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Health & Wellbeing Organisations Network (H&WBN)

Wednesday 12th March 2025

**Attendance:**

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| **Name & /or Organisation** | **Email** |
| All attendees agree to allow their details to be used by LCVS / H&WBN, to share information and will be added to the LCVS H&WBN database for mailings etc. **Please advise us if this is against your wishes.** | |
| Steph Gregory (LCVS/Chair) | [**Stephanie.Gregory@lcvs.org.uk**](mailto:Stephanie.Gregory@lcvs.org.uk) |
| Steph Lawson | [**Stephanie.lawson@lcvs.org.uk**](mailto:Stephanie.lawson@lcvs.org.uk) |
| Becky Lazare (LCVS) | [**Becky.Lazare@lcvs.org.uk**](mailto:Becky.Lazare@lcvs.org.uk) |
| Helen Rhodes (Speaker) | [**helen.rhodes@fifthsense.org.uk**](mailto:helen.rhodes@fifthsense.org.uk) |
| James Sloan | [**James@transform-lives.org.uk**](mailto:James@transform-lives.org.uk) |
| Dagmara Wojciechowicz | [**info@merseysidepolonia.com**](mailto:info@merseysidepolonia.com) |
| Claire Morton | [**claire@spaceandfreedom.com**](mailto:claire@spaceandfreedom.com) |
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| David Milburn | [**David.milburn@torus.co.uk**](mailto:David.milburn@torus.co.uk) |
| Claire Stevens | [**Claire.stevens@healthwatchliverpool.co.uk**](mailto:Claire.stevens@healthwatchliverpool.co.uk) |
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| Lauren Gwynne | [**wildwarriorwellnesscic@gmail.com**](mailto:wildwarriorwellnesscic@gmail.com) |

**Welcome, Introductions, Minutes of Last Meeting:**

Chair opened the meeting and welcomed everyone. It was agreed minutes of last meeting were accurate and true.

Apologies from Shane Knott, Di Burbidge, Marianne Manson, Matthew Philpott, Laura Brown, Rachel Gaskell.

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| Item | By whom | By when |
| **Speaker – Claire Stevens – Healthwatch Liverpool**  1 in 6 people in the UK have experienced some sort of sexual abuse or trauma. Healthwatch Liverpool felt that this is an important topic to look at locally, stopping people from attending cancer screenings and other health appointments.  Healthwatch Liverpool have linked up with the Survivors Trust that developed cards for people that have experienced trauma and find it difficult to attend appointments. Also working with WHISC, CMCA, Healthwatch Sefton and Knowsley. Liverpool Women’s Hospital is looking to improve their services to be as inclusive as possible, improving internal systems to flag if a patient has been through trauma/abuse rather than them having to explain to every health professional they encounter.  Healthwatch are hoping to deliver training on the cards to health professionals and train the trainer. Please see links to the report and event below.  Healthwatch Liverpool are having a **Trauma Informed Care Work Event** on 31st March 9.30-1pm at Liverpool Women’s Hospital.  Link to event:  <https://forms.office.com/Pages/ResponsePage.aspx?id=vXA4RxAgV0q6bdtOR889i7FAWfROafpBsS9SJ6lNOJpUNlI2TEcyQUpRMVpJUFM5OE5MT0kxODFPVC4u>  Report and some FAQs can be found here: <https://www.healthwatchliverpool.co.uk/news/2024-08-02/new-report-shows-impact-sexual-trauma-attending-nhs-screenings-and-other>  Slides from todays meeting:    If you would like any further information, please contact Claire [Claire.stevens@healthwatchliverpool.co.uk](mailto:Claire.stevens@healthwatchliverpool.co.uk) | Claire Stevens |  |
| **Speaker – Helen Rhodes – Fifth Sense**  Fifth Sense provide support and advice to smell and taste disorder sufferers and aim to transform society’s understanding of the importance of the senses of smell and taste, and through doing so, transform the lives of those affected by smell and taste disorders.  Smell and taste disorders are not seen as long-term health conditions, Fifth Sense aims to play a leading role in educating society on the impact these disorders can have on sufferers.  Some smell and taste disorders have risen since Covid with many people still experiencing no taste or smell, currently up to 1 million people within the UK.  Smell and Taste changes the way people engage with their food and how they eat/drink. It also effects nutrition, social isolation, relationships, social life and mental health.  The impact on health & wellbeing:   * 85% Fear of exposure to dangers i.e. gas/spoiled foods * Changes in hygiene, personal and at home. * People tend to be drawn to eating more salty, sweet and processed foods. * Some people stop eating all together.   Slides from todays meeting:    Smell Safety Leaflet:    Fifth Sense is free to join, and Helen can come and talk to organisations if you would like to contact her for more information.  Please contact [**helen.rhodes@fifthsense.org.uk**](mailto:helen.rhodes@fifthsense.org.uk) | Helen Rhodes |  |
| **Well Placed Group Feedback**  The Well Placed Group sits above the Health & Wellbeing Network, the forum is composed of senior staff from organisations that attend the Health and Wellbeing Organisations Network and who volunteer their time and expertise to discuss strategic issues impacting on the VCFSE sector and local people’s health.  The group have met up recently to discuss:  **Family Partnership Plan –** Working with ICB to deliver a pilot funding project to support families in complex households. They will focus on families living with physical or mental health issues, substance misuse and or in the top 25% of social care spending. The aim is to learn how to work more effectively with families in that cohort. ICB is investing the money into the third sector, recognising that organisations are best suited to supporting its families. This will be procured as a grant through LCVS within the next 6-8 weeks. Looking specifically for narrowed households with teenage girls in the North Liverpool area. Welcoming applications from consortium providers, funding is likely to be carried out for 12-18 months and evaluated through universities and likely to be expanded throughout the city.  **Develop workplan for the next 12 months –** drafted some things to focus on, anything the network would like to raise please contact. Next meeting in July.  **Identifying link roles with key leaders across systems –** Focusing on Mental Health, Neighbourhoods, EDI, Secondary Care, Adult Social Care and Adult Families.  Please see the slides below, and the link to the LCVS website if you would like more information on the Well Placed Group and access the minutes of the meeting.  [Well Placed Group (formerly the Liverpool Health & Wellbeing Strategy Leads Forum) |](https://www.lcvs.org.uk/working-together/well-placed-group/) | Ellie McNeil |  |
| **LCVS Update**  **Community Impact Fund Grant –** the grant runs twice a year for funding up to £3,000. The Spring round launches on Monday 17th March, an online workshop will be running at 1.30pm on that day via zoom for anyone new to the programme for help with criteria and applications.  Link to funding page and registration to workshop:  [OPENING SOON | LCVS Community Impact Fund (CIF) |](https://www.lcvs.org.uk/funding/provided-or-managed-by-lcvs/lcvs-community-impact-fund-cif/)  **Skelton Trust –** Grant opens in April funding projects up to £3,000.  **Funding Advisor –** Johnathan White has now left LCVS, currently in the process of recruiting a new funding advisor. LCVS are ensuring all funding enquiries will be responded to once there is someone in post.  **Winter Resources –** LCVS ask that you ensure all information is up to date on the website. Any services or provisions that community members can use and be very beneficial for support/benefits etc. | Steph Gregory |  |
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| **Information Exchange & Members Update**  **George House Trust** – support people living with HIV in Liverpool and Manchester. Having an event on 23rd March – Positive Parents please see flyer below for more information.  Email [peter@ght.org.uk](mailto:peter@ght.org.uk) for more information.  [GHT Flyer.jpg](GHT%20Flyer.jpg)  **Merseyside Polonia** – supporting Polish nationals in Liverpool, work with local partners to promote culture and provide opportunities to integrate into the community. Currently running engagement groups such as walking, English, Crafts, Women’s only, Book Club, History, Crochet etc. Women’s circle with special guests who might inspire and motivate. Working with Opoka, who focus on domestic violence. Co-ordinating Liverpool European Festival – grown into an annual event and partnership with other organisations working with European communities struggling with visibility.   For more information, email [info@merseysidepolonia.com](mailto:info@merseysidepolonia.com)  **Healthwatch Liverpool –**  The Carer's Strategy Engagement events will be happening on Tues 1st April. People can book onto either the morning or afternoon session (there's no need to go to both!). Booking details at <https://www.eventbrite.co.uk/e/carers-strategy-stakeholder-event-tickets-1263806602569>  For more information, email: [Claire.stevens@healthwatchliverpool.co.uk](mailto:Claire.stevens@healthwatchliverpool.co.uk)  **Triple C -** Based in L11. Increasing wellbeing for those facing deprivation. Free face to face drop in for Debt Advice on Wednesdays. Also have Children & Families project, Baby massage, after school primary group, cookery classes, foodbank. Summer Playscheme for 2 weeks during the summer holidays for 90+ children including food and activities. Open garden events throughout the summer. Spring into Wellness event 27th March.  For more info: [www.facebook.com/Triplecliv](http://www.facebook.com/Triplecliv) or contact Kate [kate@triplecliverpool.org](mailto:kate@triplecliverpool.org)  **Wild Warrior Wellness –** Team of 3 women supporting vulnerable women with addiction, anxiety etc. Act as a preventative and help people through trauma, addiction etc. Offer classes such as Yoga, Breathwork, monthly nature walks, 6-week workshops etc.  Currently working on a survey, would be grateful if people can complete to help them collect data: <https://wildwarriorwellnesscic.co.uk/helpustohelpyou>  For more information, email [wildwarriorwellnesscic@gmail.com](mailto:wildwarriorwellnesscic@gmail.com)  **TLC –** Transform Lives Company offer employment support and help overcome barriers such as mental health etc. A new pilot scheme Jobs Plus, starting in Toxteth, an alternative job centre approach, to provide a warm welcome and support from employment coaches. Based in Blackburn House.  For more information, email [james@transform-lives.org](mailto:james@transform-lives.org)  **Sanctuary Family Support –** is a free confidential service for Families, Substance misusers and Kinship Carers. An ability to share stories within a safe space, helping them achieve a better quality of life.  For more information, email [lorraine@sanctuaryfs.org](mailto:lorraine@sanctuaryfs.org)  **Torus Foundation –** The Charitable arm of Torus Housing, the role is to support tenants and the wider community. Set up as a social prescribing service, helping people set up with GP’s, community based activities, energy advice, citizens advice support, cooking classes etc. Community Investment Fund opening in April/May, link for details: <https://www.torusfoundation.org.uk/customer/health-and-wellbeing/community-investment-fund>  Or for more information, email [david.milburn@torusfoundation.org.uk](mailto:david.milburn@torusfoundation.org.uk) | Peter Channon  Dagmara Wojciechowicz  Claire Stevens  Kate Whiting  Lauren Gwynne  James Sloan  Lorraine May Atkinson  David Millburn |  |
| **AOB:**  The Health & Wellbeing Organisations Network Newsletter goes out at the beginning of each month, if you have any events/activities or stories you would like to share.  If you would like to speak/present information about your organisation at a future H&W network meeting.  Please contact Steph, [stephanie.lawson@lcvs.org.uk](mailto:stephanie.lawson@lcvs.org.uk) |  |  |
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**Date of next meeting**: Wednesday 18th June, 10am – 12noon.

The Next meeting is in person in Conference room 3 at LCVS.

Please email [hwon@lcvs.org.uk](mailto:hwon@lcvs.org.uk) to confirm attendance.