**Minutes of the Community CVS Network Meeting**

**Thursday 23rd February 2023**

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

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

Alexandra Clayton – Shelter - [Alexandra-clayton@shelter.org.uk](mailto:Alexandra-clayton@shelter.org.uk)

Alison Critchley – Sliding Doors – [Alison.slidingdoors@gmail.com](mailto:Alison.slidingdoors@gmail.com)

Janine Bradley – Volunteer Now – [janine@bureaublackburn.co.uk](mailto:janine@bureaublackburn.co.uk)

Becca Porter – CVS/The Bureau – [becca@bureaublackburn.co.uk](mailto:becca@bureaublackburn.co.uk)

Anthony Carr – BwD Refresh Team – [Anthony.Carr@blackburn.gov.uk](mailto:Anthony.Carr@blackburn.gov.uk)

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

Jawad Bhatti – Bloke Talk - [jawadbhattiall@gmail.com](mailto:jawadbhattiall@gmail.com)

James DaCosta – Community CVS – [james.dacosta@communitycvs.org.uk](mailto:james.dacosta@communitycvs.org.uk)

Karen Marsden – New Ground - [Karen.Marsden@newground.co.uk](mailto:Karen.Marsden@newground.co.uk)

Fatiha Ahmed – Care Network [-fatiha.ahmed@carenetwork.org.uk](mailto:-fatiha.ahmed@carenetwork.org.uk)

Miffy Clegg – Community CVS – [Miffy.clegg@communitycvs.org.uk](mailto:Miffy.clegg@communitycvs.org.uk)

Tim Horobin – Prevent (BwD BC) – [Tim.horobin@blackburn.gov.uk](mailto:Tim.horobin@blackburn.gov.uk)

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

Megan McDonough – Spark – [mmcdonough@calico.org.uk](mailto:mmcdonough@calico.org.uk)

Clare Rigby – BwD BC Adult Social Care – [clare.rigby@blackburn.gov.uk](mailto:clare.rigby@blackburn.gov.uk)

Fozia Aftab – Community Missionary Project - [communityharmonyproject@gmail.com](mailto:communityharmonyproject@gmail.com)

**Apologies:** Julie Moran – Herbert Parkinson, Carol Swindells – East Lancs Hospice, Dawn Treanor – IMO, Michelle Fox – Inspira, Jo-Ann Dwyer – BwD Early Years, Fairoja Utarkar -DWP, Lisa Rawcliffe – Community CVS/IRS, Mike Gibson – NWAA,

**Jawad Bhatti from Bloke Talk**

* Bloke Talk is new and I’m just in the process of setting up – What I am wanting to achieve is to normalise male mental health and get men talking about it
* If you look at the stats - Society's expectations and traditional gender roles/Culture play a role in why men are less likely to discuss or seek help for their mental health problems
* “There’s Nothing Wrong with Me” “My Problems Aren’t That Bad. I Can Deal with Them Myself” - Many men feel they have to have it all together all the time, despite how miserable they feel
* Often with Men you only know that they aren’t in a good place when they reach crisis point
* With Bloke Talk I am wanting to get men talking about it then sign post them to the groups/organisations that can help
* I have lived experience – my mum struggled and during lockdown I experienced it too
* My mentor is Si Donnelly from Talk ourselves Well and I have linked in with Andy @ Andy’s Man Club
* Many Men’s groups are closed groups location specific – which is good because they need to be safe – but what happens if you need to talk to someone at 10am?
* By creating videos and raising the profile – interviewing real men and spreading the word – we may potentially save someone
* I also want to video family members – to talk about the signs etc to raise the awareness – what were the changes in behaviour?
* I want to create 5, 10-minute videos – the conversations don’t have to be too deep
* I’m not competing with the existing organisations that offer support to men – I literally want to amplify the noise
* I have been working with Donna and we are hoping to have a launch event on International Men’s day

DT – The idea behind the event is to link in with all the agencies who offer support for men – Jawad is the campaign awareness – Talk ourselves Well etc are the services that we will signpost to

AC – It would be great if there was a leaflet or something that we could give to our male clients when we have finished working with them – something they can take away with them and if they need the numbers etc – they have them

**Karen Livesey From No Whispers**

* That leads me onto the reason why I am here today
* I offer Child Sexual & Criminal Exploitation Awareness Training
* Boys and Men don’t tend to disclose when they have experience Exploitation – there has recently been a study over 7 years with 7000 participants – looking at why adults in their 50’s, 60’s and 70’s didn’t disclose
* Usually disclosure happens when you’re not expecting – sat down having a brew the individual feels safe and they will just blurt it out
* By blocking disclosure it affects the victim’s life, but not only them – their families, people they come into contact with throughout their life
* Does anyone know why March 18th is significant – its National Child Exploitation Awareness Day
* I’m here because I am offering a Freebie – a session that is open to anyone interested in learning more about child sexual exploitation – its not accredited its just an awareness course
* Safeguarding is everyone’s responsibility - Online safety Bill – for social media platforms to take responsibility to stop online grooming – during Covid online grooming went through the roof, kids at home all day on their phones
* Child Exploitation can happen anywhere – lots of people think because they live in a nice area – affluent area, educated, professional parents that it won’t happen to them – Sexual and criminal exploitation of children happens everywhere.
* The Training is at The Community Hub – March 2nd  9.30am – 11.30am – hopefully it may create discussion around Safeguarding
* No need to book – just turn up

<https://no-whispers.co.uk/>

**James Da Costa – Community CVS**

* I’m from CVS and I work on the upskilling team
* Cyber Security – Free Training Delivered By Community CVS (NCSC / NAVCA) – 21/2 hours
* As small charities and community groups increased their digital presence to adapt to the pandemic, the risk of cyber-attacks also increased. From data breaches to fraudulent invoices, there are lots of different steps to consider when keeping your organisation safe online.
* Join us at Community CVS in our free training session, where your local trainers will help you understand the content through real life examples, videos and, most importantly, by removing the jargon that can make cyber security seem difficult to understand.
* By the end of the session, you will understand why small charities are at risk of different types of cyber-attack, be aware of practical steps you can take to avoid cyber-attack, and know what to do in the event of a cyber-attack on your organisation.
* To make a reservation for Tuesday 28th February use the link below:
* https://www.eventbrite.co.uk/e/cyber-security-training-for-small-charities-tickets-539205306587
* Training is being delivered on 2nd Floor, ROOM D, Community CVS (Community Hub), 45 Railway Road, Blackburn, BB1 1EZ

<https://www.communitycvs.org.uk/free-cyber-security-training-for-small-charities/>

‘Free Accredited Staff Training from Community CVS’

Project Title: ‘Upskilling the Health and Social Care Workforce Across Lancashire’

Community CVS are offering free staff development training for charities and social enterprises. Courses cover many areas as CVS Training Centre is accredited with three awarding bodies and training can be workshop driven or lead to qualifications.

Some examples of possible training include;

• GDPR / Information Handling in a Health and Social Care setting

• Understand Information, Advice and Guidance

• Equality, Diversity and Inclusion

• Management & Leadership

• Coaching & Mentoring

• Professional Development

• Managing Behaviour Change

• Managing Volunteers

• Food Safety

• Commission Readiness

• Business Admin

• Customer Services

• Mental Health and Wellbeing

• Managing Conflict

• Intro to Social Media

• Cyber Security for Small Charities

We provide a free diagnostic to determine a bespoke training plan for your teams.

This is for you if;

• Your organisation is based in Lancashire.

• You employ 250 employees or less.

• Have either an annual turnover that is equal to or less than 50 million Euros

The individuals within these organisations must be employed (in Lancashire) and be Lancashire residents to be eligible.

There are no costs to organisations receiving the training as the project is part funded by ESF / The DWP and Community CVS.

Contact Chris Trickett to help you access the project, his details are 07960002616 / chris.trickett@communitycvs.org.uk

Learn More on our Website 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/>

**Alexandra Clayton from Shelter**

I am really looking for some help/advice – I want to put together some office etiquette training for my volunteers

Does anyone have any resources?

Lots of our volunteers have come from lived experience and different backgrounds and they have never been in an office before ( some have never had a job before) – they struggle with the basics that lots of us take for granted

There are many rules that are not actually written down – saying good morning to colleagues, crossing boundaries of conversations, dressing appropriately etc

I also want to train staff to be aware of the different levels of knowledge etc – so that we don’t lose volunteers because they aren’t comfortable or don’t fit it – one hiccup early on may make them feel like they are doing it wrong

Any suggestions?

KL – You could possibly do photo scenarios similar to your driving theory test – what is right or wrong with the situation etc

KS – We offer training at BwD Carers and part of the training covers office etiquette in customer service etc ad we have volunteers shadowing staff – there is E-Learning, case studies etc

**Sabiha Patel from BwD BC**

Just here to promote the Job and Skills Fair on Tuesday 28th Feb 10.00am – 3.00pm @ King Georges Hall

There are 50 stalls – lots of employers etc

<https://theshuttle.org.uk/jobs-skills-fair-to-help-people-get-on-in-work-education-volunteering/>

We are also running Job Clubs

* Every Tuesday: Audley Neighbourhood Learning Centre Pringle St, Blackburn, BB1 1SF, 13:00-15:00
* Every Tuesday: Darwen Valley Community Centre, 59-61 Sudellside St, Blackburn, BB3 3DL, 12:45 -14:45
* Every Thursday: Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn,BB2 1QP, 13:00-15:00

<https://www.blackburn.gov.uk/jobs/help-find-job/employability-mentoring>

**Next Meeting**

**Thursday 23rd March 2023**

**9:30am – 11:30am**

**The Boulevard Centre**

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

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

[**Donna.talbot@communitycvs.org.uk**](mailto:Donna.talbot@communitycvs.org.uk)

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