

Notes of Swale Community Empowerment Network (SCEN) meeting held on Tuesday 16th October 2018 at Ideas Test, 34 High Street, Sittingbourne.

Present: Sandy Hammock, Jane Watkins, Heather Medlock, Charlotte, Lucy Medhurst, Connie Wallis, Claudia, Nicola Clark, Douglas Holland, Jim Duncan, Joanne Francis, Sophia Ramm, Nadia Perrotta, Jayne Reynolds.

Apologies: Chris Twydell, Lynne Murphy, Linda Brinklow, Krishna Devi, Hannah Raistrick.

Welcome: Sandy introduced herself and the guest speakers and welcomed everyone present to the meeting. Everyone introduced themselves to the rest of the group.

Minutes of the last meeting: Sandy read out the main points from the last meeting's minutes which were agreed as accurate.

Sophia Ramm – Swale Borough Council - Updates

World War One Centenary Memorial Stone invitations have been distributed. Event is on Sunday 28th October and all are welcome.

There is a grant available for festive displays and the closing date for applications is 2nd November. If successful money will be issued before December.

Money is still available for Heritage, Culture and Sport grants and closing date for applications is 28th February 2019.

Volunteer Swale Awards nominations are now open until 9th December. You can nominate online and all volunteers nominated receive a certificate and a pin badge.

Consultation for cycling and walking finished on 5th October. There were lots of responses received and a framework will now be put together.

Jayne Reynolds – Expert Patients Programme:

Jayne spoke to the group about the Expert Patients Programme which is a 6 week course for people with long-term conditions and helps to regain independence, manage everyday situations and boost mental and emotional wellbeing. The Programme is delivered in East Kent which includes Sheppey, Medway and Faversham. In the new year there will be a workplace course and a diabetes specific course. Contact details are: 0300 123 1220 or email kcht.epp@nhs.net

Nicola Clark – Clinical Specialist Physiotherapist

Nicole spoke to the group about her role as a clinical physiotherapist and managing chronic pain which includes back pain, leg pain and migraine. Referrals are from GP or Health Care professional and the Chronic Team then choose the patients pathway. To be referred you need to be over 13 years of age, been in pain for more than 3-6 months and where possible have a diagnosis. Patients must be open to trying new techniques and commit to attending appointments.

Hot Topics:

Lucy from Ideas Test spoke about Sea Folk Sing programme which is a choir production this year exploring reconciliation and WW1. Performances are being held Saturday 10th November in Strood, Sunday 11th November on train between Sittingbourne and Sheerness, on Friday 16th and Saturday 17th November at Chatham Historic Dockyard. Free singing training is also available.

Nadia who is Artist in Residence for Swale spoke about a project to link children and the elderly. She is looking for care homes to take part in the project.

Heather from Swale CVS spoke about the Lots More To Offer programme that she is working on as an Employment Support Advisor. The Programme is aimed at over 45 year olds in Swale and Medway who are looking to get back into work after long term unemployment and is set to run until December 2019.

Julia from Swale CVS reminded the group that this year would be their 27th year of Companionship at Christmas. Held at Phoenix House this event is for those people who are alone over Christmas. They can be referred or can self-refer and volunteer drivers will be available to provide transport. It is held on both Christmas Day and Boxing Day and all donations are gratefully received. Anyone wishing to volunteer or make a donation please contact Swale CVS.

Julia also spoke about a new project which is part of SKC who support local voluntary organisations and is called Building Communities. The project will help voluntary organisations in Swale and Maidstone. Louise Parpworth will be working 15 hours per week on this project and can be contacted at Swale CVS on 01795 473828.

Julia also reminded the group that Swale CVS are Sainsburys Sittingbourne's Charity of The Year and will be collecting outside the store during specific weeks in October and December. Monies raised will go towards funding our transport scheme and befriending scheme.

Connie from Diversity House spoke about closing of the Breaking The Myth project and the Remembrance Reception being held after the World War One memorial stone that they are hosting Sunday 28th October at Phoenix House. Diversity House are re-starting their walking club soon and an after-school club on Wednesdays. Monday mornings there are art and craft sessions at Age UK.

Joanne from Sateeda told the group about a Sateda Conference being held on 30th November called Thinking Outside The Box. You can register for tickets on their website. They are looking for volunteers with experience dealing with children with challenging behaviour for their Switch Up programme in Swale.

Sandy from Big Local Eastern Sheppey spoke about Community Chest which is now being open all year. Applications are for up to £500 and must benefit the areas of Eastchurch, Warden and Leysdown. Forms are available from Sandy.

Dates of Next Meetings: Meetings are being moved to Wednesdays with the next one on 16th January 2019 at Ideas Test. Other venue suggestions are welcome in Swale, if can be offered free of charge. If anyone has any suggestions regarding format of the meeting or if anyone is interested in having one meeting dedicated to networking please let Sandy know. Speaker slots are available still for future meetings.