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

**Wednesday 27 September 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.** | |
| Steph Gregory (LCVS/Chair) | [**Stephanie.Gregory@lcvs.org.uk**](mailto:Stephanie.Gregory@lcvs.org.uk) |
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| Vicki Pritchard | [**Vicki.Pritchard@richmondfellowship.org.uk**](mailto:Vicki.Pritchard@richmondfellowship.org.uk) |
| Elena Vacca | [**Elena@feedingliverpool.org**](mailto:Elena@feedingliverpool.org) |
| Chris and Shaun (Liverpool Interchange) | [**interchange@liv.ac.uk**](mailto:interchange@liv.ac.uk) |
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| Liz Reed | [**Liz.Reed@caliverpool.org.uk**](mailto:Liz.Reed@caliverpool.org.uk) |
| Sharifa Begum Miah | [**Sharifa.Begum-Miah@merseycare.nhs.uk**](mailto:Sharifa.Begum-Miah@merseycare.nhs.uk) |
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**2. Welcome, Introductions, Minutes of Last Meeting:**

Chair opened the meeting and welcomed everyone. Everyone introduced themselves and it was agreed minutes of last meeting were accurate and true.

Apologies from Dez Chow and Cal.

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| **Item** | **By whom** | **By when** |
| **3. Agenda Items:**   1. **Feedback from LCVS re Strategic Group**   SG explained that the decision had been made to form the group as LCVS and other voluntary organisations had been unable to attend a number of meetings across the newly formed integrated care partnership. The Strategic Group nominates voluntary sector reps to attend and speak on behalf of these groups and then report back to the forum to share information and keep partners up to date.  Financial position of sector  Investment, commissioning, and sustainable funding  Early intervention versus crisis prevention  Gathering data and intelligence  Mental Health Transformation Fund  Voluntary sector involvement in integrated care  There were two meetings held in May and September, with the next meeting to be held in November.  No members of the Strategic Group were able to attend this meeting, but a representative of the forum will be invited to attend the next H&W network meeting.  If anyone has any questions, please email Steph Gregory for further information.   1. **Sharifa-Begum Miah – Life Rooms**   Sharifah first gave an overview of the work at the Life Rooms, and then shared some information about her role.  The Life Rooms are an NHS service with Mersey Care, based in Sefton. It is a non-clinical service, with more of a focus on the social aspects of mental health. They utilise a social approach, focusing on recovery and prevention using a range of approaches to support community members to take back control of their own health. The Life Rooms also works closely with charities and community services to support health and recovery.  Pathways Advice Service – social prescribing, and support and guidance on a range of practical matters, e.g housing, employment, mental and physical health, volunteering opportunities and family caring. Individual concerns are considered, and they can be prescribed/signposted to a service to support them with the issue on a long-term basis.  They offer learning sessions around mental health, practical skills, etc to build confidence, self-esteem and develop skills. Timetables are available with all the sessions on for the month, which are done in house by learning facilitators.  [Click here to view the timetables online.](https://www.liferooms.org/learning)  Sharifa’s role is as a health and wellbeing coach. A new programme to the Life Rooms offers more 1:1 tailored support to community members, as well as ongoing direct support over a period of 3-4 months depending on the client’s needs. The client is encouraged to take a pro-active role in improving and managing their wellbeing by implementing positive behavioural changes and making healthier lifestyle choices. SMART goals are created so that sustainable goals that can be reached over time are set.  A referral form can be completed for this service, which gives an idea of the client’s current health and wellbeing. Once this is received, the client will be given a call to take it from there and set up appointments.  Referral forms for this coaching service can be found [here](https://www.liferooms.org/support/pathways-advice-service).   1. **Ged Simpson – LCVS Funding Advisor**   **Support Offered by LCVS:**  Ged began by explaining the capacity and engagement services offered by LCVS. Capacity building support includes funding advice (search for funding, review of draft bids, writing bids from scratch) as well as development (helping trustees to develop policies, business plans, etc). LCVS charge for some of this work, although funders around the city provide some subsidy which is used to reduce the cost as much as possible. This is all discussed at the beginning of the process.   * Funding and Development Support: <https://www.lcvs.org.uk/help-for-organisations/> * Working Together: Supporting partnerships for change <https://www.lcvs.org.uk/working-together/> * LCVS and External grant opportunities <https://www.lcvs.org.uk/grants/>   It is best if people can plan ahead as far as possible as we have a very small team and big demand across the city.  For funding/development, you can complete the enquiry form at the bottom of the page linked [here](https://www.lcvs.org.uk/help-for-organisations/)  For our Grants and Networks team, email [grants@lcvs.org.uk](mailto:grants@lcvs.org.uk) or ring us on 0151 227 5177.  **Funding Templates:**  Many funders ask for the same information but worded differently. We have created a template with notes to help organisations plan their projects and describe their work. This helps to ensure the proposal is based on real need and can achieve definite outcomes.  The template and notes have been sent out with the minutes.  **Searching for funders:**  Funding search engines can now be expensive, especially for smaller organisations. Ged spoke about some free alternatives, which are linked below.  LCVS Grants and External Funding: <https://www.lcvs.org.uk/grants/>  Charity Excellence has a free funding finder, newsletter and more. It is free to register and there is a video on the site explaining how to use it: <https://www.charityexcellence.co.uk/>  Merseyside Funding Information Portal – useful for local news particularly:  <https://mfip.org.uk/latest-funding-updates/>  **Training at LCVS:**  If you are interested in exploring training scheduled in rest of 2023, please see <https://www.lcvs.org.uk/training/>  We will be planning the 2024 programme soon. If you have any suggestions on topics, venue, type of delivery (face to face or zoom), please email [info@lcvs.org.uk](mailto:info@lcvs.org.uk) and include ‘Training Suggestion’ in the subject line.   1. **Cheshire & Merseyside Cancer Alliance Partnership Project**   Steph introduced the project which LCVS is involved in, alongside other voluntary action groups and CVS’s. The project has a number of designated social action leads, with Steph being the social action lead for Liverpool.  The aim is to work with voluntary & community sector organisations to enhance the services they already offer by including cancer awareness projects/info/events into these services. The areas focused on are supporting people with information about signs and symptoms, early prevention, screening programmes and access, healthy lifestyles, exercise, diet and how this can prevent cancer.  We know that this is not a level playing field. Accessing good food and health services can be more difficult for some people. The project will also be looking at barriers to accessing these things. There is a small pot of funding attached to this project and the criteria for funding is very broad. For example, we can provide you with info to give to service users and beneficiaries if you feel information is lacking in certain areas, or the funding could go towards putting on an event to allow service users to gain more awareness and information.  If you have any ideas or just want to have a chat about the project then please email [Stephanie.Gregory@lcvs.org.uk](mailto:Stephanie.Gregory@lcvs.org.uk)  Further information about the project has been included with the minutes.   1. **Winter Planning**   Many organisations provide services and support over the Christmas and winter period. Last year, LCVS asked organisations to send any information about their services operating over winter and accessible over Christmas/New Year.  This year, we are again asking that organisations please let us know if they are offering a service across the winter period so that we can make sure the website is kept up to date. We can promote this provision over this period and it is best to get the wheels in motion as early as possible.  The information on the website includes warm hubs, help with energy costs (for individuals and organisations), food provision and crisis support. Resources could include places people can go if they are socially isolated and just want to chat somebody.  This information will be included on the LCVS website linked [here](https://www.lcvs.org.uk/grants/cost-of-living-crisis-help-for-individuals/) and will be promoted via social media and newsletters.   1. **Community Impact Fund Reminder (NOW CLOSED)**   Steph reminded everyone that the Community Impact Fund was still open for applications.  Organisations can apply for up to £3000 for project costs, including staff costs.  This round of the grant programme was closed on 6th October 2023.  Information about this grant programme is available [here](https://www.lcvs.org.uk/grants/community-impact-fund/)  **4. Information Exchange and Members Update**  **Liz Reed –** Liverpool Access to Advice Network (LATAN) is holding a one-day conference in Liverpool on Thursday 23rd November 2023.The conference will involve a number of workshops with a focus on innovation and collaboration in and with the advice sector and the connection between free legal advice and health inequality. Click [here](https://www.liverpool.ac.uk/law/events/latan-conference-2023/) for more information.  **Elena (Feeding Liverpool)** – Feeding Liverpool are arranging a Autumn Emergency Food Network Gathering on Tuesday 17th October, details linked [here](https://www.feedingliverpool.org/autumn-emergency-food-network-gathering-2023/). They are also working on a series of Healthy Start videos to promote uptake in Liverpool. These will go out on social media and they will be working with libraries, GPs, hospitals, etc. If you are interested in getting involved, please email [elena@feedingliverpool.org](mailto:elena@feedingliverpool.org)  **Dave (Torus) –** now starting a social prescribing offer to their tenants in Liverpool with the hope to engage, support, signpost and improve wellbeing. Activities are being set up, along with warm hubs hopefully. Torus are keen to link with health charities, organisations and social prescribers. If anyone is interested in working together, please email [David.Milburn@torus.co.uk](mailto:David.Milburn@torus.co.uk)  **Stephanie (Koala North West)** – this is a fairly new service to the Liverpool area, with already a number of services operating in Wirral. The services offered include anti-natal support (self-referral), neo-natal peer support, healthy start scheme, oral health peer support and preventative support. If anyone would like a chat or further information, please email [stephanieleason@koalanw.co.uk](mailto:stephanieleason@koalanw.co.uk)  **Chris (Liverpool Interchange) –** looking to hold more interchange based events in their events space. Volunteering opportunity fair for students taking place soon. They are willing to do more events depending on interest and are keen to do some panel events with charity organisations and academics for networking purposes and to try and get students interested and engaged with the programme. Click [here](https://www.liverpool.ac.uk/interchange/) for more information about Interchange.  **7. No AOB**  Steph thanked everyone for attending and ended the meeting.  **8. Next Meeting Date**  The next meeting will be held via Zoom on Wednesday 13 December 2023.  Zoom link is <https://us02web.zoom.us/j/85019926836>  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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