

## **Bassetlaw VCSE Health and Well-being Forum**

**22.1.2025**

### **Notes from round robin session**

#### **Steve Williams. Oasis Centre.**

190 events & activities ran from Oasis during December. During December, 4 times the number of food boxes were distributed than normal. This Christmas we found there was a much larger need than ever before.

#### **Annie Parry Remedi Service.**

Supporting victims of crime. All reported crimes are now passed to Remedi for Victim Support. Victims are contacted and choose whether to opt in or opt out of the service. Individuals can also self-refer into the service, even if the crime has not been reported to the police.

#### **Kate Creswick. Citizens Advice. North Notts.**

Fortnightly drop in surgeries continue at Harworth on Thursdays.

The last Thursday of each month a benefit drop in session runs from the Worksop office.

#### **Helen Hurst, Inspire.**

Current course catalogue <https://www.inspireculture.org.uk/skills-learning/new-brochures/>

#### **Sharon Grocock and Hazel Tengku Chik Melewar. Alzheimer's UK.**

The service has been recommissioned for a further five years. Following the success of the Bassetlaw Peer Support Hub based at Kilton Golf Club, a new rural hub will take place in Harworth, due to start from April onwards. From February / March a chair-based exercise group will start at Harworth at the Devonshire Community Centre. Hazel and Sharon are looking for more volunteers to support the expansion of their work.

**Sue Mansell, Children and young people's mental health mentor. Centre place.**

Center place are running a mentoring service for 11 to 18-year olds who are in food or fuel poverty or working with services around this. If the young person is younger than 13, adult will need to refer on their behalf. Is the link to be able to refer.

A new group for parents of children with mental health illness will be running from the Hive at Bassetlaw Food Bank. This will be a drop-in session – contact Sue for more details  
info@talkzone.org.uk

**Matt Steels, LGBT+ service at Center place.**

The Wednesday 16 to 25 group continues to meet. The younger age group continues to meet on a Thursday.

Jess Hardwick, Marzena Karp-Singh and Sonya Bown. BCVS Fresh St. Project.

This project is working with 40 families on Radford Street in Manton workshop. The scheme provides each household with a fruit and veg box on the weekly basis which they collect from Willow Community Garden in the middle of Manton. If any organizations would like to attend on a Thursday lunchtime to engage with the residents, they are very welcome and can contact either Jess, Marzena or Sonya at [bcvs@bcvs.org.uk](mailto:bcvs@bcvs.org.uk)

**Kirstin Isherwood. BCVS volunteer coordinator.**

Kirsten has recently moved into this role and is currently working through recent applications from individuals interested in volunteering. If you would like any support to check or list your volunteering vacancies on our website, please contact Kirsten at [involve@bcvs.org.uk](mailto:involve@bcvs.org.uk)

**Helen and Sarah from Mind, Nottinghamshire.**

Sarah flagged that the peer support cafes continue, and she has been partnering with Bassetlaw Museum to provide support within their craft group. Diversity Fitness are still offering the eight-week free membership to individuals actively working with Mind.

**Sarah and Craig from Bassetlaw Action Centre.**

Sarah advised that minibus trips are still active in their vehicle which has wheelchair access. The home support service is also still available as a paid service. This service does not provide personal care but can help with things like shopping, companionship and helping somebody to go out on a trip. The car transport scheme is still active. Patients or individuals can apply to be a membership for a month, which is £8 for 1-month membership or £25 per year membership. There's a £2.50 booking fee per trip and then the cost is £0.45 per mile.

The Supported Independent Living Service continues to take referrals for benefits, form filling support and housing support. The befriending scheme is currently looking for volunteers. There is a weekly housing surgery at the Retford Action Centre premises that patients need to book in for and there will be a new housing clinic trialing at Bassetlaw Food Bank Hive. The first one of these will be on the 28th of January and appointments are currently available. These will then repeat on the last Tuesday of every month for a trial period of three months. Anyone wishing to book can do so by contacting the Action Center on 01777 709650.

**Lisa Lenton from SHE UK – supporting survivors of childhood sexual abuse, exploitation and sexual violence**

Lisa advised that due to demand, their wait list is currently closed for the long-term therapy support. However, good news is that they've been successful in achieving 3-year National Lottery funding and they'll look at in the future what better what they can do to better support those who are waiting for help. They do still have a member of their team based at Oasis Centre two days a week that will continue (this is a direct referrals service, not a drop-in service). Lisa also shared that the wait list for the commissioned County support service, SVSS (Nottinghamshire Sexual Violence Support Services) currently has a three-year wait list.

Steve Williams from Oasis flagged that he runs a men's sexual and domestic abuse support peer support group that runs from Oasis.

**Angie Dainty BPL [Barnsley Premier Leisure]**

BPL operate across 3 sites in Worksop, Retford and Harworth & Bircotes. Working with those with specific health conditions and general activity support. Individuals can be referred by their GP for a 12-week period of which the first two weeks there is no cost as people try before they decide. After that there is a cost of £32.00 a month but that is a price for life and will not increase. There's no contract & there's no joining fee.

The Feel Good Memory group continues to meet at Kilton Forest Golf Club every week on Fridays between 11:00 till 130. Cost is £6 which includes lunch and people do need to book in. Angie is looking for other organisations to be present at the Memory Group and offer some support and advice for carers who come along to that group.