**Health & Wellbeing Third Sector Forum – Meeting Notes**

DATE 7th December 21 1-3pm

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| **Agenda item** | **Detail** | **Decision** | **Action** |
| **Welcome and attendees** | *Welcome from Elidh – Chime In**Elidh; tsiMORAY, Barbara; tsiMORAY, Gail; tsiMORAY, Gill Bird; tsiMORAY, Jane Gambrill; Findhorn Foundation CCC, Simon Brodie; Ability Net, Shona Radojkovic; Moray Reach Out, Kate Mackay; Combine to Create FBA, Tara Engelmann; Quarriers, Gareth Jenkins; Step by Step, James Chitty; Combine to Create FBA, Laura Pasetti; Charioteer Theatre, Laura Johnston Scott; Dance North, Cornelia Featherstone; Findhorn Foundation CCC, Paul Southworth; NHSG, Laura Shreenan; CCC, Chris Ritchie; MWH, Christine Fairbairn; MC, Catherine Graham; SSS, Louise Haggarty; Cycling UK, Charles Perry; Clan Cancer Support, Karim Mahmood; Digital Health & Care Innovation Centre, Michelle Raisborough; MWH, Pauline Forbes; Penumbra* |  |  |
| **Apologies** | *Margaret Cowie; MC, Karen Delaney; MC, Heidi Tweedie; MWH, Sandi Downing; Quarriers* |  |  |
| **Minutes of the last meeting**  |  |  |  |
| **Presentations**  | Presentation from Vicky at Moray Schoolbank – Postponed until next Year. Presentation from Elidh, tsiMORAY on**Community Mental Health and Wellbeing Fund.**tsiMORAY will distribute just over £250K to support local initiatives that aim to improve the mental health and wellbeing of the adult population in Moray as part of the new Communities Mental Health and Wellbeing Fund introduced by the Scottish Government. This funding comes in response to the mental health need arising from the pandemic and also to benefit the overall [Mental Health Transition and Recovery Plan.](https://www.gov.scot/publications/mental-health-scotlands-transition-recovery/).The fund is open to all community groups and third sector organisations in Moray. Un constituted groups can apply for up to £2,000, and those constituted up to £10,000. Only 1 application per group.The closing date for applications is **Monday 17 January 2022 at 10am**. Guidelines/application forms are now available on tsiMORAY website <https://www.tsimoray.org.uk/communities-mental-health-wellbeing-fund>. **Presentation slides will be circulated to members.** Any further enquiries to funding@tsimoray.org.uk You are able to save the Application document as you go, if you would rather have it in a word document format, please let us know via the funding email address. |  |  |
| **Service updates** | **Gill Bird, tsiMORAY** – Hospital Homecoming Prog 2-year project in NHS Grampian. 3 pilot areas Aberlour, Lossiemouth and Forres. Currently waiting for data sharing agreements. Gill@tsimoray.org.uk**Gareth Jenkins, Step by Step in Moray** - supports families with children under 3 years old. They continue to deliver their service face-to-face. He endeavours to make sure his connections are meaningful and constantly questions his approach and learns from it. gareth@stepmoray.org**Cornelia Featherstone, Findhorn Foundation CCC** – Volunteer support for end-of-life planning, ‘getting house in order’ support for individuals and families. Cornelia.featherstone@findhorn.cc**Laura Shreenan** – Caring community circle coordinator, Findhorn based but Moray wide, helps with health and social care needs. Created a volunteer action group in response to covid outbreak. Used WhatsApp group to facilitate this. LS put out a request for more volunteers. Ccc.coordinator@parkecovillagetrust.co.uk**Christine Fairbairn, Moray Council** – Just completed a Family learning week but storm Arwen and COVID outbreak reduced outcomes but still a positive and worthwhile experience. Community based adult learning i.e first aid, water safety etc. They have a Wellbeing Award which aims to engage the community. Aims to get families to learn together. Christine.fairbairn@moray.gov.uk**James Chitty, Combine to Create Findhorn Bay Arts** – at the start of his residency which goes until Sept/Oct 2022. To facilitate hands on activities and crafts to serve us all. Aims to give a sense of place in our environment. Requested others who can form links with.Chitty@chairspinner.com<https://findhornbayarts.com/projects/residencies-commissions/combine-to-create/> <https://www.culturecollective.scot/projects/combine-to-create-2/> **Laura Johnston-Scott, Dance North -** Project Coordinator, AIM (Arts in Moray) arts projects to connect and serve the community. <https://www.culturecollective.scot/projects/arts-in-moray-aim-collective-2/> **Chris Ritchie, Moray Wellbeing Hub** – aims to have a mentally healthy Moray. Online courses during COVID were not picked up but are now going strong. CR informed the group of the Pathways self-assessment tool which steers people in the right direction, informs what services available. Mental health and First Aid courses soon. Requested that people request courses they would like to be available.Chris.J.Ritchie@hotmail.co.uk**Kate Mackay**, **Combine to Create Findhorn Bay Arts** Community Artist involved in ‘Moray Polaris’ craft kits for care homes etc. Just starting residency until Sept/Oct 2022.Alchemyarts@gmail.com<https://findhornbayarts.com/projects/residencies-commissions/combine-to-create/> <https://www.culturecollective.scot/projects/combine-to-create-2/> **Shona Radojkovic**, **Moray Reach Out** – Endeavours to help people to connect with their community, especially people with mental health and disability issues. Adapt & Thrive fund helped get handcrafted objects online on to their newly launched site shop. Hopes this will develop into a full scheme in its own right - make and sell.Shona@morayreachout.org.uk**Louise Haggarty**, **Cycling UK** - Walking Project aims reduce social isolation and targets groups that are hard to reach. Promotes the various benefits of walking. The new Forres scheme works with young adults, in collaboration with the Job Centre.Louise.haggarty@cyclinguk.org.uk**Laura Pasetti, Charioteer Theatre**– ‘Survival Kit for Teenagers’ online tool which uses creativity to achieve, uses theatre and theatrical tools – making etc. To help people find purpose in life. Current project CWC which promotes creativity in the community.Pasettil@gmail.com**Simon Brodie, Ability Net** – Has volunteers available to help with tech and IT, aims to help to connect people. Has online scam awareness courses available for groups.v.nescotland@abilitynet.org.uk**Paul Southworth, NHS Grampian** - Mental health has not historically had a big place in Public health. He endeavours to change this. To provide support for community engagement and to hold the NHS to account if necessary.Paul.southworth@nhs.scot**Catherine Graham, Social Security Scotland** – Informed the group of the Live local delivery service, team of support advisors for applications for grants e.g. Child Disability Payment. Venues in Elgin, Forres and Buckie to meet if required, also home visits and online.Catherine.graham@socialsecurity.gov.uk**Michelle Raisborough,**(on behalf of Heidi) **Moray Wellbeing Hub -** glad to be connected to all**, c**urrently recruiting for team members, volunteers etc., details on their website [www.moraywellbeinghub.org.uk](http://www.moraywellbeinghub.org.uk/)Michelle@moraywellbeinghub.org.uk**Charles Perry, Clan Cancer Support** - New member to the group. I've recently joined Clan Cancer Support as Area Coordinator for Moray - connection is also my CHIME - firstly, to initially get to know people here and the Moray community more generally to develop partnerships that meet community need. Secondly hoping this internet connection and the technology is more reliable the next time we meet and I have a monitor with a camera 😊

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| charles.perry@clancancersupport.org |

**Tara Engleman**, **Quarriers** – Epilepsy community outreach service, busy with new referrals, still mainly working from home doing online support/training with individual & group settings. Have started face to face, generally once a month at café venues. Received some Barclays funding and have been able to give clients £20 wellbeing/food/social vouchers, also cash for kids.

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| tara.engelmann@quarriers.org.uk |

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| **Strategic updates** |  |  |  |
| **AOCB** |  |  |  |