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**Health & Wellbeing Organisations Network (H&WBN) –**

**Wednesday 21 June 2023**

**1. Attendance:**

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| **Name & /or Org** | **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.** | |
| Clare White – LCVS - Chair | [**Clare.White@lcvs.org.uk**](mailto:Clare.White@lcvs.org.uk) |
| Stephanie Gregory – LCVS | [**Stephanie.Gregory@lcvs.org.uk**](mailto:Stephanie.Gregory@lcvs.org.uk) |
| Becky Lazare - LCVS | [**Becky.Lazare@lcvs.org.uk**](mailto:Becky.Lazare@lcvs.org.uk) |
| Claire Stevens – Healthwatch Liverpool | [**Claire.Stevens@healthwatchliverpool.co.uk**](mailto:Claire.Stevens@healthwatchliverpool.co.uk) |
| Karen Downing - WHISC | [**KarenDowning@whisc.org.uk**](mailto:KarenDowning@whisc.org.uk) |
| Rob Flynn - Options FSL | [**Rob.Flynn@ofsl.org.uk**](mailto:Rob.Flynn@ofsl.org.uk) |
| Liz Reed - LATAN | [**Liz.Reed@caliverpool.org.uk**](mailto:Liz.Reed@caliverpool.org.uk) |
| James Callaway – Beacon Counselling Trust | [**James.Calloway@beaconcounsellingtrust.co.uk**](mailto:James.Calloway@beaconcounsellingtrust.co.uk) |
| Rachel Williams – Age UK Wirral | [**RachelWilliams@ageukwirral.org.uk**](mailto:RachelWilliams@ageukwirral.org.uk) |
| Shaun Greaves and Chris – Interchange | [**Interchange@liverpool.ac.uk**](mailto:Interchange@liverpool.ac.uk) |
| Helen McLoughlin – All Together Now | [**Helen@alltogethernow.org.uk**](mailto:Helen@alltogethernow.org.uk) |
| Debi Tomlinson – United Utilities | [**Debi.Tomlinson@uuplc.co.uk**](mailto:Debi.Tomlinson@uuplc.co.uk) |
| Greg Harwood-Jenkins – The Reader | [**GregHarwood-Jenkins@thereader.org.uk**](mailto:GregHarwood-Jenkins@thereader.org.uk) |
| Dez Chow – Patient Experience Facilitator at Liverpool Women’s Hospital | [**Dez.Chow1@lwh.nhs.uk**](mailto:Dez.Chow1@lwh.nhs.uk) |
| Sharifa Begum-Miah – Health and Wellbeing Coach Sefton | [**Sharifa.Begum-Miah@merseycare.nhs.uk**](mailto:Sharifa.Begum-Miah@merseycare.nhs.uk) |
| Beckham Oldham - LHCH | [**Beckham.Oldham@lhch.nhs.uk**](mailto:Beckham.Oldham@lhch.nhs.uk) |
| Jacinta Ashdown – Age Concern Liverpool and Sefton | [**Jacinta.Ashdown@ageconcernliverpoolandsefton.org.uk**](mailto:Jacinta.Ashdown@ageconcernliverpoolandsefton.org.uk) |
| Rob Flynn – OFSL | [**Rob.Flynn@ofsl.org.uk**](mailto:Rob.Flynn@ofsl.org.uk) |
| Zoe Song – LGBT Foundation | [**zoe.song@lgbt.foundation**](mailto:zoe.song@lgbt.foundation) |

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

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

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| **Item** | **By whom** | **By when** |
| **3. Update: First Meeting of the H&WB Strategy Leads Forum**  Clare provided an update on the H&WB Strategy Leads Forum. She explained that they had held the first meeting (chaired by Ellie), where they agreed terms of reference, membership, looked at topics for discussion and discussed what the group is going to do. A call was received from Merseyside and Cheshire ICP to have representation from each borough on the M&C Health Leads Group, with 5 slots allocated for each area. 5 people were nominated for Liverpool based on membership of above.  Additional reps from specialist subject areas - organisations to be added later. Clare will feedback at next meeting as to the outcome of this meeting.  **4. Agenda Items:**   1. **Patient Experience – Liverpool Women’s Hospital**   Dez Chow (Patient Experience Facilitator at Liverpool Women’s Hospital) gave a presentation about work being done to engage with organisations and people in the community to take health services outside of clinical settings and into communities. He explained that part of his role is to feedback what he is hearing to Liverpool Women’s Hospital (LWH) to look at ways of linking people together, improving access for all, sharing information about services and improving patients’ overall experiences.  For further info/discussion contact [**Dez.Chow1@lwh.nhs.uk**](mailto:Dez.Chow1@lwh.nhs.uk)   1. **Beacon Counselling Trust**   James Callaway delivered a presentation about counselling support available for gambling related harms through Beacon Counselling Trust, based on Townsend Lane. JC explained that, whilst gambling is a fun activity that most people can partake in on an irregular basis with no harm caused, there is a growing number of people who are beginning to be impacted by issues related to gambling. It is important to consider why gambling has an impact on health and wellbeing, including mental health implications, suicide, issues with education, unemployment, isolation, criminality, parenting and break downs in relationships.  JC presented some facts and figures relating to gambling:   * Evidence suggests that every demographic is at risk of gambling related harms * The gambling industry makes £14 billion in profit a year * Issues with gambling increases the risk of suicide by 15 x * Potentially up to 19-20% of population affected in some way   The importance of early intervention and extensive aftercare was stressed as relapse is likely. There are also a variety of tailored programmes available aimed at supporting different demographics.  **Bet You Can Help Programme** – a level 2 qualification that provides candidates with an understanding of the nature, concepts, and impacts of harmful gambling and gambling-related harm. This will enable them to identify those affected or at risk and signpost to the appropriate support.  More information available here: [Bet You Can Help Programme](https://beaconcounsellingtrust.co.uk/bet-you-can-help/)  **The Young Peoples Gambling Harms Prevention Programme** – free gambling related harms workshops across Merseyside and the North West, with a focus on young people aged 10-19.  More information available here: [The Young Peoples Gambling Harms Prevention Programme - Beacon Counselling Trust](https://beaconcounsellingtrust.co.uk/young-peoples-gambling-harms-prevention-programme/)  For further information contact [James.Calloway@beaconcounsellingtrust.co.uk](mailto:James.Calloway@beaconcounsellingtrust.co.uk)  Presentation slides attached.     1. **Chris and Shaun – Liverpool University Interchange Programme**   Chris and Shaun are interchange co-ordinators from the sociology, social policy and criminology department at the University of Liverpool and gave a presentation on the university’s interchange programme. The aim is to connect Voluntary and Community Organisations and students in their final year of study for the purpose of research and work-based learning projects which are beneficial to both parties.  The interchange co-ordinators will meet with VCOs prior to the start of the academic year to discuss new project ideas and put together a project booklet made up of all the interchange project proposals which can then be distributed to students at the beginning of the academic year. There are two routes included in the programme:  **The Short Interchange Project** (September – January) allows students to examine legislation, social policy or a gap in knowledge relating to an organisation. It lasts one semester, up to three students can work on one project and a 4000-word report is produced at the end.  **The Interchange Portfolio** (September – May) lasts two semesters and presents an opportunity to engage in a social research project or work-based learning project in collaboration with an organisation. Ethical approval and a learning agreement are required due to the project involving the collection of primary and secondary data. Only one student works on the project and a 6000-word report is produced at the end.  VCOs receive a copy of the final report once the project is complete and we were shown some positive feedback from the Anthony Walker Foundation and the Apex Trust, who were awarded additional funding as a result of one student’s final report.  For more information, contact [interchange@liverpool.ac.uk](mailto:interchange@liverpool.ac.uk)    **5. Information Exchange and Members Update**  **All Together Now** – latest publication is now available free, online [here](https://issuu.com/alltogethernow/docs/atn_july-aug_2023_main?fr=xKAE9_zU1NQ) and in places such as supermarkets and hospitals. This is a vital source of information for those who are digitally excluded and ensures they receive information related to their health and wellbeing. If anyone would like to enquire about being a part of the paper, then email [Helen@alltogethernow.org.uk](mailto:Helen@alltogethernow.org.uk)  **The Reader** – a group of people, led by a trained Reader Leader, will get together in an informal setting to read a short novel or a poem aloud. The aim is to encourage people to get together and have conversations to reduce social isolation and loneliness. You can train for free to be able to lead these sessions – if you are interested, email [GregHarwood-Jenkins@thereader.org.uk](mailto:GregHarwood-Jenkins@thereader.org.uk)  **Liverpool Heart and Chest Hospital** – offering community support rehab services (pulmonary/cardiac rehabilitation) tailored to the patient’s needs and outreach to communities that may have been missed and trying to link with as many VCOs as possible to make people aware that the service exists.  For further information contact [Beckham.Oldham@lhch.nhs.uk](mailto:Beckham.Oldham@lhch.nhs.uk)  **Options for Supported Living** – annual Options Tea Party being held in St Nicholas’ Gardens (Old Church Yard, L2 8TX) on 30 June 2023. More information here: [Options' Tea Party - Options for Supported Living](https://optionsforsupportedliving.org/events/options-tea-party)  **Sefton Life Rooms** – sessions being held for Alcohol Awareness Week on the first week of July, including a mocktails and chat interactive workshop on 5 July 2023. The aim is to raise awareness around drinking culture and promote healthy habits. Sharifa will be sharing more information about the organisation and her role at the next meeting.  Contact [Sharifa.Begum-Miah@merseycare.nhs.uk](mailto:Sharifa.Begum-Miah@merseycare.nhs.uk)  **Healthiness Limited** – offering exercise classes with a health education element for elderly adults and vulnerable people through Zoom. These can be tailor made for service users, who can access one class a week for 8 weeks.  More information available here: [Healthiness Ltd | An exercise provider based in Liverpool and Darlington](https://healthinessltd.co.uk/)  **Age UK Wirral** – active age, early intervention and prevention - reading group being set up with input from The Reader - contact Rachel if you would like to collaborate in this.  [RachelWilliams@ageukwirral.org.uk](mailto:RachelWilliams@ageukwirral.org.uk)    **Age UK Liverpool and Sefton** – based in the LCVS building and have a focus on preventing loneliness. Recently, got together with several organisations to discuss how they are combatting loneliness and isolation.  This is something LCVS is keen on doing more of with our tenants.  **WHISC** – the organisation has research support from Interchange which is extremely beneficial in that they can get help with projects that staff do not have the time and resources to carry out themselves. Karen also shared that she found the Reader’s training to be very comprehensive, valuable, and non-judgemental.  **Clare White (LCVS)** – a stakeholder engagement evaluation regarding eradicating poverty in the city is being undertaken. CW thanked everyone for their participation and shared that the outcome of the process will be completed in September and will inform LCVS future work. CW will bring that to a future meeting.  **7. No AOB**  Chair thanked everyone for attending and ended the meeting.  **8. Next Meeting Date**  The next meeting will be held in person on 27 September 2023 at 151 Dale Street, Liverpool, L2 2AH**.**  The meeting will be hybrid if anyone wants to join virtually.  Contact [Becky.Lazare@lcvs.org.uk](mailto:Becky.Lazare@lcvs.org.uk) or [Stephanie.Gregory@lcvs.org.uk](mailto:Stephanie.Gregory@lcvs.org.uk) to confirm your attendance and please let us know if you would be interested in speaking about your organisation/project/events/activities at a future meeting. |  |  |
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