**Minutes of the Community CVS Network Meeting**

**Thursday 23rd November 2023**

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Dawn Treanor – IMO – dawn.treanor@imocharity.org

Samantha Crawley – Bracebridge Care - samantha.crawley@bracebridgecare.org

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Karen Pickles – Neurodynamix – neurodynamix23@gmail.com

Katie Tilyard – BAM

Bushra Ali – Lancashire Women – Bushrah.ali@lancashirewomen.org

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

Syka Quraishi – Community CVS - Syka.Quraishi@communitycvs.org.uk

Didier Muller – Lancashire LGBT - didierm@lancslgbt.org.uk

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

**Apologies: Julie Moran – Herbert Parkinson ( John Lewis) Kelly Reilly – Great Places**

**Kiran Sadiq – BwD Carers Service, Trevor Hannon – BwD BC,**

**Didier Muller from Lancashire LGBT**

* I have been in post as volunteer co-ordinator for 6 months @ Lancashire LGBT , we are based in Preston but we work Pan- Lancashire
* We have service users everywhere and to keep up with demand we need volunteers to help cover all areas – geographically and services
* My role of programme co-ordinator I cover – recruitment, training of our volunteers
* The aims of Lancashire LGBT is for a happier, healthier and better-connected LGBTQ community
* We offer peer support for lots of groups – men, women, trans, non-binary
* We work closely with NHS Staff who come along to our groups, we have guest speakers
* We have lots of activities – walking the group meets in a different place every month and do a different walk and we also have a swimming group in Blackpool , the swimming sessions are indoor – it’s a closed group we have the pool for one hour
* We have an info phone line – we signpost we support many people are just coming out so we will have a chat with them then sign post them to the relevant service – counselling, 1-2-1 what ever they need
* All our volunteers that we take on have all lived experience – this helps our service users feel safe
* We have a small team who offer the 1-2-1 support – Levi leads on this offering lots of different techniques, self – help, self – care lots of different techniques
* This year we will be relaunching our quality mark – its an award and certificate for organisations who have completed our training, we have worked with GP’s, Businesses, Colleges and schools
* Once they have gained the quality mark we continue to link in with organisations – Lewis our CEO goes out to all venues to offer the training covering topics such as Inclusivity, LGBT and tans awareness etc
* Lewis has worked with the police, universities and county council
* In our office we also have Jenny and Brad who work for Leeds Gender Identity Service but hey are based in our Preston office – they cover all of Lancashire
* Jenny and Brad are involved in Community engagement, working with the trans/non-binary community – they offer a phone service, drop in services at UCLAN and colleges – safe space for students and staff to come and talk about any issues etc
* Jenny and Brads posts are funded by the Mental Health Transformation Funds – they offer free training sessions for organisations – the sessions are 2 hours on line or half a day in person
* The focus of the training sessions is to hear about lived experience from the LGBTQA community about their experiences access services – the aim of the session is to look at how organisations improve their services and make their services more accessible.

Q: what roles do your volunteers do?

A: we have a number of roles: –

* Co-facilitators who support the staff with groups etc
* Volunteer Councillors ( many on placement for 1 year) – these roles are very flexible
* Activity group leaders
* Swimming Coach
* Event volunteers to help with the Pride Season – helping with stalls, marches etc
* New role befrienders – informal, front line triage role)

We have 8 volunteers currently to 5 members of staff and we hope to grow this

Q: what days and when do you need your volunteers?

A: it changes very flexible – most of our services are currently online – we are a small team with a large area to cover. Most of the groups are online because many of those using the service have only recently come out so they find the online groups more accessible and not as daunting . We are however looking to create a purely social session – many of our groups are specific for certain groups, we would like to bring everyone together in a relaxed social setting

Q: How do people access your services

A; Its really easy they just need to register on line – it’s a very easy survey that once completed will enable us to signpost you to the relevant person/service. However the walking group you do not need to sign up you can just turn up

Q: do you have a fixed walk in Blackburn with Darwen?

A: No we don’t – the walks are across Lancashire, there are usually around 10 – 15 people who turn up with pets and friends, people of all abilities and they just have a lovely walk and enjoy the exercise and meeting new people

Q: what is the youngest age that you work with?

A: 18 years – we do get a lot of enquiries from schools and parents but we just signpost them to the relevant service

[Home - Lancashire LGBT - Happier, healthier and better connected (lancslgbt.org.uk)](https://lancslgbt.org.uk/)

**Javeria from Lancashire Women**

* Lancashire women offer lots of support around finance, employment, mental health and well-being
* We have our Raising Aspirations project – we work with both men and women looking at their physical and mental health, helping them to set goals, supporting them to access courses and training – the project is coming to an end in October but we are hoping to secure funds to continue this project
* We are holding an international Women’s Day event at King Georges Hall on Friday 8th March – there will be lots of stalls and there is an historic walk too, we have 24 organisations signed up and the theme for the event is fitness – we will have 180 project there offering tips on exercise and Leanne from the Billy project will be there and there will also be Zumba
* If you would like to get involved please let us know and if you have any ideas please get in contact – we really want the event to be successful

Q: What is raising Aspirations?

A: We work with individuals who are wanting to become more independent, we look at their issues and look at how we can help to overcome them – counselling, training, workshops – what ever the individual needs. We have historically worked with only women but we are now branching out to men – we are actually in the process of changing our logo

Q: Where do the majority of your referrals come from?

A: Self referrals online – we do get referrals from lots of agencies but the majority is online self-referral and via the phone

Q: How do people know about your service?

A; GP’s, Council staff – social prescribers, social workers other charities

[Homepage | Lancashire Women](https://lancashirewomen.org/)

**Denise & Greg – LACVS – The local project**

* The LOCAL project is managed by the Lancashire Association of CVSs (LACVS)
* We Work closely with local members, voluntary, community, faith and social enterprise organisations (VCFSE) and have a reach to over 4000 VCFSE organisations.
* LACVS aims to add value to what our members do and help them to lead positive change. The sector has many problems we have less funding for less time – historically money was allocated for years now it’s a matter of months. The project has ambitious plans to deliver the VCFSE Manifesto and help the VCFSE Sector to tackle the issues our communities face.
* LACVS is an umbrella organisation which offers support and development capacity to the VCFSE sector across the Lancashire 14 area. The LOCAL project is funded by The National Lottery Community fund for 5yrs
* We are funded for the next five years without a set agenda so this will give us time to have the chance to work with the VCFSE sector and really get to know what the issues are etc
* We are focused on looking at the community lived experience – those who are so far away from the decisions that directly affects them, it is so important that we can talk at a neighbourhood level
* Identify the estimated 1000’s of groups not yet connected into the VCFSE sector.
* There are around 10, 000 organisations – formal/community groups across Lancashire – only 5,000 are registered – 2,800 charities and 2,200 social enterprises – we are missing all the small local groups – volunteer lead organisations at grass roots level and we are not getting all the info to support them, look at funding for them etc.
* The LOCAL project will work within the VCFSE sector and alongside our public sector partners to:-
	+ Listen to our communities to identify gaps in services and the need for local changes
	+ Research and evidence gaps in local networks & those across Lancashire 14
	+ Advocate for the change that needs to happen
	+ Work with partners seeking the resources for them to make change
* The LOCAL project will be guided by the Lancashire 14 VCFSE Manifesto to deliver impactful changes across 9 priority themes:-
	+ Equality and Social Justice for All: Tackling Poverty in Lancashire
	+ VCFSE Sector as an Equal Partner
	+ Economic Model That Works for Lancashire
	+ Community wellbeing and person & community-centred Public Service Models
	+ Green Communities
	+ Pioneer a Lancashire Social Prescribing Model
	+ A Safer Lancashire
	+ Helping People into Employment
	+ Adequate VCFSE Resources to play our full part in the future of Lancashire
* Deliver conferences, events and workshops to feed into evidence-based reporting to produce collaborative action, gathering sector intelligence and disseminating across VCFSE organisations

 Website under development

**Katie from BAM Construction**

* Bam employs over 80,oo employees our presence In Blackburn is the remodelling of the Blackburn College Victoria Building – it’s a massive regeneration project and we will be around for the next three years working on it
* I’m sure you have all noticed the giant BAM signs everywhere
* We have section 106 money – At BAM, creating Social Value that delivers lasting social impact is central to the way we do business.
* We are committed to deliver a minimum of 15% Social Value added across all our projects and are developing 'lifecycle impact' data that helps clients understand the long-term impact of their programmes on people and the planet.
* Our purpose is to create sustainable environments that enhance people's lives and this it is reflected in our values, ethos, and daily actions. We work with our clients and our communities to listen and co-create programmes and opportunities focussed on people and that build community wealth.
* We will be working to what ever the social agenda is – we will do what we can and when – we will be focusing our support on grass roots projects – linking in with the local council etc
* We do not push money/donations we need to get our staff involved otherwise there is no longevity
* It’s not enough to build a wall and walk away – there has to be more – more support

There is so much more that we do and we can offer – HR, Law etc all our staff are encouraged to volunteer 1 day per year.

Q: How do people approach you?

A: Contact Donna and she will forward any requests etc

Q: Could you give us an example of what you have worked on?

A: We have been involved with building the Co-op Arena in Manchester we have created a new kitchen for them

[Leading construction and property services company | BAM](https://www.bam.co.uk/)

Zuber and Sadiha from Audley Community Centre

* Audley centre was originally one of the BwD BC community centres, we took it over 2 years ago and its now a new CIC company, we work really hard to get the funding to keep it running – the Community Needs us and we want to be around for a long time
* The venue is available for meetings and events – it’s a lovely community centre and its being underutilised – we want more groups to come in and work with our local community
* We currently have Blackburn Rovers Community trust coming in and we have weekend groups, dance groups sports groups – but we want to offer our community so much more
* Audley is a very under privileged area and we have lots and lots of kids coming in – many of their parents are working hard to make ends meet and put food on the table as a result of this the kids are left a lot of the time to their own devices
* The kids come in more during the school holidays, weekends some of them don’t even own a football and come in to borrow one of ours. Many of the kids during the holidays are hungry – they don’t have their regular school meal
* Fridays we have over 150 adults with disabilities coming in with their support workers – they dance and sing and play football and they all love it, for many of them its their only day out and they love it – you are all welcome to come along and see how wonderful the group is
* We have kids kickboxing groups – for 5 – 14 years olds – the group teaches the kids self-defence and confidence – but it also helps with discipline, we have had many parents feedbacking that thanks to the kick boxing group their son is much better behaved
* We work with the NHS they run blood pressure monitoring sessions, they also have stalls advertising services – many of the parents had no idea of the number of services available
* We run a badminton group for local women – many of the women are from the BME community and struggle to speak English, many have no friends and coming along to the badminton for one hour per week has given them a purpose, we charge £1 per session and it has become something that the ladies love and look forward to, its so popular we have had to limit the sessions so that every one can play badminton
* We have partnered up with SAMS to ensure that the local families can afford to buy food for their kids, the food parcels are £6 each and so many people need them – initially everyone was scared that by accepting food parcels they would lose their benefits we have had to work hard to reassure everyone that its ok.
* There are many young children/adults in our area who do not have social skills, their mental and physical health isn’t great – they’re not eating and they are being neglected because parents are too busy working – in the summer we provide the summer clubs we had on average 175 kids per day coming into the centre for something to do and something to eat
* As you can see we are desperate for funds to keep the activities going for the kids and to also offer more – we do have a small gym which helps to keep things ticking over – but it’s nowhere near enough
* We also have a number of people popping into the centre for help with forms etc , people with mental health – we need to bring in the services that can help them – we are already far too busy
* The entire building is tired and in need of repairs – we need lots of people hiring out the rooms, coming along to the centre, we want to offer a safe space for the residents
* So if anyone is interested in coming along having a look at the centre, getting involved, if you have any ideas that can help us

**Ant Carr – BwD Health & Wellbeing Service**

I would love to talk to your guys about engagement and Whats working well – we could look at potential holding health checks at Audley

**Alex – Shelter**

Q: What issues are people coming in to talk to you about? Shelter provides support with Housing, Benefits and Debt – we do have the potential to come in and talk to clients and we also run workshops for professionals to show them the basics.

[(1) Facebook](https://www.facebook.com/audleycentre/?locale=en_GB)

**Directory of services** – we need one that we can use to direct people to – however the up keep is hard and there will always be someone missed off or forgotten

**Phil** **– Care network** – we are in the process of creating a new directory

**Donna – CVS** once we have everyone in their job we will hopefully be launching the Community Central – however Alex suggested last year that on the community CVS Network page we could include all members and have a link to their webpage – this is something I am keen to work on once in my new post ( if successful)

**Didier – Lancashire LGBT** do have a directory of services for the LGBTQ community on their web page

**Samantha Crawley – Bracebridge Care**

* I am CEO of Bracebridge Care Homes – I have been sober for 30 years, I have experienced homelessness, at my lowest point I didn’t eat for days
* However I worked really hard to get where I am today and all my experiences come into what I do now,
* We have a new Care home opening in Blackburn in April with 70 beds – usually referrals come through the LA ( Local Authority) and ICB (Integrated Care Board) however we want the local community to come into our homes
* We are very keen to offer the best care for everyone and we specialize in the LGBTQ community – we actively seek residents and staff into our homes – many homes do not cater for the LGBTQ community – we have a new resident that has been referred to us because in his old home he was forced to wear men’s clothes however he liked to wear women’s clothes so he had been going into the ladies rooms trying on their clothes causing much distress to everyone – in our home he can wear what he likes
* We currently have approximately 100 new jobs available in our new home – we do not necessarily take people on because of their experience in care but we look for people with emotional intelligence
* We run a fun session where we get to know the prospective candidates – it puts them at ease and gives those who would struggle at interview ( those with English as their second language, shy, adults with disabilities ) extra confidence – they are at ease and they know us
* We want to make sure that those we employ are reflective of the community in Blackburn
* We also specialize in dementia care – we work with the families – its not just dumping your family member at a home and leaving them – we work together it’s a partnership we ask families and residents to audit our care regularly
* We are neuro divergent friendly
* We have a café space that groups can use for free – I will let Donna know when the open day is so you can come and have a look

[Care Homes from Bracebridge Care | Your Way, Everyday.](https://bracebridgecare.org/)

**Bushra - Lancs Women**

We have a drop-in session on Wednesday 1-4pm @ The Albion Mill – it’s a safe space for women to come along and talk to someone, find out what services and help is out there, so if you have any ladies looking for support please send them our way

**Dawn – IMO**

* Every Wednesday we have our volunteer academy 10.00am – 12.00pm we have workshops etc
* The ‘IMO Volunteer Academy’ is intended for adults aged 18+. It aims to provide candidates with opportunities to learn new skills and develop themselves in a relaxed and supportive environment. This will provide them the opportunity to enhance their individual talents, expertise and skills.
* The IMO Volunteer Academy will include a range of weekly workshops to assist and develop a range of skills, including communication, leadership, e-learning modules and opportunities to volunteer and obtain 1-1 support and guidance.

[IMO Charity](https://www.imocharity.org/adults_provision/)

**Jargon Busters**

NHS & Health and Social Care

[NHS England » Understanding NHS jargon](https://www.england.nhs.uk/get-involved/resources/involvejargon/)

LGBTQ +

[List of LGBTQ+ terms (stonewall.org.uk)](https://www.stonewall.org.uk/list-lgbtq-terms)

**Next Meeting**

**Thursday 22nd February 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**

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