

# Drumchapel Thriving Places

## Breakfast & Blether

Tuesday 5<sup>th</sup> December 2023

Drumchapel Community Centre

10am

Minutes

### 1. Attendance:

2. Ted Scanlon – G15 Thriving Places
3. Michelle Donaldson – G15 Thriving Places
4. Tracy McKenzie – G15 Thriving Places
5. Katrina MacFarlane – HSCP
6. Eric Duncan – NWHIT
7. Mhari Shepherd -NWHIT
8. Moira Gremminger - DWP
9. Claire Clarke - DWP
10. Carol-Anne Neville - GCC
11. Kellie-Ann Lawson - GCC
12. Robert Smith – Weekday Wow Factor
13. Margaret Elliot – Cancer Research UK
14. Josh Henderson – HSCP
15. Fern MacDonald – HSCP
16. Lorna Robertson – Community Links Worker
17. Laura Donovan - Community Links Worker
18. Ben Keenan – Pineview HA
19. Eric Flack – Blairdardie/Old Drumchapel Community Council
20. Henry Smith – 3D Drumchapel St Andrews
21. Tracy Anderson – Glasgow Sport
22. Hilda Campbell – COPE Scotland
23. Colette Auld – Antonine Court
24. John Docherty – Bill Kidd MSP
25. Elspeth Reside – Camstradden Primary
26. Lyndsay Thomson – NWHIT
27. Alex Durie – NWHIT
28. Alex Kerr – V.I.N.E Scotland
29. Elspeth Kerr – V.I.N.E Scotland
30. Dionne Fraser – 3D Drumchapel
31. Kirsty O’Neil – 3D Drumchapel
32. Rebecca Prentice – 3D Drumchapel
33. Laura-Jane Richards – GCC
34. Andy Lynch – Drumchapel Community Council



- 35. Kenna Campbell – NWHIT
- 36. Emma Straughan – SAMH
- 37. Keli Auld – Glasgow Life
- 38. Lesley Crawford – Glasgow Life
- 39. Cath McLeod – NW Carers team
- 40. Racheal Maitland – Fortune Works
- 41. David Campbell – Fortune Works

### **1. Welcome: Eric**

Morning all and welcome to Christmas breakfast and blether. It's a busy one so let's do some quick introductions.

### **2. G15 Thriving Places Update:**

- No to Racism Campaign – Ted

This struck a note with lot of people; we produced a video with Drumchapel TV which is online together with a special edition of the Drumchapel News. Approximately all local organisations signed up to this campaign and it is great to make this issue public. The film was shown in St Marks Church along with a movie called 'The Old Oak' where food and drink were provided, and the event was well attended. The local primary schools created posters that were displayed in the church for all to see.

- ESOL – Ted

There is a high demand in Drumchapel for English classes. There were heating problems at Friendship House, so the classes were moved to the Community Centre. A school from Yoker was delivering numeracy classes with some English and it has now moved to the community centre on Thursday mornings.

- Our Team – Ted

We were a team of 4 people and now down to 3 as Charles has had to leave due to health reasons. Eric – It is good to remember that Charles has been here from the beginning and put in a lot of work. G15 Thriving Places visited Lambhill/Cadder who were interested in what was happening in Drumchapel. They will be coming to NWHIT offices next week to discuss what to do about Thriving Places.

### **3. Member Updates:**

- North Outreach Rape Crisis Overview – Mhairi – Working alongside "Rape Crisis" they identified some issues. During spring this year, we worked to identify drop-ins in Drumchapel and Maryhill. Women can drop-in and access confidential support. In Drumchapel the venue was St Andrews Church and for a short time we used Cernach Housing Association. We are looking for another venue. "Rape Crisis" offer a lot of one-to-one support and are aware that the numbers have risen but unsure why this is the case. There are posters around explaining the times and dates for drop-ins and I



am happy to share this to the network. Hilda - While recognising the need for women and girls to access support, Hilda suggested it is important to also consider men who have been through a similar traumatic experience and find it hard to seek support. This link may be useful to share with members <https://www.rapecrisisscotland.org.uk/help-helpline/> it offers confidential short-term, crisis and initial support by phone, email, webchat and text. Phone, email, and webchat support is free, and texts will be charged at your normal network rate. Calls do not show on your bill. "Rape Crisis" support people of all genders living in Scotland aged 13+ who have been affected by sexual violence. It doesn't matter what happened or how long ago, and you don't have to talk about anything you don't want to. The organisation also supports survivors, as well as family, friends, and supporters."

- 16 Days of Action Update – Mhairi – From 25<sup>th</sup> November to 10<sup>th</sup> December is the dates to raise awareness of GBV. DCFN hosted an event to share the networking surrounding this.
- Bairn Necessities – Dionne – For anyone who doesn't know me, I am the Bairn Necessities co-ordinator. Bairn Necessities first started about 18 years ago with a small table where families would leave items their kids had outgrown for anyone to help themselves. That small table soon grew to a small room with 1 volunteer to manage all the items to then 2 volunteers. As the items donated increased the small room then became half the stage behind the curtain in St Marks Church. It was then that I started as a volunteer 6 years ago. Now we have our own unit up next to the foodbank with me the member of staff and 10 volunteers. Items we accept are clothing from newborn to ages 5-6 years, all baby equipment, i.e. cots without the mattress, prams, bouncy chairs, and toys from newborn to age 5. We run solely on donations from the community, and some of the donations we get in are fantastic. Families can either be referred to us through their HV, social worker, 3D, or self-refer through our Facebook page. We will then make their order up. If we do not have an item a family is looking for, we will then put out a Facebook post to ask for those items. We then contact the family directly or whoever put in the referral telling them their order has been made and is ready for collection. We were offering local deliveries to families, but as of just now, we are completing a risk assessment. Our goal is to help as many families as we can and get the Bairn Necessities name out there so we can grow even bigger. Also a massive thank you to Thriving Places community budget for our funding for an afternoon tea that we will be holding spring next year we are calling it eat.play.take-away.
- Living with arthritis and other muscle skeletal conditions – Hilda - The ACHE (Arthritis Community Health Engagement) project follows on from the work "Versus Arthritis" have been doing over the past 4 years under the heading, Pain People Place. Pain People Place is about understanding lived experience of chronic pain in particular regions and communities (to



date, Grampian, Argyll & Bute, and Gypsy Travellers in Inverness) and identifying opportunities to deliver and push for support. In Grampian, Versus Arthritis set up a new online support group. In Argyll & Bute, they have a rolling programme of events and deliver online self-management sessions. In Inverness, they part-funded a Community Health Day at one of the Traveller sites and delivered a range of activities and remain involved in the ongoing work.

Versus Arthritis focus includes the development of a Musculoskeletal Community Profile for Drumchapel Glasgow, which would provide a basis to understand the range of experiences of and pathways to musculoskeletal health, and how this relates to the community and access to resources. For this, they need external support, and COPE Scotland was invited to undertake some of the scoping and engagement work, due to our local knowledge and experience in community engagement.

Versus Arthritis already has a development worker based in Drumchapel who is connected to several community groups and is delivering self-management sessions and other activities. Using the Jigsaw lid toolkit, COPE Scotland is gathering the views of different local groups to share with Versus Arthritis to help support their plans as they move forward.

Hilda asked people to complete three questions:

What support are you currently aware of in Drumchapel for people living with Arthritis and or other MSK conditions?

How do you think people find out about the support available and then access it?

What additional support do you think people would find helpful to enable them to have an improved sense of wellbeing with living with arthritis and other MSK in Drumchapel?

MSK conditions are a group of conditions that affect the bones, joints, muscles, and spine, and are a common cause of severe long-term pain and physical disability e.g., Arthritis.

Hilda also shared a range of Versus Arthritis materials. For more information, please visit <https://versusarthritis.org/>

This may also be helpful to share: Versus Arthritis helpline Call 0800 5200 520 for free today (Monday–Friday, 9am–6pm)

#### **4. A.O.C.B:**

- Henry – St Andrews Church has accessed a short-term funding package to install a place where people can come for some food and keep warm. This is in the church and will function until the end of March 2024.
- Kenna – Mental Health and Suicide Intervention – Glasgow City has “Safe Talks” and “Assist” that raises awareness; it is a 90-minute session where you learn about suicide. It is important to have this in communities and we deliver it free of charge.
- Lyndsay – Community cooking and demonstrations as part of the Northwest Health Improvement Teams delivery of Cookery Skills Courses and Cookery Demonstrations, with the programmes being delivered in the new



year. This opportunity will be going on Public Contracts Scotland website over the next while. If anyone is interested, you need to put a bid in. You must meet the criteria to be successful.

**5. Christmas Quiz:** Josh and Fern

**6. D.O.N.M.**

