**Minutes of the Community CVS Network Meeting**

**Thursday 27th January 2022**

**Attendees:**

Donna Talbot – Community CVS - [donna.talbot@communitycvs.org.uk](mailto:donna.talbot@communitycvs.org.uk)

Alex Clayton – Shelter [–Alexandra\_Clayton@shelter.org.uk](mailto:–Alexandra_Clayton@shelter.org.uk)

Amanda Fletcher- Nightsafe - [amanda.fletcher@nightsafe.org](mailto:amanda.fletcher@nightsafe.org)

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Samara Alameer – Community CVS – [samara.alameer@communitycvs.org.uk](mailto:samara.alameer@communitycvs.org.uk)

Kim Isherwood – CGL/Inspire – [kim.isherwood@cgl.org.uk](mailto:kim.isherwood@cgl.org.uk)

Nancy Kinyanjui – WABT – [iktuman@yahoo.co.uk](mailto:iktuman@yahoo.co.uk)

Gabrielle Aspinall – CBP – [gabrielle@cbpartners.org](mailto:gabrielle@cbpartners.org)

Abbi Hough – Lancashire Careers Hub- Inspira – [a.hough@inspira.org.uk](mailto:a.hough@inspira.org.uk)

Heather Hook – Kooth – [Hhook@Kooth.com](mailto:Hhook@Kooth.com)

Mary Manning – Rummage Rescuers [-marymanning72@hotmail.com](mailto:-marymanning72@hotmail.com)

Asia Malik – Blackburn College – [asia.malik@blackburn.ac.uk](mailto:asia.malik@blackburn.ac.uk)

Karen Livesey – No Whispers CIC – [karen@cse-awarness.co.uk](mailto:karen@cse-awarness.co.uk)

Nudrat Mughal – Near Neighbours – [Nudrat.buildingbridgesburnley.nn@gmail.com](mailto:Nudrat.buildingbridgesburnley.nn@gmail.com)

Lisa Rawcliffe – Northwest Air Ambulance Charity – [lisa.rawcliffe@nwairambulance.org.uk](mailto:lisa.rawcliffe@nwairambulance.org.uk)

Isma Sajid – BwD Carers Service – [isma.sajid@bwdcarers.org.uk](mailto:isma.sajid@bwdcarers.org.uk)

Kiran Sadiq – BwD Carers Service – [kiran.sadiq@bwdcarers.org.uk](mailto:kiran.sadiq@bwdcarers.org.uk)

Chris Grimshaw – Recovery Homes CIC [chris.grimshaw@recoveryhomes.org.uk](mailto:chris.grimshaw@recoveryhomes.org.uk)

Pamela Hargreaves – Recovery Homes CIC [pamela.hargreaves@recoveryhomes.org.uk](mailto:pamela.hargreaves@recoveryhomes.org.uk)

Michelle Fox – Inspira – Lancashire Careers Hub – [michelle.fox@inspira.org.uk](mailto:michelle.fox@inspira.org.uk)

Louise Taylor – CANW – [ltaylor@canw.org.uk](mailto:ltaylor@canw.org.uk)

Claire Rigby – IPP – floating support – [clare.rigby@greatplaces.org.uk](mailto:clare.rigby@greatplaces.org.uk)

Sumaiya Sollcar – IMO/BWDBC – [Sumaiyah.sollcar@imocharity.org](mailto:Sumaiyah.sollcar@imocharity.org)

Fairoja Utarkar – DWP – [Fairoja.utarkar@dwp.gov.uk](mailto:Fairoja.utarkar@dwp.gov.uk)

Jason Cothliff – The Mall – [Jason.cothliff@themall.co.uk](mailto:Jason.cothliff@themall.co.uk)

**Apologies :**Tracy Davies – Bwd Borough Council, Denise Cottam – BwD Borough Council, James Lannon – BwD Borough Council, Julie Hutton – I Cann, Chris Trickett – Community CVS, Leanne Proctor – The Billy Project, Rachel Simm – Gamcare, Mischa Russell – ELHT, Gill Fourie – The Foodbank

**Presentation from Pam & Chris from Recovery Homes**

* Recovery Homes provide high quality housing for people with problematic substance misuse and/or offending history, who require safe, clean and comfortable homes, with a wrap-around support package
* We have a large number of high-quality furnished homes to choose from.
* Clients can be referred to me or online
* Criteria – Housing Benefit, Complete referral form, risk assessment completed
* There is then an over the phone assessment

**Chris**

* I am the senior housing key worker, I sign post clients to other agencies – dependant on what they need
* We try to empower our clients and help them get back the life that they want and deserve
* We help them get back into training, college, CVS for volunteering, mutual aid support groups
* Our aim is to help our clients move on – hep them with their substance misuse, help them with counselling if they have been suffered with trauma, mental health services via GP
* If they have suffered with Domestic Violence we will refer them to the Freedom Project – what ever the problem we will try and find them a service to help them
* All our clients are tested 3 times per week for abstinence
* All our clients pay a £65 service charge and they only then need to buy their own food
* We also help with budgeting
* We have had lots of success with clients going to Uni and into employment – we do have some who unfortunately fail, but they do come back
* We have no time limit with how long we work with our clients
* There are certain things that we struggle with – bank accounts

DT – Jubilee Credit Union

Q: Where are the homes?

A: We have houses in Blackburn, Preston, Warrington, Bolton, Accrington and Chorley – ¾ bedroom houses – all accommodation is shared – we encourage peer led recovery

Q: Are the support workers onsite all the time to do the testing?

A: Yes, they are – we support our clients with sessions, appointments

Q: Do you attend appointments with them to Shelter? We find that many don’t turn up for their appointments

A: We try to attend all meetings with our clients – honestly sometimes we just are too busy so we encourage them to turn up on their own

Q:Do you guys have volunteers?

A: Yes – but with covid we haven’t been able to have any – we will be looking for some soon

DT – If you have any posters we can display them in the Mall on the Community Wall, we can also include any opportunities in our bulletins

Q: What Age group do you work with?

A: 18 plus

Q: Do you keep clients in the same area or do you move them out of area?

A: Its best for the client if we move them out of area, then we have removed them from all temptation back into their old ways

Q: Do you only work with those affected by substance abuse? The homeless pods at @Shadsworth will be closing and we have a number of clients who are not affected by substance abuse – can you help those?

A; Unfortunately we only work with individuals affected my drug and alcohol addictions

Q: How many beds do you have

A:120

Q: How long can clients stay with you

A: There is no set time period – on average its 12 months but it can be upto 2 years, we have actually had someone in for longer than that – it really does depend on the clients needs

Q: Do you link in with Inspire

A: Yes

<http://recoveryhomes.org.uk/about-us/>

**Presentation for Michelle & Abbi from Inspira – Lancashire Careers Hub**

* Lancashire Careers Hub is a collaboration of 156 secondary schools and colleges across the whole region who work together to deliver the Gatsby benchmarks. Collaborating with business partners, the public, education and voluntary sectors, they help improve careers outcomes for young people.
* The Lancashire Skills Pledge provides businesses with one door to find out more about Lancashire’s key skills and training initiatives.
* We work with all schools and colleges within Lancashire
* We help individuals find the right career path for them
* We have built a network of businesses helping schools and colleges with their career’s advice

**Abbi**

* I work with the schools and employers in Blackburn with Darwen
* Our aim is to help 16 years olds make the right career decisions for them – fully informed, ready to pick their pathway
* We want to encourage meaningful experiences for careers advice – our aim is to have a leader in every school supporting the career officer to offer robust career guidance
* One of the things we are asking employers, is to give an hour – to work with schools and colleges for 1 hour per week – you could be asked to help out with mock interviews, asked to speak, be an ambassador or help out at events
* We are also on the look out for Enterprise Advisor Roles – volunteers will commit to 6 hours in this role, some people end up doing a lot more
* Our priority is that every young person has access to the best opportunity for them
* Historically many schools /colleges didn’t understand the world of work, we are hoping to improve this by myth busting, breaking down the barriers
* We also work special education schools – build the gaps that are out there
* It really doesn’t matter which sector you are in – we want to work with all sectors and link with all local enterprises
* Our Work force is aging employers need a plan to fill those vacancies and young people need to hear about them
* Large organisations like BAE, Cornerstone and Sandcastle are looking at sustainable recruitment drives and they are starting in primary schools
* The future is digital and the IT skills in local schools does not match at all the need
* We are looking to hold conferences with schools and employers – we are wanting everyone from teachers to governors and parents singing from the same hymn sheet
* Working together we hope to get girls into STEM – bridge those gender gaps
* Lancashire Careers Hub is one of the biggest and best nationally – recognised for the Lancashire Skills Pledge and apprenticeships etc
* We want to show young people all the different journeys to finding your dream job
* So if you guys are interested in being part of this great project – simply let us know and we can match you with a school

Q: Is the age limit 18 years?

A: Yes at the moment upto 18 – end of college/6th form – but we are talking to universities

Q: Can you organise for groups of young people to go into organisations? I know we have done this is he past at The Mall

A: Yes absolutely – this is definitely one of the things we can arrange

[Lancashire Careers Hub (inspira.org.uk)](https://www.inspira.org.uk/lancashire-careers-hub)

[https://www.lancashireskillshub.co.uk/lancashire-skills-pledge/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.lancashireskillshub.co.uk%2Flancashire-skills-pledge%2F&data=04%7C01%7Cdonna.talbot%40communitycvs.org.uk%7C6f8198d522db4436f4ac08d9e1ad23fc%7C7877c954457c4a56859c86121884f1ab%7C0%7C1%7C637788956030895474%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0&sdata=l%2Bm5PEyeIf2T0y5lHvFOz7szlE68a7uFovi372Aa0Yo%3D&reserved=0)

**Presentation from Heather from Kooth**

* Im Heather and I am head of Kooth in Lancashire
* Kooth offers support for young people’s emotional well being
* Kooth is an online digital support
* 3 years ago we were in lots of places now we are national – reaching 10 million kids
* We offer digital mental health support across Blackburn with Darwen, Cumbria and Lancashire
* We work with schools and all services working with young people
  + - In BwD 10 years – 19 years & 25 years for SEND
    - In Lancashire 10 years – 16
    - In Cumbria 11 -18 years
* We can work with any service
* Since Covid we offer parent sessions
* We can offer tips on signs and symptoms of stress in young people, tips on how to have conversations around the subject
* Kooth offers a counselling support – 24-hour service, we respond to the young persons request within an hour
* The young person is offered 1 hour of counselling per week
* Yong people can sign up anonymously and free of charge
* We can message support anytime
* We also have peer support around drugs/LGBT/Knife crime
* Kooth also offers discussion boards on lots of different topics – self harm etc
* We connect you with others who have experienced the same problem
* We have magazine articles available
* Since lock down we offer a number of different activities – looking for help, practising asking for help, how to identify what the problem is, help how to identify who the problem is
* The Website is very child friendly from 10 years old children will be able to log on – its all very age appropriate so 10-year olds won’t be able to access the same info as a 16-year-old
* Its not an app -it’s a website so it needs a logging into with a password etc – this is so others won’t be able to see what you have been looking at
* I have also continued to be a practioners as well, I love helping and talking to the young people
* We have conversations about drugs, county lines, sexual exploitation
* Everything is anonymous and we can offer strategies on how to stay safe – we can also complete an assessment for face to face counselling – we have 6 keyworkers – or it can remain anonymous
* Primary schools are signed upto Kooth – helping year 5 and 6 with their emotional wellbeing, helping them to understand their emotions and offering them a tool kit to help them through holidays etc
* We can offer staff training
* We hold young Carers workshops
* There is parent work – parent support groups for parents whose children don’t meet LCAS criteria
* Young people have been sending more time at home because of covid and for many school is al life line – Kooth can help to support the young people during this time, we have also linked up with GP’s and Kooth can be a real-life line while families are waiting for referrals to counselling etc
* We work with YPS step down kids – help signposting
* We have currently undergone a rebrand and so all your old posters need to be changed
* We can offer staff training

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

**Update Kiran – BwD Carers Service**

* We have our 6-week volunteer academy coming up
* We cover all the usual topics for volunteers – confidentially etc
* The sessions is for 2 hours – not sure of day or time at the moment
* We can offer the course I the morning or afternoon
* So if anyone knows of any volunteers who are interested in volunteering at the BwD Carers - please let me know
* The course is accredited
* We will have a short graduation for those that complete the course successfully

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

**Next Meeting**

**Thursday 24th February 2022**

**9:00am – 11:00am**

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

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

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