**Dedridge Regeneration group**

**Tuesday 15th September 2020**

**Zoom meeting 6.00pm**

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| **Agenda items** | **Notes** | **Actions** |
| 1. **Welcome Apologies** | Philip Jennings, Joyce Robertson, Cllr Fitzpatrick, Suzanne Clifford, Ellie, Cllr Shemilt, Maria McAuley (Dedridge Primary)  Cath and Ruth (Cowl), Nikki Buckley, Glen Masters, Donna Lee, Chris Alcorn, Mike Duncan(Crofthead CEC), Tracy Murdoch ( Kidzeco) |  |
| 1. **Catch up – what’s been happening during lockdown** | Peace and quiet, less litter then world opened up – fly tipping less tolerance, name and shaming.  Many people through lockdown Looking for safety, comfort, something to do?  Creativity through lockdown: Fairy doors, painting stones, photography and video journey of the signets and swans (8 signets made it this year, quite unusual.)  **Dedridge FB Community page** has kept everyone updated. FB social media page was originally set up by Suzanne to find missing cats, kids etc. It has grown throughout this pandemic with noticeable changes where residents are taking pride in their community. Community spirt grew through community pages, sharing resources child bikes et A good sense of old-fashioned community spirit emerging through this period. Everyone keeps everyone right, attempted breakins etc. By posting the news can can be seen as a possible deterrent in itself for example.  How do we spread word about regeneration/community led action?   * we may gain more support through social media. * Helped find a place supporting with volunteering.   **Council challenges through the pandemic**  Initial challenges were getting support out to those who needed it.  Much achieved through the Advice shop coordinating to support those shielding and self-isolating, those furlough needed support many for first time- food, rent, utilities, housing, employment, coordinating the voluntary sector volunteers who have went out delivering meals, prescriptions, business support  getting the schools back, school transport all school staff working long hours to make this all happen. Budgets have been extended for holiday period school meals. Waste are open. Major concerns council have is furlough ending in October, this will have an impact on residents in Dedridge.  In social housing the Final houses built have now been let in Dedridge.  **Q**- ***How do we spread the good word?***  **Q**-***How do we keep the plate spinning high – regular updates on the FB page?***  **Q**- ***There has been a huge interest in volunteering how do we maintain this?***  **Q**- ***We have seen how organisations adapted quickly to respond to the crisis and how some struggled – how do we support all this Economic wellbeing?***  **What do we need to do to make it happen?**  Be Concise, image, Bullet points, similar style of colours etc logo identity brand, tabs bigger version… gain trust with residents. List of contacts re suicide awareness. Tabs  Encourage people to use the links, bullet points on FB.  Include the two halves of Dedridge reps from each of the Rises or the bigger ones to start with  Could be done on the FB social media site  Utilise the Skills base of the residents and volunteers  **Branding** – community to take away and come back to the reg meeting with ideas  **Q**- ***Digital divide……what do we do to support this?***  **Ambitions** - IT learning skills for all ages and abilities at lunch clubs etc  Whilst Home schooling have found through this period we have all been meeting different people on walks – people talking more to each other.  **Idea** s   * Positive affirmations on how to keep everyone hooked and engaged. * Monthly summary of how much help has went on – positivity * One day a week of praise and celebration, one day a week of volunteering * Organising community Litter picks, community volunteering * supporting community with sharing resources * Document with pinned post at the top of FB page with useful numbers and links to council and other websites * We love Dedridge banner - design a banner competition each month with different themes   **Q- *How do we link into the community groups like beavers etc***  Major issues: Fly-tipping and dog poo, litter, litter picking JYHS have a volunteer litter-picking group.  Ellie, Joyce and Philip to be added as admin on the Dedridge FB page  The positive Knock on effects of all this. How do we capture all this and cover all age groups? We need to share this | **Suzanne/Joyce**  **Ellie/Philip/Linda** |
| 1. **Lanthorn** | Community Food shop  Online social media presence  Other support, prescriptions, befriending, shopping  Meals  Updates to be asked for at next meeting –  **Q *- how can we support all the Lanthorn has been doing?*** | **Lanthorn** |
| 1. **Kidzeco** | **HENRY** training for preschool community  NHS Lothian Public Health Directorate are applying for Scottish Government funds on behalf of the four local authorities in the board area to support consistent and evidence-based approaches related to the prevention of obesity in early years. This fund will support the roll out of the ready-made training package ‘Henry’ to client facing professionals who engage with families with young children (under 5) to enhance their skills, knowledge and confidence around diet, physical activity and parenting to support the prevention of obesity in early years.  The board plans to run four pilot projects to roll out the Henry Training from October 2020 to April 2021 with the aim to promote consistent messages across the board area. We are currently working with key local partners to support the identification of appropriate areas and the recruitment of appropriate client facing early years professionals in the chosen area. The chosen professionals will be supported to attended 16 hours of online training facilitated by Henry trainers and will then be expected to incorporate this learning into their existing work streams and interactions with their client groups. The board will evaluate the skills, knowledge and confidence of worker pre and post training roll out to assess impact and scalability of this approach. Following this pilot period, we hope to be supported by the Scottish Government to increase the roll out of ‘Henry’ training using a ‘Train the Trainer’ model with key partners.”  Suggestions are that Dedridge is a pilot. Tracy from Kidz‘n kin is looking to gather interested organisations and individuals in the community that would like to be part of this, toddler groups, childminders, community food shop those that have interaction with the early year’s community.  **Training details**  The training consists of 8 x 2hour online sessions with reading before and reflection afterwards.  The training is run for 6-7 people at a time.    **Training Objectives**  This course is for health, early years and children’s practitioners who wish to develop their skills in supporting parents/carers of children at risk of poor health outcomes (e.g. obesity, tooth decay) or where there is a need to support parenting efficacy or improved family emotional wellbeing.  The course adopts a holistic approach and addresses the known risk factors for child obesity3 and poor health outcomes. It is the only early years training which brings together information about food and activity, emotional wellbeing and parenting skills into a practical framework for supporting behaviour change. It is accredited by the Royal Society for Public Health (RSPH).    By the end of the training practitioners will have the skills, knowledge and confidence to:    • Understand the risk and protective factors for child obesity and the importance of early years and recognise signs that babies and young children are at risk of obesity  • Understand the emotional dimension of change, the links between behaviour, feelings and needs and the power of empathy as a catalyst for change  • Raise the issue of healthy weight / lifestyle with parents of babies and young children  • Adopt a partnership approach to work with families, using a strength-based and solution-focused approach to explore family lifestyle issues and support lifestyle behaviour change  • Provide effective support and information for the 5 elements of a healthy start in life: parenting skills, eating and lifestyle habits, nutrition, physical activity, and family emotional well-being  • Provide clear messaging around healthy nutrition and physical activity for babies and young children consistent with national guidance in a way that resonates with parents    If interested get in touch with Tracy at Kidzeco tracy.murdoch@kidzeco.net |  |
| 1. **Town centre fund** | **Crofthead Community centre** – Mill room upgrade – council contract - update from Mike at nest meeting  **Nigel rise footpath** - site visit has been undertaken and work should be commencing within the next two weeks  **Milestones project** – Milestone to have 4 heritage boards.  Still to get comments from WLC Museums Officer & Archivist/ Almond Valley Heritage Trust, Ross Wylie the local Dedridge resident who raised this project. It should be on site for March 2021 to meet the grant deadline. (update from WLC Planning) | **Mike** |
| 1. **Bins audit** | The Bins audit is now with Council Officer and hopefully we will have some updates for the next meeting  Update from Solomon at next meeting | **Lesley/Solomon** |
| 1. **Skaters updates** | 2 things: looking at **short** term goals and **long**-term goals   * Skaters looking at contractors and types of repairs that can be done to the park * Looking at signage as well as park etiquette * Looking at bins and placement   Pathways around the skatepark used by park run and regular runners, dogwalkers etc.  **Longer term**   * Museum, exhibition celebrating Livingstons Skating community and heritage including all that associates with skating, BMX, inline skates, scootering, graffiti art, music with participatory elements- workshops? * Indoor facility * Making sure we have the facilities suitable for now and for future – Olympic standard   **How it fits into the local plan**   * Accessible, affordable activities for young people * Health and well-being, outdoor and getting active * Looking after the skatepark for now and future generations * footfall and spend into Dedridge and Livingston Centre   Residents comment that when travelling - it’s a big thing as the skatepark is known around the world. |  |
| 1. **AOCB** | **Grapevine**  No updates to date, Reg officer didn’t want to add any additional challenges whilst they are getting pupils back to school. Lesley will contact the JYHS  **Updates from Carers Of West Lothian**  Since the last week in March we have been working remotely due to the COVID-19 pandemic.  This meant several adaptions to the way we deliver our service.  Service has open but with all staff working remotely.  Support has been delivered over the phone and online.    A big part of what we do, is facilitate and deliver peer support groups, social groups, events and clinics as well as face to face support.  Our first virtual group was delivered using zoom on 25th March 2020 and within the next few weeks, we moved all but 1 of our groups online using zoom.  Introduced fortnightly Thursday night events for all SUs and their families (whole service support).  This has included discos, quizzes and a magic show to name a few.  The feedback from these events has been positive with attendees reporting that they enjoy the social aspect and opportunity for the carer to do something with the person they care for.  As well as our regular groups, we introduced new zoom sessions (these have now come to an end) such as Tai Chi, Dancercise, My Military Fitness camp, and a massage course.  These were open to all our SUs and the cared for person and were all kindly delivered by volunteers.  Two afternoon teas during the summer which saw 80 of our SUs receive a delivery of an afternoon tea.  Some then joined us on zoom to enjoy it together while others enjoyed it at a time that suited them.  A number of other special deliveries took place such as a ‘coffee morning in a bag’ to all our SUs who attended our Armadale Cuppa and Chat, Afternoon Tea to the carers who had been attending our support group for dementia carers, activity packs to disabled adults who had attended our social groups as well as delivering items for some of our social groups – pizza night, bingo, crafts etc.  Our Young Carers have been delivering their groups on zoom and during the summer ran an online summer programme and transition support for young carers moving from P7 to S1.  From July, we restarted our advice clinics.  The benefits advice clinic with an Advisor form the Advice Shop runs fortnightly on a Monday morning using Teams.  Our Power of Attorney Clinic with Blackadders runs monthly using a number of different meeting platforms to suit SU need.  We have delivered PPE to over 370 carers and PAs in West Lothian with the help of volunteer drivers.  Our counselling service has continued to deliver this much needed support via telephone, email or online platforms. Some people have chosen to wait until face:face resumes.  Telephone support has been vital during this time.  As well as providing information and advice, staff have provided a much needed listening ear and for many people, regular phone calls have been ‘a lifeline’ to quote many of our SUs.  E-bulletin going out to all our SUs replacing our newsletter.  One off paper copy send to all SUs where we don’t have an email address. | **Lesley** |
| 1. **Date and time of next meeting** | **Tuesday 20th October, 6pm**  Dedridge Regeneration group  **Join Zoom Meeting**  <https://zoom.us/j/99315751315?pwd=VDdJaEg3MVRMMW9kdU5Ma1dzSFF5UT09>  Meeting ID: 993 1575 1315  Passcode: 006022 |  |