth](https://www.kooth.com/)

**Update from Zaynab Jogi from Zee’s defence**

* Just recently climbed Kilimanjaro and received 2 awards
* Zee’s defence offers self defence classes to women before covid we had received lots of funding and during covid we moved online
* We offer self-defence and also walks etc for better health & Well Being

Q: Do you offer self defence classes in a specific location

A: before covid I did offer sessions in a gym but unfortunately it was every hit & Miss and it didn’t work out – so I have gone back to free-lance – I can come out to groups and can offer 4 to 6-week courses

Q: Do you offer sessions in the workplace?

A: yes, I can offer a 3-4-hour session which is also very good for team building – we look at simple ways to protect yourself and teach confidence in situations

Q: Is the training in line with the breakaway technique?

A: yes –however it is more bespoke – I adapt the training to cater for the group I am working with – whether that learning difficulties, disabilities, victims of rape – I have to ensure that how I deliver training does not trigger the bad stuff

Q: do we contact you through Age UK

A: Please contact me separately on zebz786@yahoo.com

[ZsDefenceacademy](https://zsdefenceacademy.co.uk/)

**Presentation from Hannah & Lilyana from Hope for Justice**

Hannah & Lilyana send their apologies they had a problem with transport and will be coming along to the November meeting

[Hope for Justice | End Slavery. Change Lives.](https://hopeforjustice.org/)

**Update – Amanda Fletcher from Nightsafe**

We have launched our annual – Big Sleep out which will take place on Friday 3rd December

Please spread the word and get involved if you can

[Nightsafe Annual Sleep Out Event Announced For 2021 - Nightsafe](https://nightsafe.org/events/nightsafe-annual-sleep-out-event-announced-for-2021/)

**Update from Victoria Braithwaite form SAMS**

* Not sure of you are all familiar with SAMS – we collect surplus items that are destines for landfill and sell them,
* Many of the items are brilliant for Art & Crafts and we have lots of schools etc who are members and regularly shop with us
* We sell Farrow & Ball Paint - £10 small tin and £20 large
* We run on a membership basis – members pay half price, non-members can shop but they will pay more for their items
* Over the half term we will be inviting the local children in to buy a bucket of goodies to keep them busy over the half term
* Buckets will be £5 – last time we did this we sold over 500 buckets in 3 days
* We are also hosting a Pre-Black Friday Jumble sale on Friday 19th November 10am – 3:00pm
* We are also hosting another Rag Market – we sell lots of fabric and people come from far and wide – there is some amazing fabric (John Lewis etc)

[Community – Community and Business Partners (cbpartners.org)](https://cbpartners.org/community/)

**Update form Jal Iqbal from BwD Libraries**

* Many may know me form the metal health team – I have now moved over to the libraries
* Im working on home delivery and equal access to the library service
* The Library is a great place were anyone can access the wonderful resources, any one at any age can become a member – its free
* Regardless of your situation or even if you do not have access
* We have 4 libraries – Mill Hill, Central, Darwen and Cherry Tree – we offer lots of things other than books: you can download books, you can borrow books and magazines, we now have the papers back in the library
* We have lots of volunteer opportunities - Our volunteer opportunities all go through LVP website
* We have a call and collect service
* We have activities for children – rhyme time, reading time and lots of activities after school and at the weekend
* We offer free access to PC’s – there is low cost printing available – also possible remotely
* We have a library newsletter, reading groups
* It courses, we are also trialling loaning It equipment out – tablets/iPad etc
* You have access to the encyclopaedia, driving theory test and ancestry
* Community History – Cotton town
* Website
* Our Home service is available for vulnerable isolated individuals, we visit them on a fortnightly basis we can go to private homes, groups in community Centres, Day care centres, Care homes
* We offer audio books and we are trying to procure dyslexia friendly books too
* Lots f things going on – if you know a group that would like to tap into the home delivery please contact me

[Blackburn Central Library | Blackburn with Darwen Borough Council](https://www.blackburn.gov.uk/libraries-and-reading/blackburn-central-library)

**Next Meeting**

**Thursday 25th November**

**9:00am – 11:00am**

**Conference Room – The Boulevard Centre BB1 1EZ**

**For more info please contact Donna Talbot 01254 583957**

**Donna.talbot@communitycvs.org.uk**