

Cobra Meeting

Link via Zoom

April 9th 2024

Time: 2pm – 3pm

Cobra is co-ordinated by Settle Community and Business Hub. If you wish to have anymore information about points raised here please contact Jo Rhodes on: hub@settlecommunityandbusinesshub.org.uk

Present: Jo Rhodes (Settle Community and Business Hub), Tania Harding (Homestart), Louise Try (The Place), Debi Hawkins (Carers Resource)

Updates:

Tania Harding

- Groups are still running at various times at The Place on Mondays. Baby Calm and Yoga is still going on. We have up to 18 Mums and Babies registered with 8-10 coming along regularly.
- Still a challenge recruiting volunteers - although I have met a lovely lady today who was interested.
- We are trialling a volunteer supporting a Mum via email because of circumstances and this seems to be working.
- We are just starting to look at the subject of postpartum depression and mental health changes that occur post birth in the group as this seems to be a common theme with participants and looking at ways we can support. Jo is going to visit and talk through some Homoeopathic remedies, particularly looking at sleep deprivation, hormones and hungry babies.

Louise Try

- The Place is now a Wellbeing Hub working with 6 organisations doing some of what we already do but with some additional services and offers. The organisations are - Citizens Advice, Cellar Trust, Carers Resource, Keighley Healthy Living, Staying Put - domestic abuse and Project 6 - substance abuse. The last 2 don't operate in our area so we are keeping up with IDAS and Horizons that have the contract with North Yorkshire.
- Cellar Trust is a Mental Health Charity and are in on a Friday offering support for people with serious mental health problems via 1:1 sessions and a peer support group starting this Friday. They will also be providing Peer Support training to up to 3 people in the community, maybe a staff member and someone that has been attending the group. Please do send anyone you know who is struggling to Cellar Trust on a Friday. They will need to book in.

Some concerns were raised with how supported people might feel and whether a peer support group would work in Settle. This was raised with Cellar Trust and details will be confirmed. Conversations have been had with Cellar Trust about this not being a quick in and out service but this being a longer term thing.

- As part of this Citizens Advice are coming in for an additional day clinic a month so please do spread the word.

- We are having a conversation with Carers Resource about their offer and this is probably continuing what they are doing but offering a bit more 1:1 support, perhaps doing appts in Settle rather than Skipton.
- Keighley Healthy Living are running some sessions here at the Place around healthy living , exercise, diet and lifestyle starting in June - will update on this.
- Horton Housing are here every other Tuesday between 1-3pm as a drop in or booked appts, they will help with lots of different things form wellbeing support , benefits and housing and general support.
- Wellbeing Cafe is continuing to run at Vic Hall and will only not happen when Pioneer take their breaks.

Debi Hawkins

- Looking at what service offer we can provide as part of the Wellbeing Hub Network - probably individual appointments. Will be in touch with Louise when I am back from annual leave.
- Carers week in June is all about raising awareness for Carers, making sure their voices are heard. A lot of carers are still working so looking at support for them and making employers aware. We are doing collaborative things in Bentham but would love to put something on in Settle that week too. Very happy to have evening appointments. Regular carers sessions don't seem to work.
- Louise suggested a stand/display for Carers Resource up in the Health Centre.
- Jo mentioned doing some promotion through Dales Radio and offered help with recording for anyone interested.

Jo Rhodes

- Everything is chugging along as normal. Public Living Rooms, Community Fridge and Knit and natter.
- We have had a bit of money from Northern Rail for outings and trips so the first one of these is next week for falconry and lunch at Feizor, will have two other trips in coming months to Clapham for walk and lunch at Sawmill Cafe and also Farfield Mill near Sedburgh.
- We have some new dates for the evening Temperance Bars which have been really popular. Some people who have got very isolated and been wary of coming out post Covid are attending regularly which is great and some quakers too - it is a really interesting dynamic that is quite different to the normal public living rooms. We have had funding from Craven Communities Together and VCSE Alliance for these to continue up to July. Posters with dates to follow.
- We are increasing work on our allotment so we are doing a lot more growing and trying to encourage people down onto the allotment on a Monday and Thursday. We have a lot of seeds and plants on the go which can often be found sunbathing outside The Place. Happy to be passing on Tomatoes, Peas, Beans and Wild Flowers if anyone is interested.
- Linked to timebank travels in America I met a lot of people using a tool called 'offers and needs markets', this is sort of like speed networking and timebanking rolled into one. It is a two hour workshop focusing people on what they need/want. I have taken the plunge and am doing the

facilitator training through April. It's a really interesting model to get people sharing things they are passionate about - a good way to think about what offers and needs you have/want. A good way to start moving towards timebanking. More on this later.

- Understory - Licence and access runs out mid-April. Have another look and re-do it if you can. We expect to lose access then and people will not be able to amend their answers to the questionnaires. We can still see the map and connections after that but it becomes anonymised so will see 'fake' names for people or organisations.
<https://communities.understory.community/settle/network>
- We have had a bit of extra money from Age UK and Two Ridings - this was to cover cost of living crisis spending and buy extra food or vouchers for the Community Fridge but this has now been used or ear marked so if the need arises we may send people through to The Place. We will chat between organisations to talk about processes and how we monitor usage of vouchers and support.

Next meeting Tuesday 7th May 2pm on zoom