Notes form todays meeting: 02.03.2021

**Present:**

Hayley Pugh – Carer for her son / works in community with children & adults with a disability

Barbara Howe – Integrated Autism Service

Ruthie – Credu Outreach Worker for Mid Powys

Marie – Creative respite Project, Credu

Ruth – Credu Outreach Worker for Machynlleth, Llanidloes & Newtown

Claire Powell – Community Connector, PAVO – Newtown & Llanidloes

Natalie Philbin-Carr – Outreach Officer Powys Befriending Service, PAVO

Kevin Holcroft – Raising Awareness Project, Credu

Eve – Raising Awareness Project, Credu

Hayley Beavan – Royal Voluntary Service Community Companions Project

Owen – Carer, Ystradgynlais

Steve – Credu Volunteer, Bereaved Friends group in Welshpool

Marie Chaired the meeting today in Beckys absence.

**Actions from previous meeting:**

* **Promote Connector Drop in sessions and for Credu to join one of these sessions:**
  + Claire explained that these trial drop in sessions had been running with mixed success, lots of organisations have been able to join us including Credu. The sessions will be reviewed to see if Connectors run them again in future.

This raised a question: How PAVO promoted these sessions to people not confident with Zoom – Claire admitted that this was a challenge and they relied on the guest organisations to encourage their service users to join in alongside the social media promotion.

Kevin explained that PAVO & Credu have joined communications planned for future which will be sent out via local press as well as online. He explained that other organisations could join them with this venture.

Hayley P admitted that she preferred a physical advert in the paper or a leaflet which she can keep to remind her – she finds it a struggle to remember online sessions and to link them with her calendar. Others in the group felt the same and Credu had received this feedback form its members too.

* **Pick Up & Pass on – how to share with people who are not online.** 
  + No clear solution

Suggested that info is shared with care providers who are going in to see people face to face and ask them to hand info directly.

Kevin explained that the Vaccination centres will have Credu Carers booklets available for people. Need to create a pack of information to distribute but there is challenge of sharing information with GP practices – Claire offered Connectors support with this – they have links with all the practices in Powys. She agreed that a pack would help reduce the volume of info being sent to GP practices.

Integrated Autism Service has undergone changes and would be keen to work with others to help get that message out to people.

Get There Together Project – Kevin gave some background info on this work. Its aim is to use visual aids / video clips from local venues around Powys to make people who had not ventured out since the pandemic began aware of the changes such as one way systems, hand sanitising stations etc.

Credu had been working on this with the Powys Sub Group and have created some easy to follow info graphics to help explain the project to others and encourage people who are able to, to go out and create these video clips.

Hayley P felt that this type of work was needed to reassure parents and pupils as more return to schools and colleges.

Owen raised concerns about people who don’t have computers to be able to access or view this information – could there be a generic what to expect and list things like hand sanitisers etc

Claire felt that there may be a need for a ‘buddy’ to help accompany people back on to transport and into the community and that this may compliment the Get There Together Project.

* **Penpal:**
  + Powys Befriending Service offers this as an option already although there has not been much take up so far. Their need is more for volunteer telephone befrienders. Claire explained that there are other national organisations who offer this to specific groups but nothing generic.

Discussed possibility of intergenerational work around this – linking with schools, universities, colleges, Scouts, Duke of Edinburgh etc although all acknowledged the pressure students were under at the moment with home learning.

Powys Befriending Service & RVS Community Companions could only accept referrals to support people over the age of 50, and volunteers over age of 16.

Also discussed the need for an organisation to manage such a scheme.

**Today’s discussion around Loneliness:**

* Marie said there seemed to be the potential for exciting new projects as there had been a wave of funding available for groups to apply to.
* Claire to find out when we can expect to hear about successful applicants, any unsuccessful applicant is automatically offered PAVO support to further develop their ideas.
* Steve explained that his interest in the focus on loneliness stemmed from the Bereaved Friends group in Welshpool who cannot meet currently and as most of the members are over 70 and not online, Zoom and video calls are not an option. He had found that generally the older generation tends to cope well during these difficult times.

Key points:

* **Need to find a solution to reaching those who are not online**
* **More support may be needed to accompany people back out into community**
* **Could walking groups be the solution at first?**
* **Continue to explore Penpal idea – Marie to ask Sally at Credu if she has had any interested parties come forward around this.**
* **Agreed to meet 2 months apart**

**Next meeting: Monday 10th may 1pm**