**Third Sector Mental Health Forum**
Tuesday 4th August 9.30am *Online*

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Chair: June Dickson (Environmental Health CIC)
Note Taker: Victoria Isbister (VSGWL)
Present: Tracy Kerr (VSGWL), Laura Mulcahy (Cyrenians), Sami Cormack (WLDAS), Ann Taylor (CAB), Adele Anderson and Tracie Dale (WLWA), Anna Taylor (Westspace), Nicola Walsh (Fauldhouse), Helen Davis (WLYAP), Carla Allan (VCEL), Fiona Fraser
Apologies: Alan McCloskey (VSGWL), Donna Paterson-Harvie (Neil's Hugs), Maria Throp (1st Step development), Declan Harrigan (SMILE)

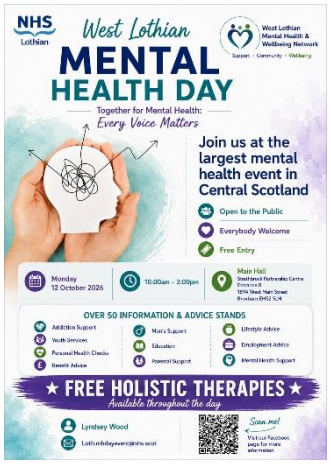
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1. **Welcome, apologies, introductions**
   June opened the meeting and thanked everyone for attending.

2. **Previous minutes June 9th:** Agreed by June, Anna and Anne.

3. **Guest speaker: Anna Taylor (WestSpace)**
   West Space | Six ways to wellbeing Realistic daily ways to support your health and wellbeing – Anna happy to take feedback. Practitioner section is being developed – please get in touch if you would like to contribute.

4. **Guest speaker: Lyndsey Wood (NHS Scot: World Mental Health Day)**
   Sharing information on West Lothian (WL) Mental Health day on October, Monday 12th, at Strathbrock Partnership Centre. Aim is to bring together as many WL mental health and wellbeing groups under one roof from the statutory and voluntary sector, charitable and local community support groups. Will be open to the public so they can see what support is available, break down stigma and barriers. Will cover as much of lifespan as possible and showcase support groups as well as taster sessions of holistic therapy. Guest speaker Aidan from Scheme. Please see Facebook page below. June remembered last year was held on a Friday which may have affected attendance with half day schools and found it very valuable for connections.






**5. Mapping exercise (WestSpace / VSGWL)**

Discussion around updating Westspace and Service locator to ensure all services listed, that it is as complete as possible. Westspace will provide spreadsheet to VSGWL who will cross reference with service locator to identify and update any gaps. May issue 2 question survey to both mailing lists, to ensure mapping completeness. Members were supportive of this. VSGWL also followed up with Communities Mental Health and Wellbeing Fund Year 5 awardees to ensure their funded services were listed, as per condition of funding.
Homepage - West Lothian Locator
West Space | Find support

**6. VSGWL Update**

- 2025 Community and Mental Health Funding allowed for organisations for apply for 2-year funding using the majority of the allocated amount. The 2026 fund will be launched soon. The guidelines are being drawn up from ScotGov guidance. The total to allocate is around £26k and will be a micro-grants scheme, likely early Sept, £500 - £2.5k bids only.
- SG has confirmed year 7, hopefully circa £480k to WL groups. Consideration will be given on how this fits with fairer funding pilot (year 5&6) awards.
- Currently carrying out forum consultation to ensure we provide what sector wants and that the time spent at forums are valuable as we have noticed decline in attendance. If anyone wants to provide any thoughts please get in touch Victoria.isbister@vsgwl.org before August 10th.
- The Peer Support Group is a great opportunity to: Connect with colleagues from across the local third sector, share what's working well (and what isn't!), Hear about local updates and upcoming opportunities, discuss common challenges and learn from one another's experiences, these sessions provide a supportive environment where organisations can exchange ideas, build relationships and strengthen connections across the sector.
  **Event Details:** Wednesday 12 August: **Time:** 5:00pm – 7:00pm Quarterly Third Sector Peer Support Group - Voluntary Sector Gateway West Lothian
- Started to do Video org in the spotlight – Cyrenians feature next - "Here's what we do". If interested, please get in touch, Tracy and David happy to visit.

**7. Service updates**

- Cyrenians: Laura talked about the various groups running, inc men only group (following consultation) 1st Thursday of every month. Linburn Walled Garden
- Fauldhouse & Breich Valley: Nicola has started working with people who have long term health conditions and disabilities. Income maximisation can often be a hook, once people are in you can get a chat. Would like to promote Eastfield groups and link in with Polbeth as well as wider WL. Found 6 ways to wellbeing useful. Also looking to set up counselling services and liaise with college to better utilise room. Would like to work together across WL to offer same level

of services. Promote and introduce new services. Working Wed – Fri. How to capture those who don't engage.

- WLDAS: Sami has finished planning new project and is ready to roll it out in Sept. Start sites include Fauldhouse, West Calder and Addiewell.
- WLWA: West Lothian Women's Aid | Offer a variety of support to women and children. Recent murders highlights the need for these services. Children and Young Persons team ran summer club - gives Mums a break and provides opportunities for children. Weekly drop in space for women and girls, safe space, company and refreshments. 16 Days of Activism Volunteers are PVG checked and support can be what it needs to be, low or high level. Looking to grow and involve members in the running.
- Westspace: WL recovery week in October. Practitioners' area – drop an email if you want to be involved.
- CAB: National Gambling Support Service Helpline. Phoneline is 0800 328 1131 from 10am- 3pm Monday to Friday but messages can be left outside those hours. There is also scope for some face-to-face advice if required. The service is for anyone affected by gambling harms. We are also still operating a databank service for anyone who cannot afford a phone contract. Unfortunately, we can't provide devices (they have run out) but we can provide 12 months of data, calls and texts. Still offer our drop-in service Tuesday and Thursday 10-3 and Saturday from 10-12 at our office in Craigshill
- VCEL: Carla introduced herself in her new role and thanked the group for including her finding it of interest how our forum runs.
- WLYAP: West Lothian Youth Action Project Services helen@wlyap.org.uk Community garden, intergenerational group running well sharing experiences. Partnership sessions Monday evening with Firefly and Wednesday nights with Children's 1st in Bathgate. Also working with Spark and Almond Housing – successful event Saturday Spark in the Park. New environment at Stadium House is making a positive difference as plenty space. Common areas and rooms for 1:1 supports. With SGL: Substance Use - Digital Library | wlyap.
- Environmental Health: Secured funding from CMHWBY5 to deliver funded training courses - only 3 spaces left across all dates from now until Nov. Waiting lists. Shows that the need outweighs the funding. Will be looking at open courses which would involve a charge. This will be as low as possible for Third sector practitioners. Ongoing issue: people who register and don't come along. Helen advised Council levy a £50. June and Lorna are now both qualified wellbeing coaches and working on a programme. Befriending project has finished – swamped by people in crisis, remit was mild to moderate. Will feedback to Awards for All that money would be better spent on crisis support.
- WLYAP have careful matching for befrienders – sometimes yes have to say this is not the service, protect volunteers. High level MH issues.

8. **AOCB**
   - Chairing meetings: There was a co-chair who left, June not always available. No volunteers. Another forum has a rotating chair which works well. VSGWL happy to support chair. Can step in if needed.
   - Social media photo

9. **Meeting dates**
   - October 6th Hybrid 2pm: Karen (MH Advocacy Project)
   - December 8th online only 10am (Diane Stewart, Suicide prevention Lead WL)

## Actions

- Organise Site visits to explore MH services - Tracy
- Organise org in the spotlight video with Cyrenians – Tracy
- Victoria to share poster when received WLDAS: West Space | Mental Health Matters (West Lothian Drug & Alcohol Service – WLDAS) (Completed)
- Ask WLYAP to guest speak re new project intergenerational? Helen / V
- Update Anna Environmental Health CIC services - June
- Chairperson – volunteers welcome for Oct and Dec meetings - all
- Send Tracy and Anna spreadsheet directory - June

## Links

Room Hire - Voluntary Sector Gateway West Lothian

Sign up to our e-bulletin - Voluntary Sector Gateway West Lothian

Home | West Lothian 4 Community (Funding)

Homepage - West Lothian Locator

https://salesforce.123formbuilder.com/form-6733157/volunteer-opportunity-form-new


NHS Lothian
West Lothian
MENTAL HEALTH DAY
West Lothian Mental Health & Wellbeing Network
Support • Community • Wellbeing
Together for Mental Health:
Every Voice Matters
Join us at the largest mental health event in Central Scotland
Open to the Public
Everybody Welcome
Free Entry
Monday
12 October 2026
10:00am – 2:00pm
Main Hall
Strathbrock Partnership Centre
Entrance B
189A West Main Street
Broxburn EH52 5LH
OVER 50 INFORMATION & ADVICE STANDS
Addiction Support
Youth Services
Personal Health Checks
Benefit Advice
Men's Support
Education
Parental Support
Lifestyle Advice
Employment Advice
Mental Health Support
★ FREE HOLISTIC THERAPIES ★
Available throughout the day
Lyndsey Wood
Loth.mhdayevent@nhs.scot
Scan me!
Visit our Facebook page for more information

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