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Meeting to be held virtually on Microsoft Teams
Tuesday 5th January 2021 1.30 – 3.00

Meeting Notes

1. Welcome, introductions and apologies

Attendees:, Dominic Nasmyth-Miller (Suffolk Family Carers – Connect for Health), Gareth Moir (Suffolk County Council), Barbra Bilston (Churches Together). Anna Mayes (Realise Futures), Simon King (HealthWatch), Michelle Nummelin (DWP), Irene Tibbenham (Thornham Walks), Chris Lawson (Active Suffolk), Jean Oliver (WEA), Kate Hinchliff (Suffolk Family Carers), Sarah Lawrence (Cancer Care Navigator)

2. **Guest Speaker** – Sarah Lawrence (Cancer Care Navigator)

Sarah Lawrence introduced us to the role of cancer care navigator. They are there to support cancer patients who are newly diagnosed and offering support to patients already in their cancer pathway. They are able to offer practical support and advice, which might include:

- Helping patients improve their health and wellbeing
- Pointing patients towards relevant cancer support groups and courses
- Referring patients for emotional support where needed, and identifying who may be best placed to support them
- Advising patients on how to talk to family and friends about cancer
- Linking patients in with services and support in their local area
- Facilitating access to support for any practical needs
- Supporting patients with the transition back to daily life, as their care moves from a hospital setting to a community setting.

You can self-refer by calling Colchester on 01206 487288 or Ipswich on 01473 702125 or you can email cancercarenavigators@esneft.nhs.uk

3. **Time to Talk Day – 4th February** – Given the current social lock down announced just after Christmas there is need to change the plans of public engagement at Needham Lakes for time to Talk Day on 4th February. So in order to keep with the theme of power of small it was suggested that we continue with the offer of free hot drinks to people and use a Time to Talk sticker on the cups to promote the day and stimulate conversation with friends and family. Three venues were suggested 1) The Cabbage & Kings trailer at Needham Lakes, 2) Thornham Walks, 3) Stowmarket Train Station Café. Using the art work from TTC and Irene's contribution Simon King was going to get cup stickers produced which could then be used across the various VASP networks. Other possible messages such as Healthy Suffolk will be looked into.

4. Member Updates

- The Winter Grant is live and further information can be found at <https://www.suffolk.gov.uk/coronavirus-covid-19/suffolk-advice-and-support-service/>
- Suffolk Family Carers – have gained a further two years funding for working with the armed forces and military families and this has been expanded to have a focus on young people in military families.
- Active Suffolk – This Girl Can Campaign, is a week of virtual activity sessions to encourage women and girls to be more active. Fit villages has not been able to hold face to face sessions so looking into how tablets can be used to support villages to host virtual activity sessions.
- Churches Together – Town pastures have come across two groups of young people who are congregating outside the URC in Stowmarket. Later afternoon/earlier evening there seems to be a younger group, followed by an older group later into the evening. **GM** – to ask The Mix about any youth engagement activity that they may be able to offer.
- Realise Futures – They are offering a range of online programmes that include topics on health & wellbeing and are open for referrals.

Future dates:

| Month | Date | Venue and Speaker |
|-----------|----------------------|-------------------|
| February | Thur 4 th | Zoom |
| March | Tue 2 nd | |
| April | Thur 1 st | |
| May | Tue 4 th | |
| June | Thur 3 rd | |
| July | Tue 6 th | AGM |
| August | Thur 5 th | Summer Break? |
| September | Tue 7 th | |
| October | Thur 7 th | |
| November | Tue 2 nd | |
| December | Thur 4 th | |