**Minutes of the Community CVS Network Meeting**

**Thursday 22nd February 2024**

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

Jon Travena – Duke of Edinburgh Awards - [Jon.Travena@dofe.org](mailto:Jon.Travena@dofe.org)

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Beverly Marsden – Lancashire Women – [Beverly.marsden@lancashirewomen.org](mailto:Beverly.marsden@lancashirewomen.org)

Leah Harrison – Community CVS – [Leah.Harrison@communitycvs.org.uk](mailto:Leah.Harrison@communitycvs.org.uk)

John McCann – LSSA – [SAILLSSA@AOL.COM](mailto:SAILLSSA@AOL.COM)

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Rachel Coupe – Dance Syndrome - [rachel@dancesyndrome.co.uk](mailto:rachel@dancesyndrome.co.uk)

Verity Gardner – Lagans Foundation - [Verity.Gardner@lagans.org.uk](mailto:Verity.Gardner@lagans.org.uk)

Ruksana Ali – Their Stories - [info@theirstories.uk](mailto:info@theirstories.uk)

Philomena Strickland – Care Network - [philomena.strickland@carenetwork.org.uk](mailto:philomena.strickland@carenetwork.org.uk)

**Apologies: Anthony Carr – BwD Health& Wellbeing, Shaf Ahmed – PHX Training, Katie Tilyard – BAM Construction, Fatemah Bibi – Samaritans, Dawn Treanor – IMO,**

**Paul from BwD Diabetes Peer Support Group**

* I have been diabetic for the last 12 years – Donna supported me on another project and when she was diagnosed with type 2 diabetes she asked me a million questions – this gave me the idea of setting up a group for adults with diabetes
* After a diagnosis you are pretty much left to your own devices – its confusing and you have no idea what to eat etc
* So with Donna’s help and the help of Community CVS – I set up my support group, applied for some funding and now we have a fortnightly group at Blackburn Central Library 1:00pm – 3:00pm
* Its early days but we already have 6 members – it’s a great place where you can come along have a brew and talk about diabetes – swap recipes, ask questions – talk about your experience etc
* We also link in with the BwD Well Being Coaches, Diabetes UK
* Going forward we hope etc open an evening group, a walking group and a parents and children group

For more info email Paul: [bwddiabetesgroup@outlook.com](mailto:bwddiabetesgroup@outlook.com)

**Angela Allen – Bags for Strife**

* How many of you have been affected by suicide? – only 5 wow that’s much lower than it usual – When we talk about suicide its always something that happens to others we never think it will happen to us
* I lost my daughter to suicide in 2019 – it was a complete shock, not only to me but family and friends, there was an absolute tsunami of grief – I had no idea where to go for support or what support I needed
* The only thing I get was a slip of paper from the police officer – I have no idea what was on that paper – there wasn’t anyone place that we could go to for support
* This got me to thinking if we as a family and my friends were struggling surely there were others experiencing the same and we wanted to do something - this was then side-lined when I lost my husband to suicide 6 months after my daughter’s death
* We reached out to all those who had loved and cared for her - both family and friends - and asked them what the overriding emotions they felt when they learned of her death. Time and again four emotions were named: Blame. Anger. Guilt. Sadness.
* BAGS for Strife was then set up by people who have lost loved ones to suicide. At the time of our loss we were struck by the lack of accessible support for families and friends in the aftermath and having reached out to others who have been through similar circumstances, we realised that our experience was not unique.
* The Contents of the bag aren’t life changing – they simply have the things in that you need and to let the families know that there is someone out there to support you
* There is a water bottle – its so important to keep yourself hydrated – you will cry a lot in the coming weeks and months
* A stress ball to help with all the anger
* A sleep spray – because you will find it difficult to sleep but its so important to look after yourself when you have lost a loved one to suicide – all the products are there for you to do this
* There are tea bags – friends will come around – Talk to them, lean on them – they are there to help you through the dark days
* We are very proud of the work we have done locally but we are not stopping there we have evolved from Lancashire to a national charity
* Lancashire police have been great – I approached them and asked if they would distribute the bags and they were more than happy to
* We are also working with police forces in Derbyshire, Nottinghamshire, Leicestershire and we are in talks with Surrey and other police forces – everyone operates differently
* Families are getting the bags as soon as possible – we have given out 2000 bags these aren’t just for families who have recently lost a family member to suicide – it can be historic recently we gave a bag to a lady who had lost her brother to suicide in 1997
* We are so proud of what we have achieved – we have also written a book of help – with tips for example explaining to a young family member that a loved one has taken their life can be very tricky, we talk about self-care and there are our stories, poems etc
* The charity is run by volunteers – all of us do fundraising for the bags, we have been donated some funds from funerals of those who have died by suicide
* Booths have nominated us as their charity of the year in 3 stores, but if anyone would like to do any fundraising for us then you are more than welcome – just get in touch

[BAGS (bagsforstrife.co.uk)](https://www.bagsforstrife.co.uk/)

**Ruksana – Their Stories**

* I have worked within the community across Lancashire and I wanted to set something up in Blackburn
* I decide to open a Community Hub in Blackburn on Johnson Street, the area is very disadvantaged and many of the residents are marginalised, many of the ladies do not have access to many activities etc
* I chose this area as many of the residents have difficulty accessing transport, there are language barriers and locally there wasn’t anything else I wanted to create a nurturing community hub, fostering inclusion, and championing diversity within the neighbourhood
* We have weekly drop in sessions – the ladies come together have a brew and we do activities, go on trips – we have been to Samlesbury Hall, we offer wellbeing support, connection, learning, and growth
* Recently we had our Sip & Paint Event. We hosted a memorable event that had everyone buzzing with excitement and creativity! It was a delightful day filled with laughter, friendship, and artistic inspiration.
* We have lots of other projects lined up and the Hub its available for other groups to hire out, we are also looking for volunteers who speak different languages

Q: How do we refer our clients to your service?

A: social media Facebook, email or give me a ring

Q: What times and days do you have your groups?

A: Mondays 10:00am – 12:00pm , Wednesdays 5:00pm -7:00pm

[Facebook](https://www.facebook.com/profile.php?id=61554216777615)

**Zainab & Ian from Newground Together**

* We work for the charitable side of Together Housing, we have just finished working on the More positive together project – supporting people into work
* We now have new funding and a new project – Next Steps Together – this project is to work with those furthest from the job market, we will be working with 16 years+ on a non-job seeking benefit – anyone who hasn’t worked in the last 10 years, we do have some out comes to achieve to get people into work but they aren’t that onerous
* Individuals will be supported by mentors who will help them on a one to one basis – we are also offering a 4-day employability training session where we look at confidence, team building etc – it can be quite scary when you haven’t been in work for a long time just talking to strangers so getting involved with training is baby steps
* The project started in January and we had 15 people attend the first training session and the feedback was really positive, currently we are based on Bolton Road but we will be moving upto Eanam Wharf in March
* We also provide Maths level 1& 2 and ICT training for those that need it and we do offer one off courses such as food hygiene etc all the courses are accredited
* We have found that it has been really good for NEETS ( Young people not in education, employment or training)
* We can help with UC applications for people who aren’t digitally savvy – help with finding a job etc

Q: How long do you work with an individual for?

A: 6 months

Q:Is there progression ?

A:It’s not a formal training programme, we are looking to offer more courses accredited in the future

Q: What do they do over the 4-day training?

A: Positive attitude, Confidence, team work, self-awareness

Q: What do they do after the 4 days ?

A: they will be allocated a mentor who will then help them towards employment

Q: How do we refer?

A: you can self-refer by popping into the hub in The Mall (located next to Clair’s) – its open Monday to Friday anyone can pop in and have a chat about what they want to do etc or alternatively you can complete a referral form below

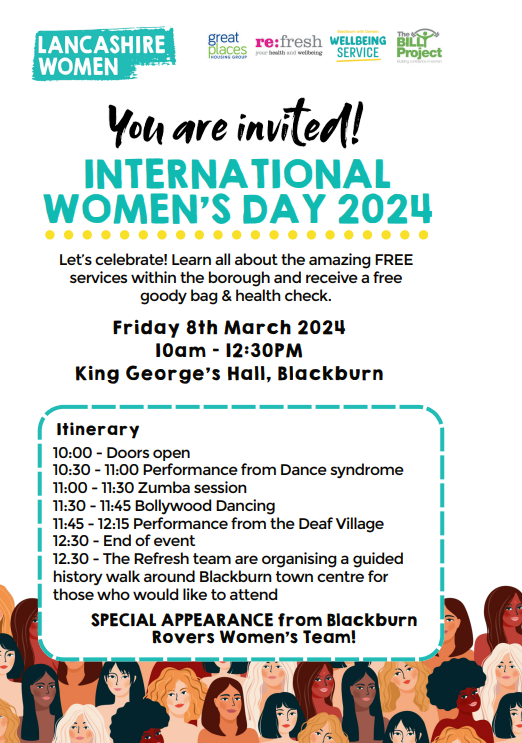
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[Home - Newground Together](https://www.newgroundtogether.co.uk/)

**Bev from Lancashire Women**

* We are organising a multi-agency event for international Women’s Day this year – after talking to service users, staff etc it became apparent that on international Women’s Day there are too many separate events
* Many people end up missing the ones they want to attend because they clash – also they felt like they were being disloyal to services that were supporting them so we decided to invite everyone to one space to avoid any conflict
* So on International Women’s Day – Friday 8th March there will be an event at King Georges Hall in the Windsor Suite from 10:00am – there will be 35 different services ( we do have a couple of tables left)
* We will have a raffle – you can win Blackburn Rovers Tickets There will be a Performance from Dance syndrome, Zumba session, Bollywood Dancing, A Performance from the Deaf Village and a special appearance from Blackburn Rovers Women team
* The Refresh team are organising a guided history walk around Blackburn town centre for
* We will also be taking photos of people’s feet to create a collage and we will be getting quotes from those who attend as a legacy of the event

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



**Sabiha – Blackburn with Darwen Borough Council**

Next Tuesday we will be holding our Disability Information Day :



* Then on Wednesday 28th Feb we will be holding our Job & Skills Fair - The fair will take place between 10am and 3pm on Wednesday, 28th February at King George’s Hall in Blackburn.
* There will be a large range of stalls from businesses and organisations ranging across the public, private and voluntary sectors – with local employers being at the forefront.
* People attending will get the chance to talk to a range of organisations and apply for live vacancies with the 1:1 support available at the event.
* These will include education, construction, hospitality, social care, engineering, marketing and much more.
* Building on your skills and further learning for all are also a big theme of the event, through the Employment Skills and Support Hub. This includes advice and support for anyone who may want a career change and would like to find training, volunteering opportunities or education on their new career paths.
* The Mayor will be opening the fair



[Get down to the Jobs and skills fair for new careers, new learning and a new start | The Shuttle: Blackburn with Darwen Council News](https://theshuttle.org.uk/get-down-to-the-jobs-and-skills-fair-for-new-careers-new-learning-and-a-new-start/)

**Aggie on behalf of Nazir from One Voice**

Nazir couldn’t be here today but she has asked that I talk in her place – Nazir has a big request she is looking for cervical cancer survivors to be filmed talking about their experience – to help raising the awareness and importance of cervical screening etc

Nazir has found it extremely difficult to find anyone – so if you are or know a survivor who is happy to talk please contact me

[kwiecien.agn@gmail.com](mailto:kwiecien.agn@gmail.com)

**Rachel from Dance Syndrome**

I was wondering if you guys could help we run our successful Everybody Dance sessions in Accrington, Chorley and Preston and we have tried to run the sessions here in Blackburn but there doesn’t appear to be the interest

We have run sessions from Bangor Street – we moved in just as Purple Patch moved out – we know there are the groups in BwD but we are not sure how to link in with groups with adults with disabilities

We have also tried to run the sessions from Wesley Hall as it is more central but we only had a maximum of 13 people in total – so we have currently paused the sessions

Can anyone suggest a better location – any groups that I should link in with?

[Home | DanceSyndrome](https://dancesyndrome.co.uk/)

**Phil – Care Network**

Have you thought about coming to Blackburn Library? They have a great room and it’s very central?

You could also link in with the hear us heroes’ group we have on average around 30 people attending that group also you could link in with the resolve group

**Donna**

You could link in with Julie @ Sliding Doors

[Sliding Doors – Blackburn Charity (slidingdoorscharity.org)](https://slidingdoorscharity.org/)

also the Olive tree: [Blackburn Local Offer | Potens - Olive Tree Domiciliary Services (bwd-localoffer.org.uk)](https://www.bwd-localoffer.org.uk/kb5/blackburn/directory/service.page?id=xrbeRQqqzSg)

**Leah from Community CVS**

We are currently offering 4 things :

* + - * Leadership & Management training
      * Flying Start
      * Commercial Training
      * Asylum Seeker training

The Leadership training is in the form of a bootcamp – 10 weeks

* This is an excellent opportunity for organisations in the sector to embolden staff and equip them with the skills, knowledge and competencies to grow into leadership or supervisory roles in the sector.
* We cover topics such as Equality & Diversity, Mental health culture, Communication & Conflict, Coaching & Mentoring, project management and leadership styles
* There is a small cost for this training

Flying Start

* The funded Flying Start service is part of Boost; Lancashire’s Business Growth Hub, and is created for pre-start businesses and those that have traded for less than three years.
* Through Flying Start, you will have access to a dedicated relationship manager who you will work with to determine the support you need to help you and your business.
* All support is tailored to suit the needs of your business and delivered by an experienced adviser who will be able to assist you to develop a Business Growth Action Plan.
* The adviser will meet with you regularly to help you to keep your business moving forward. Your business advisor will come with a wealth of experience, knowledge and a strong network of contacts who can assist with your business’s development.
* You will be entitled to between 6-12 hours of support

FREE Training Alert: Asylum Seeker Awareness in Health & Social Care

* Join us for a pivotal training session aimed at raising awareness of the challenges and barriers asylum seekers face within health and social care settings. This concise and impactful session offers key insights and strategies to improve accessibility and support within the sector.
* Topics covered : Recognising the challenges faced by asylum seekers when accessing services within health and social care. Creating awareness of potential discrimination faced by asylum seekers. Recommendations to improve access to services in medical, community, and social care settings.

[Community CVS – Connecting People, Growing Communities](https://www.communitycvs.org.uk/)

Please contact :Chris - [chris.trickett@communitycvs.org.uk](mailto:chris.trickett@communitycvs.org.uk)

**Verity from Lagans Foundation**

* Lagans foundation isn’t a very well-known charity – Providing Unique Home Health Care and Respite in the North West for Families & Children Living with Complex Health Needs. We are based in Bolton but we are branching out across Lancashire, that why I have come along today
* Respite care provides families with the opportunity to take a much-needed break from caring for a loved one. Caring for a child with complex care needs is challenging – we believe that families often need time away to rest and recharge. We have specific needs training and can support families with medication, trips out and overnight stays.
* We offer free care for children from 0 to 5 years and we offer care packages for children aged 0-19
* The Charity was set up when the founders daughter Lagan died at 15 weeks old, Lagan had a heart defect, the family felt that they hadn’t been supported and vowed that no family would go through what they had gone through
* We are organising a Cycle Challenge on April 28th – so if you would like to get involved just contact me, we also need volunteers to marshal the event

[Welcome to Lagans Foundation](https://lagans.org.uk/)

**Next Meeting**

**Thursday 28th March 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***