**Minutes of the Community CVS Network Meeting**

**Thursday 24th November 2022**

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

Dawn Treanor – IMO - dawn.treanor@imo.charity.org

Hajra Sidat – BwD BC – hajra.sidat@blackburn.gov.uk

Nancy Kinyanjui – The Bureau - iktuman@yahoo.co.uk

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

Joey Kiddie – Community CVS – Joey.kiddie@communitycvs.org.uk

Vicki Davies – Whitehall Park Supporters Group – whitehallparksg@btinternet.com

Alexandra Clayton – Shelter - Alexandra-clayton@shelter.org.uk

Mike Matulewicz – MS Society - Michael.Matulewicz@groups.mssociety.org.uk

Mark Wood – Age UK BwD - Mark.Wood@ageukbwd.org.uk

Lisa Rawcliffe – Community CVS – lisa.rawcliffe@communitycvs.org.uk

Fatiha Ahmed – BwD Care network – Fatiha.ahmed@carenetwork.org.uk

Charlotte Smith – ICANN - charlottes@I-cann.org.uk

Alison Critchley – Sliding Doors – Alison.slidingdoors@gmail.com

Rachel Davies – New ground – Rachel.davies@newground.co.uk

Laura Heaven – Spark/Calico - lheaven@calico.org.uk

Megan McDonough – Spark/Calico – mmcdonough@calico.org.uk

Bron Earnshaw – BwD Health & Wellbeing – bronmwen.earnshaw@blackburn.gov.uk

Paul Smithson – MS Society - Paul.Smithson@mssociety.org.uk

Lee Wood – Shelter DIYAS – Lee\_Wood@shelter.org.uk

**Apologies:** Kim Isherwood – Calico, Victoria Braithwaite – CBP Karen Marsden – New Ground, Denise Cottam – BwD BC, Dilwara Ali – BwD Healthwatch, Kirsty Jowett – NHS, Julie Moran – Herbert Parkinson, Carol Swindells – East Lancashire Hospice, Tracy Davies – BwD BC,

**Presentation from Mike Matulewicz and Paul Smithson form the MS Society**

* Ms Society is a national charity with over 250 local groups all the local groups are staffed by Volunteers
* Many volunteers have been affected by MS – themselves, a family members and some just wanted to be involved
* We have local branches in Blackburn, Preston, Chorley, Lancaster, Burnley and Bolton
* Multiple sclerosis (MS) is a condition that affects your brain and spinal cord. In MS, the coating that protects your nerves (myelin) is damaged. This causes a range of symptoms like blurred vision and problems with how we move think and feel
* MS Society offers services that people need – Physio( helpful in the early stages) , Social Groups, Group Meetings, information – Chat & Coffee, we have a Christmas Meal, Podiatry, 121 talking therapy( subsidised)
* Nationally we offer a free national helpline – most days and on the website, there is lots of info – help legal services, employment, discrimination etc
* We offer online training courses
* Historically Nurses where subsidised by the MS society now they are subsidised by the NHS – the nurses talk to patients about their condition whilst they are waiting to see the consultants
* MS Society Nationally has staff however locally its volunteers

Q: Are there any groups in Darwen?

If you look on the website it will direct you to your local group

* In East Lancashire we know that there are approx. 1800 individuals with MS – but we don’t know who they are – that why we want to link up and spread the word that we are here to help when you need us
* We want to engage with people before they need us, so that they know what services are out ther etc
* Everyone reacts differently to a MS diagnosis – some people deal with it, some just go away – there are many psychologies who come to us

Q: My daughter in Law has MS & Struggles some days to take her children to school, my son is self employed and he has to take time off to help out – my question is do you guys help with applying for PIP etc

A: No we sign post people to I-CANN and Shelter – they are the professionals in that field and they help out (paperwork, assessment’s, appeals etc)

* MS is the most common neurological condition and many are touched by it – 6 out of todays group are
* 1 in 500 will be affected and more women than men will be diagnosed with MS
* We are always looking for volunteers – most of the roles are co-ordinating, committee roles and finance
* We are looking to help with benefits in Chorley – working with I-CANN and with Fight back justice in Burnley, Rochdale & Oldham we are working with CAB
* Manchester we are looking to improve people’s quality of life – people know that the support is out there
* Lifestyle coaches – changing diet/drinking/smoking etc
* There are a number of other organisations that we work with :
* SHIFT MS – international online forum – run by people with MS

[Shift.ms | Forum, Community & Support for Those With MS](https://shift.ms/)

* MS Together – young people with MS (18 – 34years)

[Support group | MS Together](https://www.mstogether.org/)

* MS ONLINE FORUMS – webinars. Forums etc

 [MS Society UK | Forum](https://forum.mssociety.org.uk/)

 [MS Society UK | Information, research and support | MS Society](https://www.mssociety.org.uk/)

**Presentation from Alison Critchley from Sliding Doors**

* I have recently joined sliding doors and I’m going to be responsible for sustainability and fundraising
* We have recently launched our lottery through One Lottery – tickets cost £1 per week 50% of all our tickets sold from our page go to us
* 16p goes to admin and 34 p goes into a big pot with the chance of winning £25,000
* You need to be 16 plus to play
* Its been a very easy process

[One Lottery: Fun & easy fundraising lotteries for good causes - One Lottery](https://www.onelottery.co.uk/)

* There are a couple of other options for fundraising that we have looked at
* Easy Fund Raising [Fundraising | Charity Fundraising Online | You Spend Online, Brands Donate | Easyfundraising](https://www.easyfundraising.org.uk/)
* Amazon Smile

 [AmazonSmile: You shop. Amazon gives.](https://smile.amazon.com/gp/chpf/homepage/ref%3Dsmi_chpf_redirect?ie=UTF8&ein=22-2311687&ref_=smi_ext_ch_22-2311687_cl)

* Top Cash

[TopCashback Official Site: UK's Highest Paying Cashback Site](https://www.topcashback.co.uk/classic-or-plus/)

* We are hoping to build our funds up to keep the group running
* We have a number of different sessions in different locations – Men’s group @ Mill Hill Community Centre, we have activities in Darwen @ St Edwards ,
* Our new social evening is now at Ivy Street Community Centre, Blackburn from 6:30 - 8:30pm. There will be: Music, Singing, Bingo, and lots more. Refreshments are available to purchase and Everyone is Welcome.
* Ewood Park with Karaoke, Bingo dancing etc on offer – it costs a pound to come in and all the proceeds go to Sliding Doors
* We also have a group with the Re:Fresh Team

Q: At Whitehall Park Supporters Group we have raise beds, wheel chair access – we offer gardening sessions etc – would Sliding Doors be interested

A: yes absolutely – possibly in the Summer, the Lads Group would probably be more interested as they access Canalside and do work in the garden there, lots of Sliding doors members do have PA’s so they would be able to get there it would just take some arranging

[Home (slidingdoorssocial.org)](https://www.slidingdoorssocial.org/)

**Presentation from Lee Wood from Shelter**

* I’m a DIY Skills advisor from Shelter – I’m a qualified Painter/decorator/Gardner/tiling and I’m based in Manchester but I am working in Blackburn
* There are 8 of us nationally
* Shelter’s DIY Skills Advisers are teaching people to decorate, fixing doors, putting together flat packs, curtain poles, gardening etc we don’t touch Electricity/gas or plumbing
* The programme helps people who have recently moved into a new home after a long period of homelessness. They also help people keep and improve their homes and avoid eviction.
* The Project is funded by B&Q
* We have a referral process that’s needs to be completed and we only work with individuals that have been referred via a professional – what we ask is when you complete a referral form you put as much info in the form as possible as it supports our argument that this service is needed
* We work with NHS, Prison Service, victims of Domestic Violence
* We do however need more case studies to support the need for this project – we know that the state of people’s homes are awful but there is just me
* We also want to work with tenants – we want to help them create a home that they are proud of and care for - not just a tenancy -many of the new residents who have been homeless will live just like they did on the streets with a tent up in the living room and sleep in that, many have no idea how to look after the property and end up being kicked out
* We also have the problem of damp – whose responsiblity is? Often the tenants are not aware that they need to ventilate the rooms and think that the responsiblity is on the land lord and vice a versa, we want to work as the go between to help these relationships so people do not end up being homeless

Q: What’s the length of the projects

A: It depends as there is only me and demand is high – what we aim to do is complete one room and hopefully by the end of that the individual can complete the rest themselves – its about passing on skills etc not doing it all

Q: Is there an opportunity for education and qualifications?

A: Not at the moment but it is something that w could look at

* We are always on the lookout for volunteers – safeguarding makes the process a little more difficult as we have to ensure everyone’s safety

Q: Do you have any allotments?

A: Yes, we do but they have been vandalized and we don’t have the capacity to fix them up as there’s only me – we can come to your client’s garden etc tidy them up, plant things and hopefully get the individual interested in gardening – maybe planting their own food

Q: How much does it cost for your support for a community group?

A: Nothing we would secure the funding

Q: Do you help individuals to adapt and think differently about DIY if for example they have had an accident etc ?

A: Yes we could look at that but if it was specialized disability equipment that needed installing then the local council would be contacted and they would fit it.

[Find a Shelter Shop - Shelter England](https://england.shelter.org.uk/support_us/shops/find_a_shelter_shop)

**Update from Rachel Davies from New Ground**

* The first week in December – 5th to the 9th we will be holding a number of one-off events across Lancashire where people can bring their old electrical items to get them PAT tested for Free
* We will be holding an event one in Darwen, Blackburn, Rossendale, Colne, Burnley
* We are encouraging people to test the old electricity heaters etc with the cost of living crisis people may be tempted to bring out fires from the garage that aren’t necessarily safe
* Its not just really old things either often people buy electrical items that are then later recalled because they are faulty and a real fire hazard
* We will have qualified electricians testing the equipment – they will also be showing people how to change a plug safely etc
* The Fire Service will be also be there issuing fire alarms

[Newground CIC - Newground](https://www.newground.co.uk/)

Tony form NHS

* NHS Foundation Trust governors lie at the heart of the organisation and reflect local interests within Foundation Trusts. Governors are part of the corporate governance structure of the Trust, representing members and holding the Non-Executive Directors individually and collectively to account for the performance of the Board. They appoint the Non-Executive Directors and advise the Trust on strategy. They stand outside the day to day management of the Trust
* We have Governor elections coming up and we have one vacancy for Pennine Lancs – Ther are 3 groups of governors – public – elected, organisational governors and Staff Governors from different health disciplines
* There are 4 public elected governors – Mohammed Sidat for IMO, Ahmed Salim – Pharmacist and Steph Holmes a lecturer @ Uclan
* So we need a new 4th governor – nominations close next Tuesday
* You don’t need to be a member of the Trust to be a nominee – you can sign up and encourage Fiends to sign up, as you will need them if it comes to an election
* The Role is 1 day per month – not payed but there are expenses
* Our new trust Chair would like to enhance the role of governors and reduce the drudgery of reading through mega-sized reports
* Taking on role as governor is very positive – you can access lots of training opps, networking etc
* There are no age barriers just need to be 16 plus, you do not need to be on the electoral register
* Just apply – send in your details, a photo and write why you would like the role
* Currently there have been no nominations so an election looks unlikely
* Is it worthwhile? Yes you get so much more out of it than you put on, you get to know what’s going on
* If you are interested in community, mental health, physical needs this could be a really interesting role
* The fringe benefits – tour sites, inspections, vote on Chief Exec, you effectively get a seat at the top of the table – you have the chance to ask those serious and searching questions

[https://www.lscft.nhs.uk/about-us/council-governors/information-prospective-governors](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.lscft.nhs.uk%2Fabout-us%2Fcouncil-governors%2Finformation-prospective-governors&data=05%7C01%7Cdonna.talbot%40communitycvs.org.uk%7Ce47dcc03cf624774227f08dac18c8c84%7C7877c954457c4a56859c86121884f1ab%7C0%7C0%7C638035106644446425%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=57FnCIUeFGEya4Rs%2FJ1k361OVGptdBzimH8CmC4E3zI%3D&reserved=0)

[https://www.mi-nomination.com/lscft](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mi-nomination.com%2Flscft&data=05%7C01%7Cdonna.talbot%40communitycvs.org.uk%7Ce47dcc03cf624774227f08dac18c8c84%7C7877c954457c4a56859c86121884f1ab%7C0%7C0%7C638035106644446425%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=JTO4btCv3cLcjbP274uV%2Fa0NxONvRRu04bIEI5yoF9w%3D&reserved=0)

**Next Meeting**

**Thursday 23rd January 2023**

**9:30am – 11:30am**

**The Boulevard Centre**

**45 Railway Road, Blackburn BB1 1EZ**

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

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***Parking – please do NOT park on the car park next to the Community Hub – this is a private carpark and you will be fined***