

## Notice of Meeting and Agenda Forum for Empowering Communities Group

Date	Time	Venue
Tuesday, 15 November 2022	14:00	Remotely via Teams,

MARK CONAGHAN  
Head of Corporate Governance

### Chair

A McNiven, Chief Executive, Engage Renfrewshire.

### Membership

F Garabedian, Active Communities; M Mathieson, Barnados; A Thomson, Bridgewater Housing Association; J Gonani, DEAR; A McNiven, Engage Renfrewshire; J Wilby, Paisley West & Central Community Council; S McLellan, RAMH; S Cruickshank, Renfrewshire Access Panel; M Fotheringham, Renfrewshire Citizens Advice Bureau; C Forbes, ROAR; and C Masson, Save the Children.

## Items of business

### Apologies

Apologies from members.

### Declarations of Interest

Members are asked to declare an interest in any item(s) on the agenda and to provide a brief explanation of the nature of the interest.

- |          |  |                |
|----------|--|----------------|
| <b>1</b> | <b>Minute of Previous Meeting</b>  | <b>1 - 4</b>   |
|          | Minute of previous meeting held on 27 September 2022.  |                |
| <b>2</b> | <b>Matters Arising</b>   |                |
| <b>3</b> | <b>Rolling Action Log</b>  | <b>5 - 6</b>   |
|          | Report by Clerk.   |                |
| <b>4</b> | <b>Communities Mental Health and Wellbeing Fund</b>  | <b>7 - 12</b>  |
|          | Update by Community Mental Health & Wellbeing Fund Officer, Engage Renfrewshire.             |                |
| <b>5</b> | <b>Winter Connections</b>  |                |
|          | Presentation by Partnership's Manager, Chief Executive's.                                    |                |
| <b>6</b> | <b>Utility Costs</b>   |                |
|          | Discussion led by Chair.   |                |
| <b>7</b> | <b>Forum Workplan</b>  |                |
|          | Presentation by Chief Executive, Engage Renfrewshire.  |                |
| <b>8</b> | <b>Timetable of Meetings for The Forum for Empowering Communities Group to December 2023</b> | <b>13 - 14</b> |
|          | Report by Clerk.   |                |



## Minute of Meeting Forum for Empowering Communities

Date	Time	Venue
Tuesday 27 September 2022	14:00	Remotely via Teams

### **Present**

A Thomson, Bridgewater Housing Association; A McNiven, Engage Renfrewshire; S Cruickshank, Renfrewshire Access Panel; M Mathieson, Barnados;

### **Chair**

A McNiven, Chief Executive, Engage Renfrewshire, presided.

### **In Attendance**

R Robertson, Renfrewshire Health & Social Care Partnership; A McBride and K McIntyre (both Engage Renfrewshire); D Lockyer (CAB); D Pole, S Graham and R Devine (all Renfrewshire Council).

### **Apology**

M Fotheringham, Renfrewshire Citizens Advice Bureau;

### **Declarations of Interest**

There were no declarations of interest intimated prior to commencement of the meeting.

### **1 MINUTE OF PREVIOUS MEETING**

There was submitted the Minute of the meeting of the Renfrewshire Forum for Empowering Communities Group held on 24 May 2022.

**DECIDED:** That the Minute be approved.

## **2 ROLLING ACTION LOG**

The Rolling Action Log was submitted for approval.

### **DECIDED:**

- (a) That the update be noted; and
- (b) That the Rolling Action Log be approved.

## **3 MATTERS ARISING**

An update was given in respect of the Disability Resource Centre.

S Graham advised that the next round of Local Partnership meetings would be held soon and it was agreed that A McNiven and S Graham would meet with A Thomson to brief him on how the Local Partnerships worked.

**DECIDED:** That the updates be noted.

## **4 COMMUNITY MENTAL HEALTH & WELLBEING FUND**

A McBride gave a verbal update on the Community Mental Health & Wellbeing Fund.

She advised that the Fund was now in its second year and Engage Renfrewshire were given just over £550,000 to distribute to the third sector for new applicants and also previously awarded projects. The Fund would close on 31 October 2022 and successful groups would be notified early December.

**DECIDED:** That the verbal presentation be noted.

## **5 REFUGEE SUPPORT UPDATE**

K McIntyre gave a verbal update on refugee support and the work In-Ren was currently undertaking.

She advised that Ukranian refugees had been coming through Glasgow Airport as well as other refugees. As a result, there were now a couple of sizeable communities within Renfrewshire who were receiving short-term support with a view to long-term support. Engage were working to support the refugees and co-ordinate the sector response by putting various initiatives in places.

K McIntyre shared IN-Ren Race Equality Toolkit. She advised that it aimed to support employers and practitioners in Renfrewshire to better understand the barriers faced by ethnically diverse communities to accessing services. The toolkit also aimed to inspire action and inform learning to promote race equality.

R Robertson gave an update on the Integration Network.

It was noted that S Cruickshank had leaflets entitled “Improving Physical and Social Accessibility” in relation to having physical meetings which he was happy to distribute.

**DECIDED:** That the verbal presentation be noted.

## **6 REFRESH ON COMMUNITY PLAN**

S Graham, Partnerships Planning and Development Manager, Renfrewshire Council gave an update on the refresh of the Community Plan (the Plan).

He advised that the Plan had now gone through a partial refresh with a change of emphasis on some of the activities and action. There was a refocus on poverty, anti-poverty, the cost-of-living crisis and climate change.

He thanked everyone that was involved in the consultation. The Plan had now gone through the Community Planning Executive Group and was to be submitted to full Council on Thursday 29 September 2022 for formal approval. It was noted that a copy of the Plan would be circulated to members once it had been approved. S Graham advised that the Plan would form the basis for future discussion and action.

**DECIDED:**

- (a) That a copy of the Plan be circulated to members once it had been approved; and
- (b) That the verbal update be noted.

## **7 FORUM FOR EMPOWERING COMMUNITIES – WORKPLAN DEVELOPMENT**

The Chair led discussion on the development of agenda items for the Forum for the coming year.

The following items were discussed:

- Community Mental Health & Wellbeing Programme
- Ethnic Diversity of Renfrewshire
- How to reach population with real need versus organisations staying within financial constraints (living wage/procurement/hardship funds)
- Winter Connections (update for next meeting)
- How to tackle confidential support
- Supporting the workforce within 3<sup>rd</sup> Sector and Voluntary Organisations
- The positivity of connectiveness
- Voluntary Sector Groups and impact of crisis




It was agreed that the list of possible agenda items would be circulated to members for further refinement and agreement





**DECIDED:** That the list of possible agenda items be circulated to members for further refinement and agreement.

## 8 DATE OF NEXT MEETING

**DECIDED:** That it be agreed that the next meeting of the Forum for Empowering Communities Group would take place on Tuesday 15 November 2022 at 2pm.

**RENFREWSHIRE COUNCIL  
RENFREWSHIRE FORUM FOR EMPOWERING COMMUNITIES GROUP  
ROLLING ACTION LOG**

	Action is on track	<b>KEY</b>
	Areas for concern that will impact on completion date if not fixed. Action required to bring up to satisfactory level	
	Past deadline date and action required.	

Action No.	Action	Action Owner	Status	Expected Date of Completion	Actual Date of Closure	Update & Comments
<u><b>RFG 03.09.20(4)</b></u>	<b>MUTUAL SUPPORT</b> (a) Discussion/Support group support sessions to be set up; and  (b) Members to notify the Chair of their interest in participating in the Group.	AMcN/ALL				<b><u>RFG 17.11.20</u></b> Meeting will take place on 2 <sup>nd</sup> December and further update will be given to Members after that date  <b><u>RFG.11.03.21(2)</u></b> Members were updated and advised more meetings in diary for 2021..  <b><u>RFG 9.9.21(2)</u></b> It was intimated that a meeting was held in September and A McNiven would be writing to participants
<u><b>RFG180621 (5)</b></u>	<b>SOCIAL RENEWAL PLAN</b> Agreed that an update be submitted to a future meeting	AMcN				<b><u>RFG 24.4.22(4)</u></b> Members were given an update
<u><b>RFG291022(6)</b></u>	<b>REFRESH OF COMMUNITY PLAN</b> Copy of the report to be circulated to members after Council meeting on 29 August 2022	CMacD			19/10/22	
<u><b>RFG291022(7)</b></u>	<b>WORKPLAN DEVELOPMENT</b> List of possible agenda items to be circulated to members for further refinement and agreement.	CMacD			19/10/22	

Updated 18/10/2022







**To: Forum for Empower Communities Group**

**On: Tuesday 15 November 2022**

**Report by: Chief Executive, Engage Renfrewshire**

**TITLE: COMMUNITIES MENTAL HEALTH & WELLBEING FUND**

## **1 Summary**

- 1.1 This report updates the Forum on the Communities Mental Health & Wellbeing Fund.

## **2 Recommendations**

- 2.1 That the members note the contents of the report.

## **3 Overview**

- 3.1 From the £120 million Recovery and Renewal Fund, Scottish Government agreed £15 million for a Communities Mental Health and Wellbeing Fund. On 14<sup>th</sup> October, 2021 Engage Renfrewshire was awarded £509,542 from the Communities Mental Health & Wellbeing Fund to be distributed locally by 31<sup>st</sup> March 2022. The intended outcome of this Fund was to *“develop a culture of mental wellbeing and prevention within local communities and across Scotland with improved awareness of how we can all stay well and help ourselves and others”*.

The overarching aim of the Fund is to support community based initiatives that promote and develop good mental health and wellbeing and/or mitigate and protect against the impact of distress and mental ill health within the adult population, with a particular focus in 2021/22 on:

- Tackling priority issues within the Transition and Recovery Plan

such as suicide prevention, social isolation and loneliness, prevention and early intervention

- Addressing the mental health inequalities exacerbated by the pandemic and the needs of a range of 'at risk' groups locally.
- Supporting small 'grass roots' community groups and organisations to deliver such activities
- Providing opportunities for people to connect with each other, build trusted relationships and revitalise communities
- Supporting recovery and creativity locally by building on what is already there, what was achieved through the pandemic, and by investing in creative solutions

Applications were accepted from a range of voluntary, 'not for profit' organisations, associations, groups and clubs or consortiums/partnerships which have a strong community focus for their activities. The range of organisations that can apply are:

- Scottish Charitable Incorporated Organisations (SCIO)
- Unincorporated Associations
- Companies Limited by Guarantee
- Trusts
- Not-for-profit company or asset locked company or Community Interest Companies (CIC)
- Cooperative and Community Benefit Societies
- Community councils

The attached PDF report provides an oversight of the funding awarded so far and the plans for 2022/23

# Renfrewshire Community Mental Health and Wellbeing Fund



Engage Renfrewshire  
2022

## Background

As part of the Recovery and Renewal Fund, the Minister for Mental Wellbeing and Social Care announced a new Communities Mental Health and Wellbeing Fund for adults on 15 October 2021, with £15 million being made available in 2021- 22.

Third Sector Interfaces (TSIs) were selected as the means for distributing funds locally and Engage Renfrewshire initially received £509,542.91 to allocate to third sector organisations and community groups in Renfrewshire.

TSIs were selected to distribute funds partly in response to their efforts during the pandemic; the Scottish Government's Third Sector Unit recognised the swift response of the TSIs in coordinating community efforts during lockdowns.



The intended outcome of the Fund is to “develop a culture of mental wellbeing and prevention within local communities and across Scotland with improved awareness of how we can all stay well and help ourselves and others”.

The overarching aim of the Fund is to support community based initiatives that promote and develop good mental health and wellbeing and/or mitigate and protect against the impact of distress and mental ill health within the adult population.

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# The numbers

## our process and how many groups we were able to support

Our application period was open from 15th November 2021 to January 7th 2022. We received 72 applications in total which corresponded to over £1.2 million in requested funding. Our application was consciously light-touch and accessible, as we recognised that several groups applying would likely not be used to long application processes.

Our decision-making panel was made up by cross-sector partners from Renfrewshire Council, the HSCP Health Improvement Team and Engage Renfrewshire.

The panel met five times and used their expertise, as well as information gathered during November's information sessions, to allocate all monies across 47 projects.

In late February 2022 we were given an additional £49,950.00 to distribute as a result of consultation regarding high quality bids that had missed out due to funding restrictions. With these additional funds we were able to support an additional five organisations, taking our total to 52 projects

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# The impact

## what groups and community members say about the work of the fund

*Thanks to Get Active Coaching for allowing me the opportunity to not only learn new skills but also provide the experience for me to lead during their holiday camp programme. Since completing these courses, I have been able to find regular part time work alongside my coaching.*

Get Active Coaching coach training feedback

79% stated they feel less isolated, and 90% said they felt their emotional health has improved, since receiving our dedicated wellbeing support.

*I will be forever grateful for all the help and support I received.*

HomeStart 'Wellbeing Project' feedback

Women+ tell us that the spaces give them an opportunity to meet other women+ in a safe, relaxed environment, and they feel less lonely.

*Class was relaxing and comforting. Today I was able to say I was proud of myself for once and that was a really big achievement.*

Kairos Women+ 'Mental Wellness Group' feedback

*Coming to the group has made me feel like I am NOT worthless and has made me feel more confident about myself.*

*I am excited about having a better understanding of my mental health.*

New Beginnings personal development course feedback

*I love it! It gets me out, because it's too long a day sitting in. And it's lovely meeting others.*

Brick Lane Studios 'Music Cafe' feedback

# Examples of activity



## ReMode

Paisley

ReMode were given £2,740 to support the Volunteer Mental Health & Wellbeing programme which was devised to help ease people back into face-to-face contact after long periods of isolation.

The programme included the implementation of a Wellness Action Plan which took the form of a questionnaire for all volunteers. The confidential questionnaire encouraged volunteers to identify any supports ReMode could put in place to ensure healthy participation for all.

Volunteers have reported that they feel a greater sense of confidence in volunteering with Remode, that they feel looked after knowing that they have these procedures in place to safeguard those who need it.



## Pachedu

Based in Ferguslie Park, connecting ethnically diverse people across Renfrewshire

Pachedu were given £20,000 for a variety of activities based around improving their community members' mental health

Activities ranged from advocacy work, cooking, gardening, focus groups exploring the development of a Mental Health Toolkit, community wellbeing map, and social events for men and women. One participant from such an event shared the below:

"This is such an amazing experience to participate. As people from the minority group, we always need opportunities to socialise and eventually be in the position to support each other through our daily hassles. Please keep the ball rolling".



## Renfrew YMCA

Renfrew

Renfrew YMCA were given £22,620 to employ support workers to develop programmes of support for Renfrew parents. Programmes so far include fitness and social activities for new parents.

Both of these activities seek to create a safe space for parents, encouraging them to find time for themselves while also bonding with other parents and sharing their experiences. One participant shared the impact the work is having for them:

"This groups is the best thing that has happened to me since I've had my baby. I am new to the area and the country, so this group has helped me meet so many mums and I am very grateful."

When you find a place to Gather  
A place you feel safe  
All you need to do  
Is sit and embrace

It can be somewhere  
With many or few  
As long as you are happy  
And can be the real you

Gather with others  
Or be somewhere yourself  
What ever it takes  
To lift your mental health

Be surrounded by love  
Health, healing and protection  
And take moments  
To have self reflection

It's time to find a place to gather  
That place you really need  
And when you feel planted  
You can sow your seed

No gathering to big  
No gathering to small  
Just remain strong  
And continue to stand tall

Michaela Burns  
20 April 2022

This poem was submitted as part of RASA's 'Poems with Purpose 2' poetry collection, the printing of which was funded by CMHWB. Our thanks to Michaela and RASA for allowing us to share here.



# Challenges and next year's fund

Some common challenges faced by our groups are noted below. We note these so we may learn and understand groups' needs going in to second year.

- Hesitancy to re-engage in person - this was particularly true for those who were deemed most at risk during the pandemic.
- Staff and volunteer recruitment and retention post lockdown.
- Cost of living crisis - both for organisations' costs and the impact this is having on individuals' mental health.



We were allocated £504,837.13 to distribute in our second year and opened our application process in September 2022.

Activities will take place throughout 2023, with monies to be distributed to groups in January 2023 and all activity finished up by the end of December. New and previously funded groups are eligible to apply and we look forward to being able to develop work already undertaken this year.

Guidance from Scottish Government regarding the second year did not change dramatically from the first year, and the fund priorities and outcomes remain the same. There were however some additions made, partly in response to what we at TSI level had noted and fed back. The second year of funding will, for example, be able to support projects and activity supporting emerging crises such as the cost of living crisis.

Updates on the fund will be shared to partners and any interested stakeholders may also use our website and dedicated instagram to find out more information.

[www.engagerenfrewshire.org](http://www.engagerenfrewshire.org)

[instagram.com/renmhwb](https://www.instagram.com/renmhwb)



To: **Forum for Empowering Communities Group**

On: **15 November 2022**

Report by:  
Director of Finance & Resources

**TIMETABLE OF MEETINGS FOR THE  
FORUM FOR EMPOWERING COMMUNITIES GROUP  
TO DECEMBER 2023**

**1 Summary**

The purpose of the report is to submit for consideration the proposed calendar of meeting dates for the Forum for Empowering Communities Group for the period January 2023 to December 2023.

**2 Recommendation**

That the timetable of meetings from January 2023 to December 2023, as indicated within the report, be agreed.

**3 Background**

3.1 At the meeting of the Forum for Empowering Communities Group which was held on 4 September 2020 it was agreed that the meetings would alternative between Tuesday and Thursday afternoons and would commence at 2pm.

3.2 The location of the meetings will remain as TBC until nearer the time of the meeting.

3.3 The proposed dates are as follows:

- Tuesday 14 March 2023, 2pm - 4pm
- Thursday 18 May 2023, 2-4pm
- Tuesday 3 October 2023, 2pm - 4pm
- Thursday 7 December 2023, 2pm - 4pm

- 3.3 The timetable takes account of all standard meetings of the Forum for Empowering Communities Group but does not take into account any ad-hoc meetings which might be held as and when necessary.

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