**Minutes of the Community CVS Network Meeting**

**Thursday 23rd November 2023**

Lisa Rawcliffe – Community CVS - [lisa.rawcliffe@communitycvs.org.uk](mailto:lisa.rawcliffe@communitycvs.org.uk)

Nancy Kinyanjui -Kairos Housing [-Nancy@kairoshousing.org.uk](mailto:-Nancy@kairoshousing.org.uk)

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Eddie Owen – BRCT – [eddie.owen@brctrust.co.uk](mailto:eddie.owen@brctrust.co.uk)

Rolande Bradshaw – Red Rose Recovery – [rolande.bradshaw@redroserecovery.org.uk](mailto:rolande.bradshaw@redroserecovery.org.uk)

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

Dominic Whalley – Sparks/Red Rose Recovery – [d.whalley@redroserecovery.org.uk](mailto:d.whalley@redroserecovery.org.uk)

Shaun McAllister – Blackburn College [Shaun.McAllister@blackburn.ac.uk](mailto:Shaun.McAllister@blackburn.ac.uk)

Clare Rigby – BwD BC - [Clare.Rigby@blackburn.gov.uk](mailto:Clare.Rigby@blackburn.gov.uk)

Ian Whittaker – New Ground – [Ian.whittaker@newground.co.uk](mailto:Ian.whittaker@newground.co.uk)

Zainab Dhukai – New Ground - [Zainab.Dhukai@newground.co.uk](mailto:Zainab.Dhukai@newground.co.uk)

Danny Wood – Citizens Advice Bureau - [danny.wood@citizensadvice.org.uk](mailto:danny.wood@citizensadvice.org.uk)

Dilwara Ali – BwD Healthy Living - [D.Ali@bwdhl.org.uk](mailto:D.Ali@bwdhl.org.uk)

Tracey True – BwD BC - [tracey.true@blackburn.gov.uk](mailto:tracey.true@blackburn.gov.uk)

Lisa Couperthwaite – McPin Foundation - [lisacouperthwaite@mcpin.org](mailto:lisacouperthwaite@mcpin.org)

Mark Lowes – Blackburn Youth Zone – [Mark.lowes@blackburnyz.org](mailto:Mark.lowes@blackburnyz.org)

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Shabnam Saifi – Arc [Shabnam.saifi@blackburn.org.uk](mailto:Shabnam.saifi@blackburn.org.uk)

Dawn Treanor – IMO - [Dawn.Treanor@imocharity.org](mailto:Dawn.Treanor@imocharity.org)

Carol Barlow – Duke Of Edinburgh Awards -

**Apologies:**

Donna Talbot – Community CVS. Jon Travena – Duke of Edinburgh, Anthony Carr – BwD Re: fresh, Catherine Parsons – Guinness Housing, Philomena Strickland – Care Network,

**Shaun McAllister from Blackburn College**

* I teach photography @ Blackburn College and I am working closely with Dr John Harrison from UCLAN on the Redline Project
* The Redline project looks at the affects of the cost of living crisis through photography
* Vital services have been impacted massively in the local community and we want your help with the project
* We want to get behind the scenes – why are you involved? What impact has the cost of living crisis had on your service, your clients, funding etc
* We want to involve everyone who from the Foodbank, Thomas, to the Shad Chefs etc anyone who works with those most affected by the cost of living crisis, homeless, vulnerable, low – income
* All photos will be showcased venue to be confirmed
* Donna will send out the proposal with minutes :please have a look and if you wasn’t to get involved please contact Shaun directly

[Shaun.McAllister@blackburn.ac.uk](mailto:Shaun.McAllister@blackburn.ac.uk)

**Danny Wood – Citizens Advice Bureau**

* Via a tender through the ministry of justice Citizens advice bureau are looking to recruit witness service volunteers as part of a new service
* Anyone wanting to volunteer will be fully trained - the training is an excellent offer, support and accreditation
* The process is application, interview, References, Enhanced DBS (free) then in-depth training (3/4 Months)
* You’ll support witnesses (including victims) and their friends and family when they come to court. You’ll give them practical information about the process, as well as emotional support to help them feel more confident when giving evidence.
* Once you are an experienced volunteer, you may choose to move into supporting our enhanced service for witnesses who are vulnerable or at risk of intimidation. This involves meeting them in advance of their court appearance, to provide additional support and reassurance. This would be in a safe place such as a school or community centre.
* It can take around 3 months to become fully accredited as a Witness Service Volunteer. We ask that you can volunteer for a minimum of 12 months after you’ve completed your training. If you can’t commit to this please let us know and we can talk about more flexible options.
* We’ll ask you to commit a minimum of a day a week overall but you might eventually volunteer your time flexibly, with a mix of court-based shifts or community outreach visits over the month. This would be agreed between you and your Team Leader and we welcome requests for flexible arrangements.
* When attending court you’d usually be needed from 9am-5pm.
* You’d also need to attend training, volunteer meetings and regular one-to-one support sessions.

Q; What is the difference between your witness service and the Witness Care units?

A: The Witness Care Units (WCU) were set up to ensure that witnesses are better informed, better prepared and better supported throughout any court proceedings.

The WCU provides the following services to civilian **victims** and **witnesses** from first court hearing date right through to the conclusion of the case: It:

provides a single point of contact for victims and witnesses.

Conducts needs assessments on all victims & witnesses who are required to give evidence at Court, offering them services such as pre-court familiarisation visits.

Inform victims and witnesses of Court results in key stages of the Court process.

Refer victims and witnesses to relevant support agencies if they require further support.

Support and encourage victims and witnesses to give evidence at Court.

The Citizens Advice Witness Service provides free and independent support for both **prosecution** and **defence** witnesses in every criminal court in England and Wales.

* provide information about the court process
* show witnesses the courtroom before the trial
* be there to talk to in confidence
* accompany witnesses when they give their evidence
* give support on the day of the trial - at verdict and sentencing
* help prepare witnesses who need extra support - at their home or another safe place
* help witnesses claim expenses
* work with other agencies to make sure the right support is provided
* refer witnesses to our partner organisations - including local Citizens Advice, for support with other issues before, during or after the trial

[The Citizens Advice Witness Service - Citizens Advice](https://www.citizensadvice.org.uk/about-us/about-us1/citizens-advice-witness-service/)

**Tracey True – BwD BC – Social Prescribing**

* Social prescribing is a key component of Universal Personalised Care. It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.
* In social prescribing, local agencies such as local charities, social care and health services refer people to a social prescribing link worker. Social prescribing link workers give people time, focusing on ‘what matters to me?’ to coproduce a simple personalised care and support plan, and support people to take control of their health and wellbeing.
* Social prescribing is an all-age, whole population approach that works particularly well for people who:
  + - * have one or more long term conditions
      * who need support with low level mental health issues
      * who are lonely or isolated
      * who have complex social needs which affect their wellbeing.
* Individuals are referred by their GP, Nurse, Mental health team in order to reduce the pressure on GP surgeries
* The social prescribing link worker will work with the individual over 12 weeks (not set in stone) this could be self-esteem courses, debt management, training, volunteering, art classes, peer support groups, whatever the individual likes and wants to do to ensure they feel better

[tracey.true@blackburn.gov.uk](mailto:tracey.true@blackburn.gov.uk)

**Lisa Cowperthwaite – McPin Foundation**

* The McPin Foundation is a mental health research charity. We believe research is done best when it involves people with relevant personal experience that relates to the research being carried out. We call this ‘lived experience’ and integrate this into our work.
* We are looking for individuals to help with a current study in the North West Successful Treatment of Paranoia (STOP) Developing and testing a smartphone app to help people come up with alternative explanations for situations which cause paranoid thinking
* The Study aims to develop and test a smartphone app-version of the approach developed in CBM-pa to help people with paranoid or threatening thoughts.
* CBM-pa was a digital programme designed to help people think about potentially paranoia-inducing situations in different ways. Using examples of everyday situations, the app will help people come up with alternative explanations which are less likely to cause paranoid thinking.
* Individual who want to take part will have to be stable on their medication, 18 yrs. +, they must have the capacity to consent, and also be able to speak and write English.
* Anyone partaking in the study will be reimbursed
* This study began in March 2021 and will continue for four years until February 2025.

[Successful Treatment of Paranoia (STOP) | The McPin Foundation](https://mcpin.org/project/successful-treatment-of-paranoia-stop/)

[Successful Treatment Of Paranoia | STOP Study | England (stoptrial.co.uk)](https://www.stoptrial.co.uk/)

**Carol Barlow – Duke of Edinburgh Awards**

* The Duke of Edinburgh work with lots of schools in Blackburn with Darwen
* We offer development opportunities in 4 areas Volunteering, Physical, Skills and Expedition
* We want to focus on the volunteering opportunities in Blackburn for the young people wanting to complete the Duke of Edinburgh Awards
* There are 3 different awards – Bronze, Silver and Gold
* Bronze Volunteering section: 3 months – with the option of volunteering for an extra month
* Silver Volunteering section: 6 months
* Gold Volunteering section: 12 months
* The young people usually complete 1 hour of volunteering per week
* The young people have to be in year 9 – 14 years of age before they can complete the DofE
* There are many benefits for the young person completing their DofE programme they’ll develop the skills and attitudes they need to become more rounded, confident adults. Qualities that colleges, universities and employers are attracted to.

[Young People's Services - Blackburn with Darwen Borough Council - The Duke of Edinburgh's Award (dofe.org)](https://www.dofe.org/opportunity-finder/article/young-peoples-services-blackburn-with-darwen-borough-council/)

**Roland – Red Rose Recovery**

* 90% of the staff @ Red Rose Recovery have lived experience, our staff’s personal and relatable experience provides inspiration and hope to people who are struggling to find a way forward.
* We work with a wide range of partner organisations in many different settings to build accessible and inclusive pathways for personal development and recovery.
* IMO, Sparks Recovery, Calico, Acorn, Community CVS
* We have 2 contracts in BwD – Changing Futures Roots Community is a newly convened forum advocating for recovery in the Blackburn-with-Darwen area.
* By bringing together individuals who have been affected by addiction alongside partner organisations in the recovery sector, the Community seeks to:
* empower and amplify the voices of people accessing services through the maxim ‘nothing about us without us’;
* build recovery capital through the creation of training, development, volunteering and employment opportunities;
* develop positive, practical solutions to the systemic challenges faced by Community members.
* Roots Community is a sister organisation to the Lancashire User Forum, a pioneering collective which has grown since its inception in 2006 to become one of the largest forums of its kind in the UK.
* Our aim is to connect with other organisations, we would like other services to come along and talk at our forum – which will offer more options for the service users
* Our Community Asset Fund is offering small grants of between £500 and £2000 to enable you to put your plans into action.
* Main focus is to fund for grass roots volunteer led community groups, that support recovery
* Must support recovery from substance or alcohol misuse
* Application process – web site, email, 1 to 1 support if needed, chat to service user group ROOTS, then panel meeting.
* Rounds are each month
* Volunteer Red Rose Recovery training pathway – volunteering is really beneficial early on in recovery, its important that we provide hope and show how it can be done , lived experience interviews are very inspiring – you get to meet people who have turned their lives around and live a productive lifestyle

[Red Rose Recovery](https://redroserecovery.org.uk/)

**Donna**

(I know it’s Early ) Hope you all have a Wonderful Christmas and Super Fab New Year ……….



**Next Meeting**

**Thursday 25th January 2024**

**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***