

Voluntary Sector Response to Lockdown 2021 Call

Tuesday 12th January

Microsoft Teams

Voluntary Sector Response to Lockdown 2021 Call

Introduction

On Tuesday 12th January 2021, SVE held a Voluntary Sector Call which took place on Microsoft Teams. Third Sector members were invited to join SVE in an informal environment to come together as a sector. This was following the First Ministers announcement on January 5th to gain an understanding of what is currently happening on the ground, what services continue to be delivered and what gaps in provision may exist.

Lockdown during the winter months will provide its own unique challenges to individuals and third sector organisations alike, therefore voluntary organisations were invited to share concerns and experiences to help navigate this next phase of the pandemic as a united sector.

The Call

Attendance on the day was excellent with 53 attendees, plus SVE staff present. A full list of attendees and the organisations they represented can be found in Appendix 1

Welcome and Introductions

Natalie, SVE's Chief Executive, welcomed everyone to the call before handing over to Lynne McKinley, Senior Community Development Officer, Stirling Council. Lynne gave an update on the services Stirling Council will be providing for individuals during this lockdown. More details can be found in the minutes of the meeting.

Mentimeter Discussions

Due to the high number of people on the call, SVE used the app Mentimeter to facilitate some discussion and get some real time feedback from participants. The following questions were asked -

Tell us the most pressing challenge facing people you support?

Responses included the following -

- Mental Health
- Funding
- Loneliness
- Access to food
- Financial impact
- Social Isolation
- COVID restrictions
- Decline in general health and wellbeing of individuals with dementia and their carer's
- Stress and anxiety of catching COVID and having to isolate
- Gritting of pavements
- Uncertainty around school/work balance

- Being unable to leave their homes due to Covid restrictions
- Accessing face-to-face services

Tell us the most pressing challenge facing your own organisation?

Responses included the following -

- Having members trust the internet
- Financial survival
- Funding
- Lack of volunteers
- Accessing those in need of our services
- Finding the right volunteers
- Getting in touch with people that may have been missed
- Government guidance
- Food Poverty

Tell us an idea that could improve lockdown for the people in Stirling?

Responses included the following –

- Sending out activity and comfort packs to keep people engaged and happy at home
- Connectivity
- Feeling proud of Stirling – locations, surroundings, community spirit, sending out cards, delivering home baking at people’s doors with a follow up call, phoning for a chat
- Craft packs for children
- Online catch ups
- Volunteer and user led ideas, grounded in community need and given worker support to develop and help implement – people power
- Obtained funding to improve mental health and wellbeing
- Digital connectivity
- Phone calls to those in isolation
- Recognising volunteer spirit at this time
- Helping people out of food poverty long-term
- Sharing information and joining together to help people instead of spreading ourselves out in small well intended groups
- Gritting
- Zoom chats
- Lunch deliveries
- Sharing ideas on where to walk
- Starting a choir
- Running stress management/anxiety courses via zoom for volunteers
- Baking and cooking ideas with the food that is provided

Main discussion Topics

One of the main areas of immediate concern for organisations was the issue of gritting. The weather conditions have deteriorated recently with the predicted forecast set to be cold, snowy and icy in the coming days. Lockdown over the winter has presented its own challenges and organisations are keen to ensure that individuals are still able to venture outside where possible for exercise.

Following the meeting SVE have sourced funding through the National Lottery Supporting Communities Fund to purchase grit for community use. In the coming days they will be working in partnership with Recyke-a-Bike and Trossachs Search and Rescue to distribute this grit to community groups and individuals that need it the most. Please contact info@sventerprise.org.uk to find out more.

Stirling Council has also since indicated that they will increase the gritting bins available to community members to self-grit public paths and roads.

There were some discussions around the food hubs and food bank. Start Up Stirling are delivering daily Tuesday to Friday and work off a referral process. Referrals are taken from the following organisations

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|--|---------------------------------------|
| – Citizens Advice Bureau - | 01786 470239 |
| – Stirling Council - Money & Benefits Advice | 01786 233921 |
| – Stirling Council - Housing Mainstream | 01786 237862 |
| – Stirling Council - Homeless | 01786 237900 |
| – Stirling Council - Justice Services | 01786 233724 |
| – Stirling Council - Social Work | 01786 471177 / Care Team 01786 475497 |
| – Forth Valley Recovery Service | 0808 196 2188 |
| – Forth Housing - | 01786 446066 |
| – Rural Housing - | 01786 841101 |
| – Women’s Aid - | 01786 470897 |

Referrals are also taken from Head teachers and religious leaders.

The topic of Mental Health was highlighted many times in the Mentimetre results and was therefore expanded upon in discussions. Social isolation and loneliness due to the pandemic are having a massive impact on the mental wellbeing of many individuals. This was highlighted by Michele Bennett from Fintry Community Council who talked about regular phone calls they make to elderly residents. She said they will often be the only people they speak to in the week.

Going Forward

Action points for SVE

- Speak to Stirling Council regarding gritting and the amount of grit available for communities

- Look at solutions regarding private paths/driveways being gritted for isolated community members
- Collate a list of information/offers from the call to circulate round the attendees
- Decide on best course of action to take regarding further meetings

Current Support Available/Offers of Help

Food Train Connects

Food Train Connects can match up volunteers with older people all over Stirlingshire for a 1 to 1 shopping and phone call service. To find out more, refer someone or volunteer, go to www.foodtrainconnects.org.uk. You can contact also carol@foodtrainconnects.org.uk

Royal Voluntary Service (RVS)

RVS can provide volunteers to walk with people in their local area. They have volunteers to provide virtual companionship over the phone and video calls, volunteers to visit clients in their homes (anything from a cuppa and a chat to supporting exercises etc.) and to accompany them on walks in their local area. They also have a small capacity to collect prescriptions (or other essential items) and deliver to the door. You can contact laura.eales@royalvoluntaryservice.org.uk.

RVS offers the Virtual Village Hall which provides daily online activities from flower arranging, pilates, laughing yoga, crotchet etc. Usually a session at 11am and one at 2pm - open to everyone and great way to connect with other isolated people with similar interests.

ClubSport Stirling

ClubSport Stirling are keen to engage with local clips about gritting schemes and support in local communities. You can contact Chris mckennac@activestirling.org.uk

Start Up Stirling

Start Up Stirling are here to help tackle food poverty in the Stirling Council Area. Referrals are required.

Start Up Stirling are providing foodbank support in Cornton, bed and breakfast throughout Stirling Support needs to be joined up. Happy to discuss with the Stirling Christmas Cheer project andrew@startupstirling.org.uk

The Haven

The Haven in the Top of the Town in Stirling can offer support with shopping, pick up and deliveries as well as phone advice and financial support to the local community. The contact number is 07885 620 131.

Breastfeeding Network

BfN is offering all mums throughout the whole of Forth Valley telephone calls to support them with their breastfeeding journey. They are offered a way to sign up in hospital, but if this is missed anyone can self-refer by messaging us on our Facebook page, or by emailing forthvalley@breastfeedingnetwork.org.uk

Stirling University Careers & Employability Service

Many of you may have already been invited to this event but if you're organisation is offering volunteering opportunities or just keen to engage with students, details and sign up info can be found here: <https://www.stir.ac.uk/student-life/careers/employers/raise-your-profile/first-step-careers-event/>

The Good Morning Stirling Breakfast Show

The Good Morning Stirling Breakfast show with Graham Taylor has a particular focus on community response, so if you want to promote your services please contact - breakfast@stirlingcityradio.com

CAP Debt Centre

The Forth Valley CAP Debt Centre has appointments available for people struggling with debt. Clients call 0800 328 0006 to book a telephone appointment. You can contact fionawelsh@capuk.org

Dunblane Development Trust – Dementia Friendly Dunblane

Delivering soup and cake twice weekly. Fish suppers. Afternoon teas. Shopping, collecting prescriptions, dog walking. Telephone befriending. We have been clearing footpaths particularly around elderly residences.

Strathcarron Hospice

Strathcarron Hospice have compassionate neighbours/befrienders willing to phone lonely, vulnerable people. For referrals contact Mandy at mandy.ross@nhs.scot.

Stirling University Student Union

Have set up a befriending or 'Pandemic Pals' and have 250+ students engaged on it. Would be happy to meet with anyone who was keen to set up something similar:

<https://www.stirlingstudentsunion.com/representation/student-support/steer/>

Some of our student volunteers may be interested in becoming 'pals' with people throughout the community. You can contact elaine.shepherd@stir.ac.uk.

There are many clubs & societies at the University, everything from gaming socs, music, drama, etc, contact Elaine for signposting.

Chest Heart and Stoke Scotland

They have a huge number of Kindness Volunteers who are trained to make those vitally important regular calls for a chat. Their biggest challenge is getting to those who would benefit from the service - would be delighted to accept referrals through their Advice line 0808 8010899 or

<https://www.chss.org.uk/coronavirus/i-need-help/>

https://www.chss.org.uk/documents/2013/08/e6_mental_wellbeing.pdf is the CHSS mental wellbeing booklet - if anyone would like hard copies of these please feel free to order online and they will be posted out to you or your organisation. <https://www.chss.org.uk/stroke-information-and-support/support-for-you-after-a-stroke/stroke-publications/>

Intelligent Kindness session

Date: Thursday January 28 **Time:** 6pm - 7pm **Location:** Online

or **Date:** Tuesday February 2 **Time:** 2pm - 3pm **Location:** Online ask SVE for details

Forth Valley Sensory Centre

Have a free bite sized gentle online fitness sessions which are specially designed for people with sensory loss and older people. They also offer telephone befriending for people with sensory loss. Email jacquiewinning@forthvalleysensorycentre.org or check out @FVSensoryCentre.

Ladies of the Rock

Ladies of the rock are delivering food to some people in Cornton and Raploch.

bOunceT

Work with children and adults with LD, giving the opportunity for inclusive indoor physical and sensory activities. Contact francesca@bouncet.com for more info.

Appendix 1

Amanda Namey	Equi-Power Central Scotland RDA
Andy Ireland	Start Up Stirling
Angela Barron	Fallin Community Enterprises/Recyke-a-bike
Anne Knox	SVE
Annie Macdonald	International Rescue Corp (Grangemouth)
Breda Seaman	Development Trust
Brian Magee	COSCA (Counselling & Psychotherapy in Scotland)
Caitlyn McDermid	SVE
Carol Anderson	The Food Train
Cheryl Hillis	Action for Children
Christopher McKenna	Active Stirling/Club Sport Stirling
Clare Stevenson	Cowie Rural Action Group (CRAG)
Denise Kelly	SVE
Donald Fraser	Killin and District Volunteer Car Scheme
Dorothy Morrow	Ladies of the Rock
Duncan Hearsam	Order of Malta Dial-a-Journey Trust
Elaine Shepherd	University of Stirling Students' Union
Elaine Stewart	The Coalfields Regeneration Trust
Fiona Murray	Strathblane Village Club
Fiona Welsh	Christians Against Poverty
Francesca Smart	BounceT
Fraser Allan	Balfron Community Resilience
Gail Barton	Town Break SCIO
Gemma Hamilton	Breastfeeding Network
George McMeechan	Dynamic Wheel
Gillian Hughes	Start Up Stirling
Grant Thomas	Stirling Community Media (SCIO)/Stirling City Radio
Irene Hamilton	Action in Mind
Jacquie Winning	Forth Valley Sensory Centre
Jamie Donald	SVE
Janette Mitchell	Raploch Community Partnership
Joan Murphy	Riverside Community Council
Joanne Rae	SVE
John Beresford	EoS RRP Scottish Government
John Reid	Stirling Community Enterprise
John Willis	Ochils Mountain Rescue Team
Julie Bundy	Fallin Community Enterprises
Julie Haslam	CTSI
Kerry Anderson	Victim Support Scotland
Laura Eales	FV Royal Voluntary Service
Lee Stevenson	SVE
Liz Rowlett	SVE/CTSI
Louise Speirs	Heart of Braehead
Lynne McKinley	Stirling Council
Mags Hughes	Cowie Rural Action Group (CRAG)

Mandy Ross	Strathcarron Hospice
Martin Fotheringham	CSREC
Michele Bennett	Fintry Community Council
Mylene Herd	Haven
Natalie Masterson	SVE
Neil Cameron	Balfron High School, Stirling
Paul Rimmer	Neuro Central
Rachel Johnston	SVE
Rae Wilson	Balfron Lunch Club
Rebecca Dadge	Forth Valley Welcome
Russell Boyd	Stirling Street Pastors
Sally Forshaw	Stirling4Community
Sandy Reynolds	Salvation Army
Sara McMillan	Kitchen@44
Sherry McIntosh	Central Scotland Chinese Elderly Project
Tracey Groom	Chest Heart and Stroke Scotland
Tracey Nicholson	SVE
Wendy Scott	Forth Driving Group & Friends of Plean Country Park