



Bassetlaw VCSE Health and Wellbeing Forum 24.4.24 Brief Notes

Angie Dainty: BPL

Presentation included information about the patient referral scheme, Kilton Forest Feel Good Memory Group (flyer attached to email) and the new Good Boost pool activities that deliver tailored programmes using poolside tech <https://www.goodboost.ai/>

Annie Parry: BCVS Volunteer Coordinator

Volunteers week takes place 3rd to 9th June 2024 – asking out for any stories that organisations can share about their wonderful volunteers.

In her own volunteering activity, Annie has taken the lead for a Bassetlaw Group called “Remembering Them” which is a peer support group for parents who have experienced the bereavement of a child. It is an open group so please share as appropriate with any colleagues or service users.

REMEMBERING THEM
Bereaved Parents Peer Support

Have you lost a child?
It doesn't matter whether your child was
6 months or 60 years old

It doesn't matter if their passing was
6 months or 60 years ago

It is the worst thing any parent can go through
Our friendly group was set up as a safe space where
parents can come to share their experiences, talk about
their loved ones, laugh, cry and drink plenty of tea!
Just being in the company of other parents and knowing
that they "get it" can be a source of comfort and support
You can join in conversation or just sit back and listen,
whatever makes you feel most comfortable

For more information please contact
Annie on 07772 106627

REMEMBERING THEM
Bereaved Parents Peer Support

Venue: Retford Primary Care Centre,
North Road, Retford, DN22 7XF
Time: 6pm—8pm

This year's meeting dates are as follows:
Monday 13th May
Monday 3rd June
Monday 1st July
Monday 5th August
Monday 2nd September
Monday 7th October
Monday 4th November
Monday 2nd December

No need to book, just turn up





Laura Jeffcoate: Notts Womens Aid

NWA now have centres and refuges in both Worksop and Mansfield. On 14th August they are hosting a family fun day at the Farr Centre, Westgate, Worksop Site. There is also a “Purple walk for Jack and Paul” event coming up on Weds 15th May that women and children are invited to take part in. The flyer for the walk is attached to the email containing these notes.

Claire Sarris: National Trust Clumber Park and Mr. Straws House

There are Clumber passes available organisations to allocate to their service users as part of the Move More in May initiative. The passes will allow complimentary access into Clumber and Mr. Straws house during May for families of up to 2 adults and 4 children. If you would like any passes to use with those you support, contact Claire direct on claire.sarris@nationaltrust.org.uk

Clumber will again host the Summer of Play for 8 weeks during August.

National Trust staff are looking for potential activities they can undertake as part of their employee supported volunteering programme so please contact Claire if you have any suggestions.

In October the Kitchen Gardens team will be marking World Mental Health day with some activities

Eileen (Nellie) O'Rourke-Stopka: Powher <https://www.powher.net/nottinghamshire>

Powher are working with Notts Deaf society and now have an officer who can support anyone who has hearing limitations. (The latest Powher newsletter is attached to the email containing these notes)

Dan Ashford: Notts and Nottinghamshire Talking Therapies

N&N TT have a Healthy Living, Health Minds programme which is an evidence-based lifestyle course for people with mild/ moderate symptoms of depression or anxiety. It can be accessed whilst on the waiting list or alongside therapy with the aim to help people make improvements to their physical activity levels, boost motivation, and have more energy.

The support consists of contact between 6 and 12 weeks with the aim of kickstarting lifestyle goals by providing suitable knowledge on maintaining motivation, boosting exercise levels for mental wellbeing, nutrition for mental health, improving sleep routines, and building resilience to stress.





Gail Killoran: The Oasis Community Centre

The gardens at The Oasis are looking great and the memory café still meet each Weds. At the Edge the woodworking cabin is now up and running.

Kawthar: Nottingham Energy Partnership

Support available to those in fuel poverty. There's also a dedicated team to support those living off grid

<https://www.homeenergyadviceteamhub.uk/>

Belle Johnson-Moss & Becky Cutts: Citizens Advice North Notts

Have a housing caseworker called Hamish available to support private renters. There is a welfare benefits drop in session at the Worksop office on the last Thursday of each month 9.30 – 3.30 – to help with calculations rather than form filling.

Sarah Carter: Notts Mind

4 new groups running until Dec

Carlton in Lindrick tea and talk	Weds 2pm – 3.30pm
Harworth tea and talk	Mon 12 – 2pm
Langold tea and talk	Fri 1 – 3
Retford craft & chat	Fri 10 – 12 only in term time

Duncan Wilson: Inspire Achieve Foundation

Princes Trust 12-week programme for 16 to 25 year olds, supporting them to grow their confidence and employability skills, next course begins in May. Contact Jaye for more info jaye.crew@inspireachieve.co.uk

Sharon Grocock: Alzheimer's Society

Met this week to evaluate the success of the Tuesday Alzheimer's Peer Hub. Currently looking at setting up a specialist dementia carers group.

Jayne Bullock, Craig Chadburn, Beth, Katrina Martin: Bassetlaw Action Centre

Craig – There is now a defined team of 3 staff at BAC that manage befriending, housing and benefits.

Jayne – introduced Beth and Katrina who are working on the Supported Hospital Discharge Service across Bassetlaw, Queens Med and Kingsmill Hospitals.

