**Health & Wellbeing Forum – Meeting Notes**

**Date of Meeting:**Tuesday 5th Oct 2021

**Present:**Elidh Brown, Barbara Wilson, Simon Brodie, Tina Morrow, Vicky Flood, Nancy Robson, David Parker, Louise McBride, Norma Mathieson, Gareth Jenkins, Karen Delaney, Pauline Forbes, Debi Weir, Emma Davies, Fiona Thomson, Christine Fairbairn, Anne Pendery, Tara Engelmann, Yvonne Murray, Iain Macdonald, Lorna Mcconnell, Heather Fulton, Juliette Marley, Elliot Makner.

**Apologies**: Sandi Downing

**Welcome: Elidh Brown**

**Presentation – Louise McBride, Lossie 2-3 Group**

**The Alleviation of Poverty in Lossiemouth- for individuals, families & the whole community.**  Fantastic presentation from Louise with a real insight into how they got through the pandemic & continue with the great work/volunteering, amazing heartfelt stories from the Lossiemouth Community. Louise met with Employability Team MC & have secured some more laptops to teach & advise how to online shopping & meeting their families via zoom. Also, laptops for working families to educate their kids. Also secured another 15 for Employability. Happy to share Presentation slides, attached. Amazing feedback.

Q&A/Comments - Pauline Forbes Penumbra, keen to connect & share org details. David Parker Forres Men’s Shed, did you overcome GDPR probs thro Covid? – As much as we tried, went to the higher powers they were classed as a community group & unable to overcome those issues. Able to support through flyers going out all through the community. Did miss a lot because of GDPR. Emma Davies NHS Grampian, had the same issues. Gareth Jenkins Step by Step, delighted to hear Louise talk about PEEP sessions, parenting support & education for parents, budgeting/energy advice. Talk about poverty-about game changing Scottish child payment, what more can be done when talking about the early years, parent child relationship to be described as game changing, make it **more** of a priority. Tina Morrow Home share, were you picking up issues with loneliness/isolation in older people? - Lousie & team called it the coved fear, volunteers doing window chats when delivering meals etc. Soup & Sweet back up running, older people getting back out but cautious. Christine Fairbairn Adult & Family Learning Team, real life stories so touching, some barriers for clients learning, gentle approach with family sessions to get them engaged, with kids involved too & see the potential - Employability team have a parenting project, would love to connect/chat with Louise. Debi Weir Revolution for good, what Louise & team did was phenomenal. Finding it all really exciting, look what's happening round this table & what’s happening for Challenge Poverty week in Moray, hearing the ideas & commitment to actually make change & do it right. Iain Macdonald HSCM, background comes from community work & CLD & it’s been really refreshing to hear everything in Lousie’s presentation. Big positive is building on the model & taking all the learning & understand all the challenges. Conversations have started & real opportunities for things to be different moving forward. Will connect with Louise @ thelossie2-3group@outlook.com

**Share/Updates from Forum Members -**

**Vicky Flood, Moray School Bank** – Been a great week & great to meet lots of new people at this Forum, & take part in the conversations that are happening. Will be presenting at next Forum so excited for that. Briefly, they had 349-360 summer referrals within cut off time for going back to school. Moving into Winter campaign which is warm coats, appropriate footwear for time of year i.e., snow boots/walking boots for teenagers. There is a list which she will share next time. Feeling really hopeful, loving the valuable not vulnerable quote from Gareth. Real advocate for volunteer expenses. Referrals need to come in via an agency, no self-referrals.  Referral process link [www.morayschoolbank.org/uniform-referral/](http://www.morayschoolbank.org/uniform-referral/) .  Donation points all across moray on their Facebook Page. vicky@morayschoolbank.org

**Tina Morrow, Home share UK (Part of Shared Lives)** – Still working throughout Grampian, which has real potential in rural areas, to offer this service. Her role is to find & work with partners to create Home share across Scotland.  20 schemes in England & 1 in Rep of Ireland with over 1000 people creating partnerships/matches. A service that matches people, usually older people or people with a disability who may have a spare room, with younger or older people looking for affordable accommodation, helping with housing poverty.  No rent is paid, a service charge is paid to the Home share organisation & the person who moves in provides up to 10hrs per week of support/not care, i.e., gardening, shopping, cooking, watching TV, walking, all the low-level things that people cannot do that then start to impact on them, affecting confidence & wellbeing, helping with loneliness & for the Home sharer too.  Feedback has been fantastic.  Also, Home share community in Europe. Tina@sharedlivesplus.org.uk

 **Simon Brodie, Ability Net**  –   Manages vol’s in Edinburgh/Glasgow North area with 50+ clients. Throughout Scotland there are 60+ with 300 Vol’s UK wide, providing free tech support/safety online sessions for all over 55’s, anyone living with a disability or carers/family. Seeing more of org’s finding people devices, contacting Simon to support for a time. Checking in with client’s/vol’s to help support wellbeing with Challenge Poverty Week highlighting awareness. v.nescotland@abilitynet.org.uk

<https://abilitynet.org.uk/at-home/request-free-it-support-home>

**Elliot Makner, Penumbra** – Temp replacement Elliot, now in place (Nadine on maternity leave) Take referrals from GP’s, Ambulance Service etc for poverty reasons too i.e. Homelessness, housing worries, claimant issues helping manage stress as well as help with plans with how to move out of that situation while feeling hopeless with no one to turn to. Forum has been really helpful to find all of you, & staying connected.

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| elliot.makner@penumbra.org.uk |

 **Tara Engelmann, Quarriers –** Supporting people with epilepsy & their families throughout the pandemic. Home visits only if it’s absolutely necessary, more door step drop offs/pick ups with benefit forms & food parcels. Generally, really busy a lot of new referrals, support groups with face to face slowly being introduced. Secured funding from the NHS endowment fund, such a boost for Tara & team. Link in with Moray School Bank, Home start & Moray Food Bank been so helpful, love forum for connections in Moray. Tara.Engelmann@quarriers.org.uk

**Iain Macdonald HSCM locality manager -** Came into post pre covid so locality side of work just beginning to start as focus of job has changed over the last 18mths. Background comes from community work & CLD & it’s been really refreshing to hear everything in Lousie’s presentation. Big positive is building on the model & taking all the learning & understand all the challenges. Conversations have started & real opportunities for things to be different moving forward. Will connect with Louise.

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| iain.macdonald5@nhs.scot |

**Gareth Jenkins, Step by Step** – Spoken previously at a MFF re tackling poverty in Moray, Challenge Poverty week has brought the focus back on it again re what step by step already do but also build quality relationships between parents & their children helping them to recognise their worth in the wider society & by doing that, view them as being valuable not vulnerable & focus on what’s strong not what’s wrong.

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| gareth@stepsmoray.org |

**Norma Mathieson, Moray Council** - Partnering & supporting Elidh in the Fairer Moray Forum Action Group. Challenge Poverty Week raised as an action from the FMFAG to raise awareness of poverty in moray. During covid people will understand more than ever about poverty, still a lot of work to be done. Learnt quite a few lessons to get this week off the ground, gathering the lived experiences from various services to paint a picture of what poverty looks like in Moray.

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| norma.matheson@moray.gov.uk |

**Debi Weir, Revolution for good** – Asking everyone to share, attend, participate as much as they can with all that’s going on this week. FMFAG (please sign up via link below) has put a lot of effort & time into creating what we’ve put together for this week. On the case this week with Real Living Wage in Moray, trying to get other org’s to sign up. debi@revolutionforgood.org.uk

**Fiona Thomson, Rural Wisdom Moray OTB** – Working together & Inspiring each other enables us to put weeks like this on, will link up with Lousie re replicating in our communities along the coast. Community Wealth Building talk this morning, her passion & loving working in Moray, more working together than previously in Aberdeenshire area.

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| fiona@otbds.org |

**Karen Delaney, Moray Council** – Background is Community Learning Development. Involved with the Inequalities in Moray report in terms of case studies as part of the CLD plan. Attended a mtg re the cost of the school day & nationally the child poverty action group has researched with parents, what would they like people to acknowledge – being poverty aware, leadership & visibility, making no assumptions & letting everybody know about information, tackling the actual cost of the school day in terms of i.e., uniform, activities & making space for conversations. Outside work – has been supporting 2 young people, challenging poverty is easy when it’s simple, not easy to knock on the door & when you look/smell/hear poverty, they are very different & wondering if we can be brave enough going forward to seeing if we can do something collectively to work on that.

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| Karen.Delaney@moray.gov.uk |

 **Lorna McConnell, Poppy Scotland** – Supporting the Armed Forces community. With all that’s going on atm, if you come across any families with any connections, please consider approaching us as able to help with finances, support with going back into employment, befriending/counselling services with help from different partner agencies we have links into all these areas. Now doing digital inclusion grants helping with people who are isolated getting it products. More enquiries re Univ Credit stopping, concern for a lot of people.

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| l.mcconnell@poppyscotland.org.uk |

**Nancy Robson, MERF -** Part of a small team who ran the MERF who received £250k from generosity of Moray businesses & patrons to spend as a covid fund with thousands of applications requiring referees speaking with people from 3rd /statutory sectors, huge learning curve for them. Met Lousie through application process, fund has now stopped but the work continues, listening, learning individually & collectively how to put pressure on. nesrobson@hotmail.com

**David Parker, Forres Men’s Shed** – Men’s shed back open 3 days a week M-W-F, St Leonard’s Church in Forres hoping to start up with lunchtime meals.

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| forresmensshed13@gmail.com |

**Christine Fairbairn, Moray Council** – Recently moved over to the Adult & Family learning Team which has had changes within the team & has now expanded covering family learning, community-based learning with groups or starting new groups to support. Will also be involved in the Learners Voice. Forum has not been going since pre-covid but would be great to get input from different areas & will be Moray wide. Upcoming Family Learning week commencing 29 Nov, please get in touch & come along.

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| christine.fairbairn@moray.gov.uk |

 **Pauline Forbes, Penumbra** – Free service supporting people in Moray aged 16+ with self-management to better aid their mental wellbeing. Team are all peers who have had a lived experience of this & challenges in their lives so fully understand where they are coming from. Most support is via telephone but they can meet in a community setting.

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| pauline.forbes@penumbra.org.ukPlease sign up/share with all, the link to the Forum below |

 <https://www.eventbrite.co.uk/e/fairer-moray-forum-action-group-tickets-135831392351>

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**Date of next meeting - 7th Dec 2021**