



## **SCEN Meeting Tuesday 17<sup>th</sup> April 2018 10am – 12pm at Ideas Test Sittingbourne**

**Present** – Lauren Mounsey, Anita Brunt, Jane Reynolds, Bev Bryant, Helen Stock, Bobbie Walken-Smith, Liza Schofield, Krishna Devi, Christine Locke, Chris Twydell, Sophia Ramm, Julia Watling, Zoe Deveson, Lucy Medhurst, Sandy Hammock

**Apologies** – Angie Berkley

### **Welcome and Introductions**

Sandy welcomed everyone to the meeting and invited introductions around the room. Sandy read through the minutes of the last meeting and everyone agreed they were an accurate representation.

### **Chris Twydell – Volunteer for East Kent Sands**

East Kent Sands is a Charity entirely led by volunteers that support anyone who has been affected by the death of a baby. Sadly, 15 babies a day die in the UK, it is more common in deprived areas and Mum's from Black and Asian communities are at higher risk.

Sands offer many things, including free bereavement training to Midwives, memory boxes for bereaved families. Through their fundraising efforts they have been able to support the opening of a new specialist bereavement suite in Margate and donation cuddle cots to allow families to spend more time with their baby. They also offer employer packs, support groups and have set up the country's only Baby Memorial Garden in Ashford.

Most of Sands volunteers have a personal experience of baby death and work hard to fundraise and raise awareness. Last year they raised £20,000. Bobby from the CCG asked if they are looking to expand into Swale. Chris said they would like to eventually have support groups in all major towns.

### **Lauren Mounsey and Anita Brunt Sheppey Lifestyles**

Sheppey Lifestyles is a three year Big Lottery Funded project with three strands – Community Chefs, Community Gardner, Youth worker.

The Community Chefs are working on various things including 'Anxious Diners, Happy Diners' for families affected by ADHD. Cooking classes for 8 to 11 year olds at after school club, teaching them about making healthy choices, handling food and knives and cleaning up after cooking. Once a week they deliver Level 2 in Hospitality and Catering at Standford Hill prison. A new project for vulnerable and isolated members of the community called

'Let's do lunch' is free of charge and transport is included. It encourages the social aspect of eating and people will also be encouraged to assist in the kitchen.

The Community Gardener, Anita grows some food for Chef to use and is running level 1 in horticulture at Standford Hill. They are also working with schools and playgroups. Anita is also setting up communication with care homes and taking planting activities to dementia groups.

Lauren the lead youth worker is running DofE at New Road Youth Club on the Isle of Sheppey. They have young people completing the Bronze Award. They run healthy cooking activities with a peer mentoring aspect. She is also running 4 weekly health activities and setting up an in-house radio in Eastchurch.

They also have a Sheppey Lifestyle radio show every other Monday from 10 to 11 to discuss all things food, gardening, youth work and healthy lifestyle.

[sheppeylifestyle@sheppeymatters.org.uk](mailto:sheppeylifestyle@sheppeymatters.org.uk)

Facebook Sheppey Lifestyle

Twitter @sheppeylifestyle

### **Jane Reynolds from Expert Patient Programme**

The programme is for people with long term health conditions, it is a six week course held as 2 ½ hour sessions once a week. Those on the course look at the things they experience as a result of their health condition and how it could be better managed by the individual.

Meaning they will spend less time with a health care professional. The course is delivered by volunteers how have long term health conditions themselves.

People general start the course feeling rather anxious, but find the group very supportive.

The course is free to individuals and they can self-refer. For more information call 0300 1231220 opt 5.

### **Hot Topics**

Julia Watling from Swale CVS spoke about the extra SCEN Meeting being held on 10<sup>th</sup> May from 10 – 12 at Ideas Test. Instead of following the normal format, this will be a networking meeting with the opportunity to vote on the dissolution of Swale CVS to form a new Charitable Incorporated Organisation (CIO). Cake and tea and coffee will be available.

Liza Schofield from Optivo, Families on our Doorsteps is looking for people interested in Community Champions course this is aimed at parents and carers of under 18's, who have recently participated in learning/ courses and who like to promote and encourage other parents to do the same.

Sophia Ramm from Swale Borough Council spoke about the Swale Youth Forum. If you need to get the views of young people as part of a consultation for example, please contact Sophia.

Helen Stock from the Swale Film Society said they are showing the Disney Pixar film Coco at the Avenue Theatre at 7.45pm on 27<sup>th</sup> April. Charge £2.50 for members and £4.50 for non-members.

Jane Reynolds - Expert Patient Programme. Please let Jane know if you have any groups that she can come to talk to about the EEP.

Anita Brunt - Sheppey Lifestyles (Sheppey Matters) asked is anyone was interested in talking on their bi-weekly radio show. The next one will be on the 2<sup>nd</sup> May.

Chris Twydell - East Kent Sands said they are really keen to talk to groups including large organisations.

Bobbie Walken-Smith - CCG. They are currently doing a survey about reducing IVF from 2 rounds to 1 round and whether GPs should stop prescribing over the counter medication.

Krishna from Medway Hospital said there is a talk at Medway Hospital about new innovation – using robots in prostate operations.

Sandy from Big Local Eastern Sheppey said Pop up Café event at Dickson Field Eastchurch in partnership with Rural Kent Coffee project. Open to anyone between 10.30 – 12.30 on 15<sup>th</sup> June and 13<sup>th</sup> July. See Big Local Eastern Sheppey on Facebook for more information. Sandy is also news correspondent for Sheerness Times Guardian for Eastchurch, Harty, Leysdown and Warden. Send her a small article by Monday morning if you would like it to go in the paper.

Lucy Medhurst introduced herself as the new director of Ideas Test. Keen to work in partnership. Ideas Test is currently working on Raising the Barn at Milton Creek Country Park.

Sandy thanked everyone for attending the meeting.

### **Date of next meeting**

Networking meeting - Tuesday 10<sup>th</sup> May 2018, 10.00am to 12.00pm at Ideas Test, High Street, Sittingbourne.