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**Children and Families Forum
13th September 2018 – 10am to 12pm
Family Life Centre, Stirling**

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| **AGENDA** |  | **Action** |
| **Present** | Rachel Johnston - SVE (Chair)Natalie Masterson – SVEKevin Ferguson – Salvation ArmyLiza Miles- Family Mediation Central ScotlandJim Boyle – Stirling CouncilJames McKenzie – Stirling CouncilJennifer Baird – Stirling CouncilIan MacDonald – Family Life CentreCheryl Hillis- Functional Family Therapy Team Christine Macleod- Functional Family Therapy TeamJessica Lindohf – Stirling Women’s AidKelly Aitkinson – Stirling Women’s AidJackie Turnbull – NHS Forth Valley |  |
| **Apologies**  | Rachel Keenan – HomeStartIIona Broatch – Stirling Carers CentreMay Chamberlain – Relationship Scotland |  |
| **Introductions and approval of previous minutes** | Rachel welcomed everyone to the meeting and asked those present to introduce themselves. Minutes of the previous forum were checked and approved. |  |
| **Matters arising from previous minutes**  | Forum Member Updates –Reporting on the Children’s Services Plan has been finalised, the plan should now be complete and submitted to the Scottish Government. | No further action |
| **European Volunteering Capital 2020** | Natalie Masterson gave a short presentation on the European Volunteer Capital Bid looking at what the bid means for Stirling. It is expected that the partnership of Stirling Council, Volunteer Scotland and SVE will evidence a 50% increase in volunteering across Stirling, in particular encouraging volunteering in some of the most deprived areas of deprivation, where volunteering is not so prevalent. If Stirling gains this European Volunteering Capital status it could be a catalyst for increased funding through partnership work.A team will travel to Brussels for the presentation of the European Volunteering Capital Bid in October.It is hoped that Stirling will be the first Scottish city to win this prestigious award. The partnership is currently promoting the Bid to raise support from the Third Sector and the general public.Natalie invited those present to attend the Volunteering Family Day on the 22nd September at Kings Park. | Rachel to email information about the event on the 22nd to the Forum members. |
| **The BIG Conversation** | Jennifer Baird and Jim Boyd, Stirling Council, gave a presentation around the context of the Big Conversation. Stirling Council is currently facing, at the very least, a £17 million deficit in the council budget. They are looking for organisations and individuals to come with ideas to save money. Ideas can put forward at Forums, through the website or at interactive sessions at events.The discussions will be around how services are tailored in the future. The Gov’t published their financial strategy in May and indicators suggested that there will be no protection for local government funding. Pay negotiations will also impact the amount of funds available as pay increases will come out of the budget and could be as much as a 3%.It is clear that there will be huge pressures on public services and the Big Conversation is asking the public and Third Sector what can we do to address this and change our services to adapt to the reduction in budget.Phase 1 - get ideasPhase 2 – develop ideas and get people involvedA documentation pack will be available shortly for groups to host their own conversation and feed into the consultation.Jennifer asked those present if they had any ideas at this time. Quite a few members contributed their ideas which were duly noted.Jennifer will pass information about the process, over the next three months, for Natalie to circulate to the Forum. | Natalie to circulate info received about the Big Conversation |
| **Thrive to Keep Well Programme** | Jackie Turnbull gave a presentation on the Thrive to Keep Well Project explaining the project was aimed at 16 to 65 year olds who have some form of mental stress. The project is a three stage model.Stage 1 – implantation of stress and anxiety tools and resources.Stage 2 – Looking at behavioural changes and goals.Stage 3 – Encouraging participants to look at new life skills, volunteering, training, job opportunities, etc.All participants have a health assessment in weeks 4 or 5 and a Celebration Day at the end of 16 weeks, where they get the opportunity to talk about their journey.The project is currently in the process of advertising for a Coordinator and Administrator.Jackie will send referral forms and Facilitator Request Forms to Rachel to circulate to Forum.Jackie explained that they train facilitators to deliver the Thrive to Keep Well Programme and provide funding for this. Training is free.To find out more email parenting@stirling.gov.uk or call 01786 233214. | Jackie to send forms to Rachel to circulate |
| **Functional Family Therapy Team** | Cheryl Hill gave an overview of the services her team deliver and explained that it is a form of family therapy that has come from the States. The service is for families who don’t access the usual therapy services and is at times a last resort.The Functional Family Therapy model is in three stages.1 – Engage families, build relationships and identify family dynamics. Basically what’s going on. The ethos is based on a persistent approach to encourage engagement rather than expecting the family to voluntarily engage. 2 – Identifying the pattern of conflict within the family and any external dynamics. Focus on reducing blame and work towards all the family taking responsibility for their part in the conflict. Teach the family bespoke skills and provide resources to change unhelpful behaviour.3 – Generalisation - support the family to apply skills learned within the family and external relationships. Signpost or refer to organisations that can offer further support.Referrals to this service are via Social Work, there is no open referral system. | No Actions |
| **The Salvation Army Debt Advice Service** | Kevin Ferguson, the Debt Advice Coordinator, delivered a presentation on the process and value of this service.The project has been running for one month and has funding until March 2019. At present the project has registered 20 clients.The aim is to support people with money management. It is a free, confidential service provided by trained debt advisors who work with clients and their creditors to agree a manageable debt management plan.The service is available on a drop in basis to start with four afternoons per week.Kevin to send Rachel referral forms for circulation to the Forum. The email for further information is stirlingdas@salvationarmy.org.uk  | Kevin to send referral forms to Rachel for circulation |
| **AOCB** | **Funding Fair** SVE and Stirling Council have organised a Funding Fair on the 2nd October 2018 form 3pm to 6.30pm. This is a drop in event, except for the Gift Aid workshop, which has to be booked and runs from 4.15pm to 5.45pm. There are a few spaces left on the workshop, Rachel will email information about the event and a link to the Eventbrite page for the Gift Aid workshop asap.**Parenting Apart Workshop**Liza Miles, Family Mediation Central Scotland, informed those present about the Parents Apart Workshops that help families deal with separation and divorce. These workshops run on the 1st Wed of the month at the Family Mediation Central Scotland. Liza will pass on information for Rachel to circulate.**Digital Directory**James McKenzie, Children’s Commissioning Officer, Stirling Council explained that he was the project lead for the new Digital Directory – Frog.net. He is currently developing the project which will be launched soon. James is keen for Third Sector organisations to register on the Directory and offered support to go through the process. For further information email frog@stirling.gov.uk Rachel will circulate further details to the Forum. | Rachel to send details of Event asapLiza to send details of workshop, Rachel to circulate to ForumJames to pass on details to Rachel for circulation. |
| **Date of next meeting** | 29th November 2018 – 10am to 12noonFamily Life Centre |  |

Minutes prepared by Lee Stevenson SVE