***HEALTH AND WELLBEING GROUP NETWORK***

**RHWYDWAITH GRŴP IECHYD A LLES**

10/06/2021

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| Date time and place for next meeting | Tuesday 23rd November 10.30 – 12.30 |
| Register in advance for this meeting: | <https://www.eventbrite.co.uk/e/carms-health-and-well-being-network-rhwydwaith-iechyd-a-lles-sir-gar-tickets-186678298817> |

Notes

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| **Present** | | |
| Jackie Dorrian | CAVS Health & Wellbeing Officer | [Jackie.dorrian@cavs.org.uk](mailto:Jackie.dorrian@cavs.org.uk) |
| Jamie Horton | Community Volunteering Development Officer | [jamie.horton@cavs.org.uk](mailto:jamie.horton@cavs.org.uk) |
| Kelly Thomlinson | CBSA |  |
| Christine Clarke | Hywel Dda Community Health Council |  |
| Emma Williams | Hywel Dda McMillan |  |
| Karen Lacey-Freeman | People SpeakUp |  |
| Kathy Harris | Warm Wales |  |
| Katerina Bradley | Warm Wales |  |
| Leila Middlehurst-Evans | MS Society |  |
| Sue Smith | Community Connector Plus Carmarthenshire |  |
| Lisa Lewis | Social Prescriber |  |
| Aranwen Turvey | Alzheimers |  |
| Lorna Johns | AASC |  |
| Rob Parker | ARA / GamCare |  |
| Vicky Friis | CarmDAS |  |
| Sarah Maslen | LGBTQ+ |  |
| Adam Hearne | W4W |  |
| Sania Malik |  |  |
| Sally Richards | Mind |  |
| Carwen Davies | Tempo Time Credits |  |
| Ceinwen Owen | Warm Wales |  |
| Peter Hughes | NEST |  |
| Leanda Wyn | CHC |  |
| **Apologies** | | |
| Ann Dymock | Versus Arthritis |  |
| Anna Quin | RCS |  |
| Clare Leaky | GamCare |  |

Jackie welcomed everyone as it was a busy agenda. The group agreed for the meeting to be recorded for CAVS purposes only.

All agreed to share email addresses with the Network. Diolch.

**PRESENTATIONS**

The presentations this morning were really interesting.

If you require any further information, then please contact the person directly.

1. **Presentation by Vicky Friis - CARMDAS**



1. **Presentation by Sarah Masen – LGBTQ+**



Using Pronouns in Email signatures, is a really good idea as it shows an understanding –

Example

* **He/him/his** can be used by those who might identify as male.
* **She/her/hers** are for those who might identify as female.
* **They/them/their** are usually used by someone who might not identify strictly as female or male. These pronouns are not only used when referring to multiple people but also considered “gender-neutral.”

1. **Presentation by; Rob Parker – ARA Recovery 4 All**



1. **Presentation by Kate Miles - thedpjfoundation**



Third Sector organisations, please remember that your organisation and activities and services you offer should be uploaded onto <https://en.infoengine.cymru/>

Public Sector to upload to <https://www.dewis.wales/>

Please remember to check the box to share to the other portal that way your information will automatically be shared on the other site.

Acts of Kindness – opportunities to do some joint working, stories, to showcase and be shared. Work with partners to show little clips of inspiration.

Creating Teams in Connect Carmarthenshire:

<https://connectcarmarthenshire.org.uk/>

<https://www.connecttokindness.wales/>

**Sue Smith** – Carmarthenshire Dementia Community Coalition – awareness for Dementia Communities there are 14 in Carmarthenshire. We are encouraging others to become Dementia Friendly. Doing some work in schools currently to inform the children and for them to have a positive outlook.

Voice of Dementia – as part of the coalition there is a Task Force made up of people living with Dementia or those looking after.

Jamie and Sue have commissioned a piece of Artwork which is all around kindness in communities during the pandemic. If you would like a copy of the artwork, please contact Sue. You can have an indoor or outdoor version and of various sizes. There will be a competition later in the year which will encourage the community to locate these posters and promote your work too.



**Jamie Horton** - CAVS

* <https://www.facebook.com/groups/ccsirgar>

This is the county's facebook group which is based on kindness and community support.

* CAVS facilitate the Food Network, there is a cluster group for wider community members. If interested, then please contact Jamie: [Food Network - CGGSC~CAVS](https://cavs.org.uk/engagement/carmarthenshire-food-network/)
* Current job vacancy: [Carmarthenshire Food Network Assistant - CGGSC~CAVS](https://cavs.org.uk/2021/10/carmarthenshire-food-network-assistant/)
* Culture of 'always available' developing - National Work life balance 11-15 October - <https://workingfamilies.org.uk/campaigns/national-work-life-week/>
* We welcome two new members of staff in CAVS

Perminder Dhillon – Capacity Building Officer

Jan Barwell – Development Support Officer

**Wellbeing Assessment**

* Deadline Oct 8: please encourage others to complete

<https://www.carmarthenshire.gov.wales/home/council-democracy/consultation-performance/current-consultations/assessment-of-well-being/>

**For Information**

Partnership for **Mind Our Future** bid to National Lottery Community Fund ( [Mind Our Future | The National Lottery Community Fund (tnlcommunityfund.org.uk)](https://www.tnlcommunityfund.org.uk/funding/programmes/mind-our-future))

**CAVS Networks and Events**

* Environment Network ([Environment Network - CGGSC~CAVS](https://cavs.org.uk/engagement/environment-network/)) 7/10/21
* CVON ([CVON - CGGSC~CAVS](https://cavs.org.uk/volunteering/volunteering-for-organisations/cvon/)) TBC
* Children & Young People’s Network ([Children and Young People Network - CGGSC~CAVS](https://cavs.org.uk/engagement/children-and-young-people-network/)) 26/10/21
* Food Network ([Food Network - CGGSC~CAVS](https://cavs.org.uk/engagement/carmarthenshire-food-network/)) 30/11/21
* Health & Wellbeing Group Network ([Health and Well-being Network - CGGSC~CAVS](https://cavs.org.uk/engagement/health-and-well-being-network/)) 28/09/21
* Training Conversation (<https://cavs.org.uk/engagement/health-and-well-being-network>) Wednesday evenings at 17.00

Third Sector Review no further information on this at the moment in time.

10 minute presentations for the next meeting

* Anna Quinn – RCS
* Ann Dymock – Versus Arthritis
* Peter Hughes – NEST
* Carwen Davies – Tempo Time Credits

Next meeting Tuesday 23rd November 10.30 – 12.30 Eventbrite Link via CAVS website

<https://cavs.org.uk/engagement/>