



Notes of the Staffordshire Moorlands Locality VCSE Forum Held by zoom on 7th July 2021

Present:

Andy Collins	Borderland Voices	Richard Green	Remap
John Irons	Changes Health & Wellbeing	Lucy Gratton	Staffordshire County Council
Jules Hill	Beat the Cold	Nick Kelly	Sporting Communities
Sam Hubbard	Staffs North & Stoke Citizens Advice	Caitlin Haylett	Sporting Communities
Philip Mantom	WEA West Midlands	Sarah Atkins	Gamcare
James Battrick	SAGE	Esther Jones	Support Staffordshire
Kimberley Yeung	Everyone Health	Jill Norman	Support Staffordshire
Amanda Carter	Beth Johnson Foundation	Lianne Burton	Beth Johnson Foundation
Andrew Frost	Rethink North Staffs	Amanda Dodd	Support Staffordshire
Sharon Morley	MHA Communities North Staffs	Victoria Lockett	Support Staffordshire

Apologies: Laura Bosworth, Louise Harvey Johnson, Steven Gratton

1. **Welcome & introductions**

Esther welcomed those attending and each participant introduced themselves.

2 **Update from Everyone Health**

Kimberley Yeung, community engagement officer for Everyone Health in North Staffordshire, explained that they are keen to partner with organisations to address local health inequalities. Current activities including smoking cessation services. They aim to improve physical health, mental health and wellbeing of people across defined areas of Staffordshire. There are a range of 12-week programmes for people to engage in. Currently Kimberley is looking at venues in the Moorlands to restart face-to-face work. They have been looking more at social media like Facebook to help people take part. All the services are free.

- NHS Health Check services – available to anyone 40 to 75 living in Staffordshire who haven't had a health check in last 5 years (e.g. at GP practice). Check height and weight and blood pressure etc. to look at someone's risk of developing a heart attack or stroke
- Social isolation and loneliness service – open to anyone over 18. There have been topic groups e.g. Nature Natter, and health walks e.g. one starting in Biddulph. Links with Do It To Feel Good campaign run by Staffordshire County Council. Looking to bring the activities out into the community and linking with local libraries.
- Smoking cessation – open to over 40s. Support is through telephone calls and Nicotine Replacement Therapy products can be sent out.
- Pregnancy Stop Smoking Service – will also support partners of pregnant smokers. Again help is over the phone and products can be sent out.
- Physical activity – available to anyone over 18 that reports low physical activity levels. There are 12 week course including boxercise and chair based exercise.
- Falls prevention – targets over 50s who have fear of falling or has recently fallen. People can receive pre-recorded videos and phone support.
- Weight management service – this was restricted to over 50s in specific areas but is now open to anyone over 18 living in Staffordshire. People take part in a virtual behaviour change course. Also people can get Weight Watcher or Slimming World vouchers.

To refer someone for the service you can ring 0333 005 0095 or email eh.staffs@nhs.net and there is a form on www.staffordshire.everyonehealth.co.uk

Questions:

- Can people in Leek access activities in Biddulph? Everyone Health is starting off in Biddulph in partnership with Biddulph Youth and Community Zone but they will be providing activities in Leek and would be happy to take any suggestions for communities/ venues.
- How do people access the NHS Health Checks? They book different venues and advertise through their Facebook page and also on their website.
- A lot of the bingos and quizzes are telephone based but will be moving out into the community with a range of activities.
- Andy Collins said that Borderland Voices would be keen to partner with Everyone Health.

3. **Doing Our Bit, Staffordshire County Council**

Lucy Gratton explained that there is a Doing Our Bit Self-Isolators Grant Scheme. £20,000 is available in each district to help any organisation which can help people who are isolating access food or prescriptions or anything else they need when isolating due to Covid 19. You can apply at any time up to 30th September. You would be expected to promote your service to the local community and also the county council would signpost people to you. For more information go to www.staffordshire.gov.uk/DoingOurBit/Funding.aspx
Lucy also reminded people that organisations can join their directory website Staffordshire Connects at www.staffordshireconnects.info/kb5/staffordshire/directory/home.page

4. **Introduction to SAGE**

James Battrick explained that SAGE stands for Sexuality and Gender Empowerment which is a new registered charity covering the whole of Staffordshire but also other parts of the country. They aim to provide one-to-one or group support for people who are LGBT+, their family and friends. They also provide support who are questioning their sexuality. They can refer and signpost to relevant supportive organisations. For more information email hello@sage.lgbt or go to website www.sage.lgbt or ring 07764 457591.

Amanda Dodd commented that she was pleased to hear of this service as she has had a patient who would benefit from the support as there was a lack of other specifically relevant local services.

John Irons asked if they could help with young people using Changes services? James confirmed that they could help young people of any age - there were no lower or upper age limits.

5. **Support Staffordshire update**

Esther told the group that following an earlier presentation about the 2021 Census, Shaun Hulin from ONS wanted to thank us all for the excellent response to the Census survey in the Moorlands which was above the national average.

The Support Staffordshire Volunteer Star Awards ceremony took place for the Moorlands and Newcastle as a virtual event last month, broadcast live and still available on YouTube. To access this go to:

<https://www.supportstaffordshire.org.uk/volunteer-star-awards/your-local-event/staffordshire-moorlands-awards-2021> . We will soon be opening nominations for next year's set of awards. We are looking for sponsorship from local businesses so any tips for contacts would be helpful.

Jill highlighted the training courses currently on offer from Support Staffordshire. A full list of future training sessions, free to members, and all on Zoom, can be found at:

<https://www.supportstaffordshire.org.uk/events/upcoming-training>

These include:

- 13th July – Supportive Communities: encouraging a safe return to community activities
- 13th July – Let's Work Together: spotting the risks in vulnerable people
- 14th July – Volunteer Buddies Training: health and safety and lone working
- 19th July - Volunteer Buddies Training: befriending and buddying
- 20th July - Supportive Communities: preparing to reopen premises safely

Support Staffordshire has launched Simply Connect for volunteering – Staffordshire, as the new online volunteer recruitment system. It is now live and all the current volunteer roles that were registered are now being advertised through it. Anyone searching online for volunteering in Staffordshire will get directed to

this website. If an organisation has volunteer roles registered on the site, each time someone expresses an interest in a role, an email alert will be sent to the organisation and this will include the volunteer's basic details. The organisation can then login and see their profile. The organisation can also login and proactively search the volunteer bank for volunteers who meet their requirements. An organisation can also use the database to keep track of all their roles, past and present. Any queries, please get in touch with the Volunteer Centre team who will be happy to help or go to:

<https://www.supportstaffordshire.org.uk/volunteering/looking-volunteers>

Esther gave a funding update. A funding search can be done for members seeking funding and members can also access My Funding Central to look themselves. This is free to those with turnovers of less than £30,000 a year. The Support Staffordshire website has postings of new grant programmes and those with closing dates coming up. There are also small £200-£300 Restart Grants available for those smaller groups starting up their services again via Esther. Also new grant schemes promoted through our monthly e-news.

Your local contact for the Moorlands is Esther Jones via esther.jones@supportstaffordshire.org.uk or 07531 711388.

6. Project Updates:

a) Sporting Communities

Nick Kelly explained that they are running M-Y Voice in the Staffordshire Moorlands and are looking for participants – those young people who want activities in their area, and Sporting Communities will help them to make that happen. He is keen to have any local contacts or people who may be interested. For more information email myvoice@sportingcommunitiescic.org or nick@sportingcommunitiescic.org
The organisation works across the county and further but this project is just for the Moorlands.

b) Beat the Cold

Jules Hill explained that they are all still working from home but can help people over the phone to deal with, for example, their fuel bills, whether they are on the best tariffs, Warm Homes Discount, looking at alternative fuels, cavity wall insulation, available grants to help. Beat the Cold can also train organisations' staff in the issues around fuel poverty – a free 2-hour course. More information www.beatthecold.org.uk/contact-us/

c) MHA Communities North Staffordshire

Sharon explained that they are now offering face-to-face befriending as well as over the telephone and are planning to re-open a group in Biddulph. They are running a project with the WEA around employment skills such as CV writing called Move On Up. For more information contact Sharon.Morley@mha.org.uk

d) Beth Johnson Foundation

Amanda said that their services has also been delivered by phone or zoom but they were planning to return to face-to-face with activities like Mindful Meditation. Also, they help people to get online and access more of their services. The service is also offered to carers to ensure that people have as many options as possible to access the services they need. They are still running their other projects such as Dementia Advocacy Service and bereavement support. Information of their activity is on www.bjf.org.uk or Facebook BJF Heathy Generations or email Amanda.carter@bjf.org.uk or ring 07867 003313

e) Changes

John Irons explained that their support and group activities are still online but they will be running face-to-face groups soon and are currently looking for venues in the Staffordshire Moorlands.

f) Citizens Advice

Sam Hubbard updated the group saying they are beginning to bring back volunteers to deliver services at the Biddulph office but services are still mainly online. They are holding Tariff Tuesday's via their online platform, open to all, www.pmwonline.org.uk

g) Rethink

Andy Frost said that they are now meeting people individually, doing risk assessments in advance, and can go into someone's home to help. They are continuing with some of their zoom groups such as Mindful

Meditation with some 6-week programmes. They are starting yoga at John Hall Gardens on 23rd July and are taking names for this. More information from andrew.frost@rethink.org

h) Borderland Voices

Andy Collins explained that they are continuing to run a zoom creative writing group and also an arts group, with some taking part getting home packs. They will be having face-to face Wednesday meetings after 19th July, initially just get-togethers with activity sessions probably starting in September. She was pleased that three of their volunteers received awards under the Volunteer Star Awards. They are continuing work on the history of the Women's Land Army in the Moorlands and there is a small display on this currently at Leek Library and then it goes to Cheadle Library and they will be running a coach later this year to the National Memorial Arboretum. And they are also planning a display and a celebratory concert sometime in November probably at The Foxlowe. Further information from andy@borderlandvoices.org.uk or 07760-138395 or www.borderlandvoices.org.uk

i) Remap

Richard said that were happy to provide a presentation to any group about their services which involves making bespoke items for people with disabilities. Contact richardjgreen13@gmail.com or 01283 791611 or Staffordshire.Referrals@remapgroups.org.uk

7. Feedback

Participants were asked to offer feedback on today's meeting through <https://docs.google.com/forms/d/e/1FAIpQLScipBJXLPFoLwhVz6vAQe0mn890tNQCSBLO6wtcCmnUQ9fTDQ/viewform>

8. Date of next meeting

The next meeting will be in September, date to be advised.