**Local Community Partnerships, Croydon South West**

**Meeting Notes – 10 May 2023**

Dear Croydon South West Colleagues,

It was wonderful to meet with you all and hear from people across Purley, Woodcote, Riddlesdown, Purley Oaks, Sanderstead, Kenley, Coulsdon & Old Coulsdon. Special thanks to our wonderful host Kate and all at  [South East Cancer Centre](https://www.sechc.org.uk/) Purley. Purley’s best kept secret, hopefully not for long!

Our partnership event was Co-Chaired by Ben Taylor and Patty Boyle, [﻿​​﻿New Co-Chairs for the Local Community Partnership in Croydon South West (mailchi.mp)](https://mailchi.mp/cvalive.org.uk/meetnewcochairslcpcroydonsouthwest-1159837?e=8f0c6abc5c) with support from Lynda Graham our Community Builder for Croydon South West hosted by [Old Lodge Lane](https://ollbc.org.uk/food-stop/).

Please find a record of our meeting below.

**UPDATES:**

**Community Spotlight Event**at Centrale Shopping Centre on 23rd June. We have just under 40 stalls/activities. The Volunteer designer is working on the flyers and social media posts which will be available to share this week. There will be a trail around the stalls with a donated shopping voucher prize for those completing the trail (it will help us capture impact on the event). If interested in performing or hosting a workshop at this event contact: karen.chillman@cvalive.org.uk.

**South West locality webpages** Find out 'What's On?' (activities/events in Croydon South West) notes from previous events and your Community Plan: [Croydon South West - Local Community Partnership - Croydon Voluntary Action (cvalive.org.uk)](https://cvalive.org.uk/empowering-the-community/networks/local-community-partnerships/croydon-south-west-local-com/). Our paper-based directory of activities/services in Croydon South West, compiled from previous LCP event discussion, is attached. If you have content or updates to share, please contact Sarah.Burns@cvalive.org.uk.

**Old Lodge Lane Baptist Church Community Hub** is now open, the first of many One Croydon Community Hubs in this locality. If you have any thoughts and ideas about people /places/ spaces that could host another community Hub in this locality, please get in touch with James Moore, Community Facilitator (bridge between health and community) in Croydon South West James.Moore@cvalive.org.uk.

**Community Champions Update** Ben Taylor, one of the founders of Croydon Mutual Aid, has been working with key partners such as; Croydon Neighbourhood Watch and Floating Counselling Support, on the role of Community Champions, inviting people to take part and share best practice. Celestina at Floating Counselling will be offering training at Emmanuel Church for volunteers to be upskilled to visit homes to signpost residents to support/activities, improving access and creating a multidisciplinary way of working across Croydon. Contact Ben.Taylor@cvalive.org.uk

**Key priorities:**

We collectively worked on three main themes: Communication, Mental Health and Youth Ambassadors. The actions are to be followed up by members within each group and wider involvement invited. In summary:

**Mental Health**Overall our aim is to improve mental health for all residents following the basic 5 steps to [Mental wellbeing guide](https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/). Previously we have suggested; mapping and sharing information, intergenerational work, more counselling/ befriending services, more community spaces and access support.

**Ideas discussed**:

The directory being included in hardcopy, perhaps delivered locally through Community Champions. More community activities to be listed on Simply Connect and Clear Community Web to support people to access this information digitally.

Creating a Park run in Purley/ sharing information about the nearest local Park Run.

Purley Pool reopening, to boost accessibility to local physically activity.

The need to break down stigma concerning mental wellbeing, the need for strength-based conversations and training on how to have them. Perhaps a more established link between Community Champions, Health and Social Prescribing Link Workers.

**Action groups:**

***Chatterbox:***collecting details to have a chat with someone over the phone. A chatter box in everyday places such in Tesco's foyer. Group- Lynda, Martin, Stephanie, Patty, Jarmila and Leo

***Getting Active:*** To map local physical activities and to partner with Mental Health First Aiders, utilising the first aiders more. Could Mental Health First Aiders be accessible in gyms and leisure centres? Group- Ben, Anette, Bec

***Go With:***The role of a befriender/ volunteer/ community champion introducing a resident to a hub/ activity when it might be their first time. Group- Andrew, Patty.

**Communication**

We discussed how we effectively communicate key information to large bodies of people, as not to duplicate and keep the information simple, accessible and current.

**Ideas Discussed:**

Digital inclusion

When registering a new patient to a surgery perhaps to send a text inviting them to their local community hub.

Raising awareness of digital health not just for our wellbeing but the safety of young people.

Clear Community web to potentially travel all localities over time with drop-in's / workshops on these matters.

The idea of a ‘Time bank’ where skilled volunteers could bank hours that are used when needed. The exploration of how the time bank and Volunteer Centre Croydon could work together on this. Promotional information to be advertised in magazines such as Purley Pages, explore the use of charities free advertising space

**Action group**

***Update the directory:*** The need for the online and physical versions of the directory to be updated and how to best distribute the information. Group- Ben, Kate and Tony.

**Youth Ambassadors**We discussed the necessity of mental health and intergenerational work with young people and the charities and services that support them.

**Ideas Discussed:**

The need to work with Croydon Drop-In and local youth services.

Work with schools, students, parents, youth and digital charities; to raise awareness through workshops of digital wellbeing and safeguarding against online dangers such as cyber bullying and sexual exploitation.

Utilise Mental Health First Aiders, to be present at youth clubs, crisis centres, activity spaces for young people. We are yet to take further action and form a group on this element of work but will make it a focus area for our next meeting.

Helpful resources below:

[NSPCC – online safety](https://www.nspcc.org.uk/keeping-children-safe/online-safety/)

[Internet Matters- online safety](https://www.internetmatters.org/)

Interested in being part of the solution? Then register for the free Mental Health First Aider training via Croydon Council [here.](https://www.croydon.gov.uk/health-and-wellbeing/mental-health-and-wellbeing/could-you-be-mental-health-first-aider)

We want to be as visible and accessible across the locality as possible, to do this it helps to be hosted in a variety of Community spaces. If you could host one of the upcoming partnership events then please email: kay.rhodes@cvalive.org.uk to discuss further.

Many thanks to each of you for your valuable contributions, please spread the word on our Local Community Partnership events (poster attached- please display) and save the dates for the next events on **Thursday the 20th July** 10.00- 12.30 [book here](https://www.eventbrite.co.uk/e/local-community-partnerships-croydon-south-west-tickets-603635860107) and Thursday the 9th November [book here](https://www.eventbrite.co.uk/e/local-community-partnerships-croydon-south-west-tickets-603638518057) .

With warm wishes- Ben, Patty, Sarah and Andrew

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CVA Resource Centre

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