

## NORTH LOCAL WELBEING NETWORK MEETING

**DATE AGENDA: 23 January 2024**

**VENUE: Whittington Park Community Association**

### Key Decisions made during the meeting

Agenda Item	Decision
<p><b>First time attendees introductions</b></p>	<ul style="list-style-type: none"> <li>• Alev Erce – Help On Your Doorstep</li> <li>• Rheshma Patel – Hornsey Lane Estate Community Association</li> <li>• Kay Carter – Healthwatch Islington</li> <li>• Dave Smith – Rehabit (Addiction Counselling)</li> <li>• Sidonie Sakula-Barry – Public Health (Islington Council)</li> <li>• Shaun Robinson – Rehabit (Addiction Counselling)</li> <li>• Kevin Turner – Cloudesley (Funder)</li> </ul>
<p><b>What have you gained by coming to the Local Wellbeing Network meetings/events?</b></p>	<ul style="list-style-type: none"> <li>• Meet other people from other organisations</li> <li>• Networking, Local Skills</li> <li>• Contacts and connections/Understanding of other organisations/awareness of our charity</li> <li>• Understanding local health organisations and local connections.</li> <li>• Awareness of local events and new organisations/groups</li> <li>• Work more closely with other organisations</li> <li>• Finding out what other organisations are working on and where there might be opportunities for partnerships.</li> <li>• Understanding of local organisations and what they do.</li> <li>• Getting to know what activities/orgs are in Islington and making connections</li> <li>• Meeting other community groups/resources.</li> <li>• Understand who is working in the local area.</li> <li>• Find out about the social action campaigns and how the network support one another.</li> <li>• Community coherence.</li> <li>• Find out about the network.</li> <li>• Connect with other organisations and create links</li> <li>• Build connections, map assets, understand needs of community (especially health needs).</li> <li>• Networking – meeting other service providers. Hearing about issues that arise affecting the community we are supporting.</li> </ul>

	<ul style="list-style-type: none"> <li>• Better understanding of services available in Islington.</li> </ul>
<p><b>Local Wellbeing Networks priorities - Updates and next steps.</b> What do we hope to achieve with each priority?</p>	<p>Listening and social action campaign</p> <ul style="list-style-type: none"> <li>• To fill the gap between services and community needs.</li> <li>• To fill the gap between perceptions and reality about how to provide services.</li> <li>• Understand the needs of service users and communities.</li> <li>• Bottom-up approach – better way of working by understanding people’s needs.</li> <li>• Involving target audience.</li> </ul> <p>Octopus Community Tool.</p> <ul style="list-style-type: none"> <li>• Get in touch with Rosie at Octopus Communities to sign up. Individuals can sign up as well as organisations.</li> <li>• Next meeting – walk through Octopus Community tool. People to bring devices. People want more knowledge about how to utilise the tool.</li> <li>• Send around information to attendees on how to access the tool.</li> </ul> <p>Supporting each other.</p> <ul style="list-style-type: none"> <li>• What does it mean? How do we know it's working? How do we share resources to achieve impact/social action?</li> <li>• Projects and case studies working with each other to better understand service users.</li> <li>• Innovative ways of sharing valuable information. Capturing information together.</li> <li>• Partnership work – applying for funding.</li> <li>• Sharing updates about work.</li> <li>• Make time for valuable networking.</li> <li>• In-person meetings for more effective networking and for support – small communities feel isolated.</li> <li>• Prioritising collaboration and thinking of innovative ways of working together.</li> </ul>
<p><b>March – Challenge month</b></p>	<ul style="list-style-type: none"> <li>• Name, organisation name, contact details</li> <li>• Emerging theme or something you have noticed in your work that you would like to discuss with your service users</li> <li>• Who would you like to engage in a discussion about this issue?</li> <li>• How will you engage them? E.g. sofa talk, questionnaire, coffee morning</li> <li>• Where and when can this be done?</li> <li>• What can you do today to get things started? No matter how small.</li> <li>• Would it be helpful to work in partnership with someone? Perhaps someone in the room? Who would you like to work with?</li> <li>• Please share with Cliff how things are progressing and if there is any support you need.</li> <li>• Cliff and team will follow up with each individual to see how they can be supported in working toward achieving their March challenge goal.</li> </ul>

<p><b>How do we work together?</b></p>	<p>Sharing resources more effectively</p> <p>More community links to create coherence.</p> <ol style="list-style-type: none"> <li>1. Membership eligibility <ul style="list-style-type: none"> <li>○ Should there be a core project group?</li> <li>○ Regular attendees.</li> <li>○ Commitment to sustainable network.</li> <li>○ Individual/organisation contact list on LWNs website.</li> <li>○ Chat function on octopus network tool.</li> </ul> </li> <li>2. Making decisions together <ul style="list-style-type: none"> <li>○ Ways of keeping informed/ongoing effective communication.</li> <li>○ How to communicate in between meetings.</li> <li>○ Consensus around making decisions.</li> <li>○ Space for comments and feedback about meetings.</li> <li>○ Recap of minutes.</li> <li>○ Voting?</li> </ul> </li> <li>3. Working Groups <ul style="list-style-type: none"> <li>○ Did not talk about but used sheet as a sign up for young people's event.</li> </ul> </li> </ol>
<p><b>29 May Young people's event</b></p>	<ul style="list-style-type: none"> <li>● Who would like to be involved in putting this event together <ul style="list-style-type: none"> <li>○ Emma Clarke – Bright Futures (North)</li> <li>○ Mike Sanderson – Eagle Recovery Project</li> <li>○ Samira Shariff – The Maya Centre</li> <li>○ Sidonie Sakula-Barry – Public Health (Islington Council)</li> <li>○ Sarah Ali – Public Health (Islington Council)</li> <li>○ Asmeret Teklay – Eritrean Community in UK</li> <li>○ Simone Nyack – The Cosmetic Maker</li> <li>○ Philippa Russell – Healthwatch (Islington North Core Team)</li> <li>○ Katie Skea – Age UK Islington</li> <li>○ Catherin McIntyre – Islington Council</li> </ul> </li> </ul>
<p><b>Upcoming Events &amp; Activities</b></p>	<ul style="list-style-type: none"> <li>● Tsigereda – warm space event. Send information to Cliff to send out to network attendees.</li> <li>● Manor Gardens event this Friday.</li> <li>● Rehabit.co.uk - free addiction counselling. Make referrals, self-referrals.</li> <li>● Talk4health – free peer talking. Two programmes coming up – 23<sup>rd</sup> Feb (4 Fridays), 2<sup>nd</sup> March. Eventbrite sign up. Referral form on website.</li> <li>● Bright Futures – event coming up - parents helping with homework.</li> </ul>

<p><b>What have you gained by coming to today's session/takeaways?</b></p>	<ul style="list-style-type: none"> <li>• Ideas to action – collaboration is key.</li> <li>• Network and learning more about services in Islington.</li> <li>• Octopus/Sofa talk/men in sheds.</li> <li>• Get involved with health events and feed back to my team.</li> <li>• Emails!! and follow up mental health.</li> <li>• Information about other organisations.</li> <li>• Importance of networking and I found out about some services/activities/octopus communities – Rehabit.</li> <li>• Octopus Network/useful contacts/ideas for Age UK wellbeing event.</li> <li>• Sharing local wellbeing information with team - ensure that everyone is aware of octopus network.</li> <li>• Enthusiasm.</li> <li>• Going to talk to Philippa from Healthwatch.</li> <li>• Sofa talk rules! Great idea.</li> <li>• Lots to consider regarding setting up of family hub north. Networking/information screenings.</li> <li>• New resources.</li> <li>• Support and connection ideas.</li> <li>• Importance of network meeting. Men's health. How do we get support from others.</li> <li>• Check out the Wellbeing Network/Octopus website and how mapping works, also the messaging.</li> <li>• New contacts and connections (Rehabit).</li> <li>• Partnership (Rehabit).</li> </ul>
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**Key Actions that need to be done following the meeting**

Agenda Item	Action	Estimated Completion Date
March – Challenge month	<ul style="list-style-type: none"> <li>• Each member to start their March Challenge</li> <li>• Let Cliff know how your challenge is going and if there's any support he/the Local Wellbeing Networks can provide</li> </ul>	Next Local Wellbeing Network meeting
	Go to a funder to help support men's health as a priority across Islington.	Ongoing
Listening campaign at stay well event. Katie led discussion after sharing challenge month exercise plan.	Who's interested in supporting Kate with this event? Sven Alcohol Change UK. Hannah Talk4heath Mike Sanderson	Ongoing
Upcoming Events	Tsigereda – warm space event. Send information to Cliff to send out to network attendees.	

**Attendees:**

Adenike	Ladeinde	
Alev	Erce	HOYD
Aman	Zanoon	
Dave	Smith	Rehabit
elaine	maffrett	Centre Manager
Emma	Clarke	
Emua	Ali	Laamiga
First Name	Surname	Company
Franci	Holland	.
Jessica	Bull	Bright Start North
Katie	Skea	
Kevin	Turner	Cloudesley
Mark	Chambers	SHP
Mary	Fee	
mike	sanderson	
Paula	Harvey	
Philippa	Russell	
Princess	Ade	LBI
Rheshma	Patel	Hornsey Lane Estate Community Association
Rick	Crust	MRS - Independent Living
Sacha	Austin	
Samira	Shariff	The Maya Centre
Sarah	Ali	Islington Council (Public Health)
Sawsan	Salim	KMEWO
Sean	Robinson	Rehabit
Senait	Gebrehiwet	
Sheena	Ellington	
Sheena	Ellington	
Sidonie	Sakula-Barry	Islington Council - Public Health
Simone	Alex	
Soumaiya	Edoo	Voluntary Action Islington
Sven	Stears	
test	test	Rethink
Tsigereda	Tekletsadik	Voluntary Action Islington
Yasin	Ahmed	

14 of the attendees are Islington residents

**Apologies**

Aman	Zanoon	
Elaine	Maffrett	Centre Manager
Franci	Holland	
Hannah	Clarkin	Talk for Health
Paula	Harvey	
Sacha	Austin	

Senait	Gebrehiwet	
Sheena	Ellington	
Simone	Alex	
Soumaiya	Edoo	Voluntary Action Islington
Yasin	Ahmed	

Images

