

## 13/01/25 Community Hubs Network

### Agenda: Addiction Support and Community Officers

10am: Welcome

10:15am: Updates on Actions from the last hubs meeting

10:30am: Service Partners  
SDC Community Officers  
ABL

11:15am: Coffee

11:30am: Service Partners – VIA

12:00pm: Next steps

12:30pm: Close

### November Action update:

Website changes – If you would like to change anything or have something useful for us to put on the website resources page, please email [samanthaorsi@gl11.org.uk](mailto:samanthaorsi@gl11.org.uk)

- All hubs' details have been updated on the map – Let Sam know any changes
- Resources have been sent in the follow-up email of the last meeting, these resources are also accessible on the website.
- Updated trustee training on the website
- Leaflets on Cleanslate, Foodbank and CAB will be worked on and Dee and Kathy to sense check it

### Feedback for next meeting:

- Updates on Actions
- Tables to sit around next time.
- HOUSING OFFICER – MARCH meeting
- Next meeting 4<sup>th</sup> March GL11 – closed group for the hubs – Pilots and funding, self-promotion.
- Suggested that we need to look at the website as if you don't know the hubs as now its primarily for hubs. The maps is a good landing page for externals. UKSPF end to show how hubs are working together.
- List of hubs – Officially contact MP office

## **SDC Community officers: Hannah Drew**

- Neighbourhood wardens now Community Officers, strengthening and supporting communities through prevention, reactive work, and a one-council approach.
- Rebrand – new title of Community Officers, new uniform, new approach. The in-house review did not involve community feedback. Is there going to be an opportunity for the format to include community and voluntary data to help shape the process? Action? Data analysis recruit at SDC – can this be joined up?
- One council – council champions working with other services to benefit residents: Careline (emergency contact protecting independence), raising the profile, elections, and emergency planning.
- Promoting the new approach and attending community engagement events.
- Community Safety Engagement Officers (new role) – Dom Malone. More community-focused approach, prevention, youth clubs, and sports-based engagement.
- South Team – Carol, Andy, Dom.
- North Team – Mat, Matt, Mark.
- Targeting areas depending on the needs of the community.
- Careline – happy to come and promote the system at the hubs, sign people up, and show how it works.
- Report It to Sort It – ASB reported online. New system provides feedback to residents on actions taken if they provide an email address. 1,300 cars reported since June, with 400 closed cases.
- If Community Officers are aware of a problem, it enables the council to identify and provide appropriate support.

## **Link for Community Officers slide show - [Here](#)**

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[Hannah.drew@stroud.gov.uk](mailto:Hannah.drew@stroud.gov.uk) – Communities Development Manager

[Dominic.malone@stroud.gov.uk](mailto:Dominic.malone@stroud.gov.uk) – Community Safety Engagement Officer

## **Feedback:**

- How often do the hubs see community officers? – approx. 5 of the room had seen community officers in the last 6 weeks. Many mentioned it had been 12 months. If there is ever a problem, contact Hannah Drew as the officers should have a presence. ACTION: Community officers come and meet people one on one.
- Stonehouse APT – both Matts have been very supportive
- Mat, Matt and Mark are all very nice

## **ABL: Liam and Marianne Healthy Lifestyles Gloucestershire – Overview**

Slides for presentation available [here](#)

### **ABL - Healthy Lifestyles Gloucestershire**

- The service is delivered by **ABL Health**.
- **Liam Sweeny** is the **lead for Stroud**, with responsibility extending beyond this area.
- Services are free for individuals who live or work in Gloucestershire.
- Further detail is available in the handout
- Healthy workplace scheme – Can the hubs sign up to this?

### **Weight Management Support**

- Clinics typically support 15–20 people per cohort.
- Weight management is delivered as a 12-week programme.
- The service works with individuals who are over a healthy weight.
- Low weight / underweight individuals are not supported by this programme.

### **Smoking Cessation**

- Smoking support is delivered virtually on a one-to-one basis.
- Programme length is 12 weeks.
- Support includes:
  - Vouchers
  - Prescriptions (where appropriate)
- There are plans to reintroduce face-to-face delivery in the future.

### **Healthy Beginnings Programme**

- Healthy Beginnings is led by a former midwife.
- Provides pre- and post-natal support.
- Delivery model:
  - Virtual sessions
  - Face-to-face sessions on Thursdays at Stroud Maternity
- Additional baby groups are planned and will be launching soon.
- Engagement with local gps and public events. The different courses could be held at different community hubs. – new rolling clinic, talk to Liam Sweeny. More rural areas need to be targeted. Zoom classes can also be offered.

### **Healthy Lifestyles – Alcohol reduction Coaching**

- The Healthy Lifestyles alcohol reduction offer runs for 4 weeks, with a provisional start date at the end of January.
- The programme focuses on engagement, risk awareness, and harm reduction, delivered virtually on a one-to-one basis.

- Individuals discussed are scoring under 16, meaning they do not meet the threshold for VIA involvement.
- Although not alcohol dependent, service users may be drinking more than is healthy and require early intervention and lifestyle support.
- Support is aimed at reducing alcohol intake, increasing awareness, and building skills to self-manage going forward.
- Graduation packages are provided at the end of the programme to support continued progress independently.
- Individuals are able to re-engage with Healthy Lifestyles if further support is required.
- There is a waiting list, and the service is delivered as a virtual one-to-one clinic.

### **Ongoing Support, Aftercare, and the Role of Hubs**

- Discussion took place regarding additional support and what happens once Healthy Lifestyles courses end.
- Consideration was given to the ongoing role of hubs in supporting individuals during and after the programme. It was mentioned that due to the course being virtual that it is the hubs that will interact with the users face to face so they need to be given relevant information
- Hubs act as a key referral pathway into Healthy Lifestyles and play an important role in:
  - Encouraging engagement and attendance
  - Providing ongoing informal support once structured sessions end
- Questions were raised around aftercare arrangements, including:
  - How individuals are supported post-course
  - If the hubs will be given any training, advice or materials to help support service users
  - Whether support is directed at service users directly or via the hubs
- Follow-up calls will be made to individuals to assess outcomes and determine whether the programme has been successful.
- If an individual's alcohol use escalates and their score reaches 16 or above, a referral to VIA would then be appropriate.

**More active communication with hubs is needed. It will bridge the gap between working with community hubs and make it more accessible.**

Marianne Carter – System & Engagement Lead - [MCarter@ablhealth.co.uk](mailto:MCarter@ablhealth.co.uk)

Liam Sweeney -Area lead, Cheltenham, Tewkesbury, Stroud, and the Cotswolds - [LSweeney@ablhealth.co.uk](mailto:LSweeney@ablhealth.co.uk)

## **VIA: Gloucestershire drug and alcohol service**

- Next steps, complaints, support groups, drop ins
- Contract for nearly two years, one-to-one
- Free service – Glos, Cheltenham, Stroud – Bath Road near the canal in Stroud, GL5 3JG
- Group work – alcohol to opiates
- Intuitive Thinking – 4-day course
- Nelson Trust
- Young Gloucestershire
- Refer online or via paper copy; discussion, assessment, and then pathway decide
- First practitioner appointment is the first session
- Harm reduction – training staff to have naloxone on site – FOLLOW UP ACTION: what the process is?
- 1-to-1 every 4 weeks (often 6–7 weeks)
- Needle exchange and BBV testing, naloxone dispensing
- Buprenorphine – weekly or monthly injection instead of daily tablets, reducing cravings and symptoms
- Detox and rehab; community detox (alcohol only)
- Outreach in Stroud – DO WE NEED OUTREACH IN STROUD?
- Drop-ins
- Aftercare and mutual aid support
- Not just medication – needs a full approach
- How hubs connect with VIA – online referral; VIA can also come to hubs to support referrals. Drop-ins can provide lower-pressure engagement
- Many of the hubs want drop-ins
- Inclusive volunteer project – Trinity Room – VIA link-up
- Invite VIA to the hubs – connecting; more outreach – FOLLOW UP
- Training for hubs

### **Discussion:**

Current offer of addiction support at GL11 Community hub - SMART group 12 week course in Dursley, peer led.

### **VIA Contacts**

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Kate Simmons – [kate.simmons@viaorg.uk](mailto:kate.simmons@viaorg.uk)

Mike Major - [Mike.Major@viaorg.uk](mailto:Mike.Major@viaorg.uk)

### **March Meeting:**

- Feedback on pilots
- Closed group
- Housing officers – Email sent for more specific information
- Crisis reliance fund – 3 year fund – Preventative, advice – moving away from vouchers and grants. Legacy impact pilot. Vouchers will not just suddenly stopped. - We will know more by the March meeting Replacement for household support fund.

### **Actions:**

- Kate VIA – be added to the mailing list. – Sam
- Training shared with the hubs – Sam
- Slides and digital information shared – Sam
- Community officers - Is there going to be any opportunity for the format to include community and voluntary data to be able to shape the process. Data analysis new recruit at SDC, can we join this up? – Sam and Hannah
- Community officers come and meet people one on one. – Hannah
- Inclusive Volunteer Project – Trinity rooms and VIA
- Bridging the gap between hubs and these services, connect training and workplace opportunities:
  - Hub eligibility for healthy workplace scheme – ABL & Sam
  - Sessions at the hubs – ABL & Sam
  - Drop in's for the hubs– VIA & Sam
  - Addiction training for the hubs – VIA & Sam
  - Training to have Naloxone on site – VIA & Sam
  - Outreach in Stroud – VIA Lizzie
  - Write a one page overview of how the hub network works - Lisa

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