**Health & Wellbeing Forum Meeting note - DRAFT**

Tuesday 5 May 2020 – Zoom

Zoom host: Fabio

Forum Facilitator: Elidh

Meeting notes: Kerry and Heidi

CHIME out activity: Heidi

**Participants**

Alison McKay, Cheryl St Hilaire, Anne Pendery, David Parker, Ben Mudge, Cornelia Featherstone, Diane Alexander, Juliette Marley, Fabio Villani, Heidi Tweedie, Pauline Forbes, Margaret Cowie, Nadine Weiland-Jarvis, Sandi Downing, Tracy Sellar, Tara Engelman, Tony Hartley, Gervase McGrath, Kerry Hamilton.

**Groups/Orgs**

Transition Town Forres, Health and Social Care Moray Locality Lead – Speyside, Circles Advocacy, Forres Men’s Shed x 2, Macmillan, Findhorn Community Care Circle, Home Energy Scotland, tsiMORAY, Penumbra Moray Mental Health and Wellness Centre, Health and Social Care Moray Volunteering Service, Penumbra (Distress Brief Intervention), Quarriers Carers Service, Quarriers Arrows/The Bow

**Updates & News**

Pauline, Penumbra MMHW Centre, Service Manager: Still receiving referrals by telephone although slower due to smaller Covid-19 groups supporting. Pow Wow programme created to be delivered virtually, will start soon and tailored to current situation. GP link continuing to see referrals which is positive.

Cornelia, Findhorn Care Circle: Still busy. Lots of volunteers with reps for every 10 households in the neighbourhood. Implemented Town Criers to go around the town giving updates with a smile to keep people updated who may not have social media. Have created an Asset Map and holding sessions on Zoom for this.

Alison Transition Town Forres: TTF allotments still running. Currently looking at Wellbeing Group carrying out online classes, and using the kitchen to prepare and deliver meals to vulnerable.

Nadine, Penumbra Distress Brief Intervention: Delivering most support over the phone and using secure NHS software similar to Zoom. Positive feedback on telephone support. Currently still recruiting and using Zoom in interview process.

Tony, Forres Men’s Shed/Moray Men’s Sheds: Some members are suffering with the shed being closed but most are using video chat to meet online daily which is going well. New premises currently being refurbished. Awarded two grants. Finding older generation struggling with tach and online. Keeping in touch via telephone.

Cheryl, Health and Social Care Moray – Speyside Locality Lead: Working with volunteers and adapting by using Zoom to communicate. Making sure med staff are okay and looking at home to keep mental health moving forward.

Margaret, Health and Social Care Moray, Volunteering Service: Constant telephone contact with volunteers and clients to keep connected. Linking in with local groups offering support. Keeping social media updated with volunteer updates. Preparations being made on moving forward. Also looking at how best to promote this year’s Volunteers Week to celebrate their volunteers by sending out certificates.

Heidi, Moray Wellbeing Hub Champion and Director: Current challenge is making sure they keep going and meeting the need for everyone. New funding in place for anyone struggling with keeping connected via social media, video chat etc. Ideally looking for a ‘Tech Forum’ to help with this. Running a series of online courses and meetings to stay connected. Not many signed up for young people sessions this week, feeling that they are not getting in touch unless they are connected to a group or service – how to get around this and reach out to those who are not connected to a group or service? Social media advertising not working well currently – taking too long to register payment details meaning posts aren’t being shared widely. Feeling that collaboration working locally could be better. MRR strategic level meeting next week.

Anne, Circles Service Manager: Struggling to work from home. Referral rate has dropped. Concern over those who need drug & alcohol support that may not be receiving it when needed. Some have anxiety about going out therefore not getting exercise. Some supports not available. Remit has been extended to advocacy, and using Zoom to help where needed. Do have capacity to help elsewhere when required.

Fabio, tsiMORAY Leadership Team: Home working feeling normal now. Blown away by communities’ response and staff adapting so well. Supporting groups to get funding. Seeing great collaborative reporting across the board. Busier than ever, in a good way!

Diane, Home Energy Scotland: Advisors still working. Offering free plug-in electric heaters to those who are struggling, delivered to their door. New hardship fund available for pre-pay heating. Currently working with Shielding Project in Aberdeen City.

Tara, Quarriers Epilepsy Support: Busy on phones. New referrals still coming in. Carrying out epilepsy training on Whatsapp. Receiving GP phone referrals. Cash for Kids funding available for families.

Sandi, Quarriers Carers Service Manager: Unpaid carers in Moray can now apply for PPE via Quarriers – this to be shared as far as possible. Tested virtual cafes, going well and growing. Staying in contact with young carers and vulnerable. Programme of activities for young carers. e-news going out more often to keep everyone updated as things change so quickly. Training is being moved online. Potential face to face to begin again for carers.

Tracy, CLAN Cancer Support, Service Manager: Team furloughed and Tracy managing workload on own currently. Keeping in touch with clients via telephone. One volunteer still helping to drive patients to Raigmore and ARI. Around 2000 clients, using online resources, classes on massage etc. Looking at support via funding & grants moving forward.

Gervase, Quarriers North East Area Manager: Arrows still open for assessments and referrals. Staff in office on alternate days, staying in touch via telephone and social media. Doubled equipment to dependants so less need to go out so often. Bow Café currently delivering around 300 3-course meals per week across Moray to the most vulnerable, partnering with Moray Food Plus – looking for funding to continue this. Trying to maintain staff wellbeing which can be stressful.

David, Forres Men’s Shed and Forres Community Council: Forres Town Hall and FACT using Osprey bus to deliver meds and food to vulnerable. Staying connected via telephone and social media.

Juliette, Social Security Scotland: Delay in new benefits going live, no set date for this yet. Contact centre staff still working as normal from home. Training in place for staff. Clients can send evidence documents online and webchat available. Over the last year £26.6M paid out in Best Start & Food Grants over the last year. Increased payments for young carers and funeral support.

Andrew, tsiMORAY Director and part of Leamchoil Community Asser Transfer group: Leamchoil CAT – strong support from Scottish Government and Grampian Health. Worry – when revitalising the CAT what happens with the Scottish Land Fund. Where will future funding come from?

Elidh, tsiMORAY, Partnership Development Lead: New partnership for tsiMORAY with The Moray Council and Health and Social Care Moray since COVID-19 as part of Moray Community Resilience Team – evolved connection between Grampian (Grampian COVID-19 Assistance Hub) and locality (Hub teams made up of cross-sectoral partners supporting communities. Working well while facing challenges raised by COVID-19.

Heidi, Moray Wellbeing Hub, Champion and Director: Connection Hope Identity Meaning Empowerment. Feeling hopeful in community and celebrating our volunteers. Really appreciates this inspiring forum. Being better connected is important. Great to see all support available while we are all busy. Community is important to shape our future.

Next meeting – 26 May 2020