



Minutes of South East Integration Network Meeting

Tuesday 8th December 2020 - Online

Present:	Asma Abdalla	Empower Women for Change
	Jennie Bates	Pollokshields Development Agency
	Kim Blyth	The Glad Café
	Tracey Burns	Families Outside
	Ruth Cape	SEIN
	Susan Clark	The Dixon Community
	Joanne Craig	Home Start Glasgow South
	Jola Dolewska	SEIN / South Seeds
	Ruth Forsythe	SEIN / Finn's Place
	Kenny Fulton	CrossReach Daisy Chain
	Lucy Gillie	South Seeds
	Godsal	Glendale Women's Café
	Grace Gracie	Families Outside
	Kirsty Hood	Queen's Park Arena
	Zoe Jarvis	Pollokshields Development Agency
	Vicky Kakos	The Wee Retreat
	Penny Macleod	SEIN / The Well
	Erica Malakia	Amma Birth Companions
	Clare McBrien	Givin' it Laldie
	Stephanie McCulloch	NHS Health Improvement Team South
	Caitlin McMullin	Concordia University
	Margaret Muir	Marie Curie
	Christine Musasa	Govanhill Baths
	Angie Mwafurirwa	SEIN / Scottish African Women's Network
	Charlie Reischl	Remade Network
	Magdalena Ross	Police Scotland
	Alex Sarkisian	Glasgow Zine Library
	Annette Smith	Mears Housing
	Lorna Smith	Mears Housing
	Jess Steele	SEIN
	Jackie Stockdale	Glasgow Community Food Network
	Emma Straughan	Scottish Association for Mental Health (SAMH)
	Karolis Toleikis	Bike for Good
	Fariha Thomas	Youth Community Support Agency (YCSA)

Apologies: Syma Ahmed (Glasgow Women's Library), Marzanna Antoniak (Govanhill Thriving Places), Meg Camley (SEIN / Home Start), Shaunagh Jones (National Lottery Community Fund), Anne Kinghorn (Mears Housing), Karen Krawczyk (SEIN), Grace Mark (The Hidden Gardens), Kirsty McDonald (The Alliance), Allison McKenna-Breen (Glasgow HSCP), Paddy McKenna (SEIN / Cassiltoun)

Housing Association), Sarah McPhie (The Well), Amra Nazim (Govanhill Housing Association), Felix Slavin (Music Broth)

1. **Welcome**

Meeting chaired by Penny.

2. **Minutes of last meeting**

Proposed by Alex, Seconded by Jennie

3. **Board Update**

Welcome to our new trustees

We're delighted to welcome two new trustees on to the SEIN board; Jola Dolewska and Paddy McKenna – both have been part of the network for some time, representing South Seeds and Cassiltoun Housing Association respectively. We're sure they will both make a valuable contribution to the board, and would like to thank them both for the time they're giving to the network.

The opportunity to join the board is still open (particularly for the role of treasurer), please get in touch if you are interested.

Welcome to our new Communications & Admin Officer

We're also delighted to welcome Jess Steele as our new Communications & Admin Officer. Jess will be starting in January, and we're very much looking forward to working with her & developing the network through this new role.

We received lots of strong applications for this post and would like to thank everyone who took the time to apply. We'd also like to thank SEIN board members Angie, Karen, Meg & Penny for the time they all gave to the recruitment process.

4. **Staff Update**

Welcome to our new members

A warm welcome to Scottish African Women's Network, The Wee Retreat and Remade Network who have all recently joined SEIN.

Glasgow Helps Survey: Festive Period Services

Highlighting [this survey from Glasgow Helps](#) which is getting a sense of services operating across the city over the festive period.

SEIN Library: New Books

We've added several new books to the SEIN library – [have a look on our website](#) (& keep your eye on this, more to be added). These are free to borrow - get in touch with Ruth C to request a book. Happy to take suggestions for more books which should be included.

Christmas Gifts & Donations

Several of our members are offering Christmas gift opportunities, such as Milk Café hampers, and Music Broth instrument library subscriptions. Others have Christmas/winter donation drives including [The Well](#), [Amma Birth Companions](#) and [Positive Action in Housing](#). Contact Ruth C if you have any gift or donation opportunities which you would like to be promoted.

5. Presentation: The Future of Queen's Park Recreation Grounds Changing Rooms (South Seeds)

Lucy Gillie from South Seeds gave a short presentation about their new project:

We are soon to take over the lease of the old changing rooms in Queen's Park Recreation Grounds from Glasgow City Council. It is currently a disused site & we want to bring it back for community benefit. We'd like it to be a space where people can meet & spend time outside, as well as providing community garden growing opportunities. We'd like to work in partnership with as many other groups as possible, and are keen to hear more from the network & the wider community about what you would like on the site.

A short poll was held in the meeting asking the following questions:

Q1. If there was sheltered outdoor seating at the site, might you (or others) use this as a place to meet? (Yes/No)

Q2. If we ran training courses outside, what do you think would be most popular?

- Fitness
- Child-focused activities
- Wildlife
- Arts & Crafts
- Music
- Bike repairs
- Woodworking
- Sustainability

Q3. If we built a community garden, do you think there would be local interest in learning how to grow vegetables and salads at the site?

Q4. We have a tool library, do you think there would be local interest in workshops demonstrating how to use tools?

If you would like to give your own feedback on any of these questions, or find out more about the project, contact Lucy: lucy@southseeds.org / 07790119021

6. Breakout Groups

The meeting split in to breakout groups. Groups were invited to discuss thoughts on the following question from South Seeds, regarding the changing rooms site:

- **What community benefit would you like to see on that site & do you have any ideas?**

Groups were then invited to discuss the following questions:

- **What's gone really well for you in 2020?**
- **Have you built new relationships with other organisations this year?**
- **What have you learnt this year that you would like to carry forward?**

Below is a summary of some of the notes from the group discussions:

What went well

- The way in which the voluntary sector stepped in to respond to the crisis
- Good community engagement as a result of attending more networking events and building presence on social media
- Opportunity to stock take/reflect/adapt/think creatively
- Phone calls meant we had more intense/in-depth conversations with people
- More outdoor engagement
- More uptake from schools
- Development of digital skills & access
- Increased access to food (removal of barriers)
- Sense of resilience & affirmation of the need for our work

New relationships

- Relationships have developed out of solidarity and support from other orgs
- Zoom has allowed people to attend more groups and meetings (even though the networking element has depleted)
- Better relations with police as a result of raising awareness about work being done and opportunities to refer
- New relations with SEIN, families, carers, musicians
- Have reached out for advice from others about how to adapt
- Networking has been hugely important this year

Learning to carry forwards

- We have learned that we can adapt in challenging times
- Appreciation of how creative and adaptable people, organisations and services can be
- Understanding of what other groups & services are out there & different ways of working
- Need to be more probing when supporting people on the phone as things aren't as apparent as when face to face
- Will keep telephone and email contact as a constant, everyone has adapted really well to this
- It's important to keep motivation going
- People and organisations can be flexible when the will is there

- We're all Zoom experts! Blended activities (online and in person) will play a big part in our future programmes. Increasing accessibility to those who can't attend in person

7. **Prize Draw**

A prize draw was held to mark the end of this year, and to thank everyone for their engagement with the network through 2020. The prize was Freedom from Torture's beautiful 'New Scots Cooking' recipe book, which was created through their Healing Neighbourhoods project.

Asma from Empower Women for Change was the lucky winner. Asma was delighted and said she would use the recipe book with their food group. Congratulations to Asma, and wishing their food group many tasty meals!

If you would like to order a copy of the recipe book from Freedom from Torture, contact Ahlam: asouidi@freedomfromtorture.org

8. **Updates**

CrossReach Daisy Chain – We are in the process of recruiting for a Roma-focussed family support worker.

The Wee Retreat – Vicky introduced herself & The Wee Retreat, as new members of SEIN. The Wee Retreat is a wellbeing centre based in Crosshill (opposite Crosshill train station). We offer wellbeing classes (yoga, pilates, mindfulness etc.). We are keen to make our services as accessible as possible to everybody. We're currently running a free virtual 'Wee Cuppa' every Wednesday morning (11-11.45), facilitated by one of our mindfulness tutors, for anyone who is feeling isolated, or would benefit from a space to unwind and chat. Contact Vicky: info@theweeretreat.co.uk.

We've also created a 'Wellbeing at Work' service, for organisations to look after their teams – organisations can sign up & all of their staff, volunteers, board members will get access to our online wellbeing classes. We are offering this service as a buy one give one for corporate/3rd sector organisations. Contact Deb: wellbeing@theweeretreat.co.uk

YCSA – From the streetwork we've been doing, we've started two new groups held in the Bowling Green in Pollokshields: Monday evenings for boys/young men, Tuesday evenings for girls/young women (in partnership with Community Renewal). Contact: enquiries@ycsa.org.uk

We're in the process of interviewing for several new posts for new projects, which we'll look forward to updating you on in the new year.

Govanhill Baths – We have launched a postcard service – distributing free postcard packs in Govanhill; through shops, community groups & GP practices. Each pack contains 6 commissioned designs with simple activities or exercises which people can follow to improve their wellbeing. See: www.govanhillbaths.com/postcards/

Empower Women for Change – Our Low Carbon Community Project can deliver online tutorials in upcycling (to individuals or groups) – [find out more about this project on our website](#).

Our food group are distributing parcels every Tuesday and Thursday from 11am-2pm in our office in St Enoch Sq. We also still have food vouchers to distribute; get in touch if you know a family who are seeking asylum or are particularly vulnerable & would benefit from this. We may also be able to access some financial help for them.

We also have counselling and mental health support; primarily for asylum seekers & refugees. Finally, we can offer 1:1 or group Digital Inclusion sessions. Contact: info@empowerwomenforchange.org.

Glasgow Zine Library – Starting a new Young Producers Programme; mentoring programme for young people aged 14-18 who are interested in community art & events. This will be starting in the new year, with the focus for the team of young people to create events for our next Glasgow Zine Fest (applications closed at 5pm on Tue 8th Dec).

On Saturday 12th & Sunday 13th December, 12noon-4pm, we will be open for food bank donations (at our space on 636 Cathcart Rd).

Amma Birth Companions – We offer support to asylum seeking and refugee women who have having a baby. [Find out more on our website](#), and refer if you know anyone who is going through pregnancy and could benefit from our support.

Marie Curie – We're engaging with other 3rd sector organisations so they can help influence the work that we do in communities & help us support either their staff or their service users in terms of those that are effected by death, dying and bereavement. [We currently have a survey open](#) and are really keen for your responses to ensure that we are putting the right services within your community. We can also provide training for your staff teams. If you have any ideas about how we could collaborate to support your service users, please get in touch. Contact: Margaret.Muir@mariecurie.org.uk

NHS Health Improvement Team – Coordinated by Women's Health Network and Govanhill Mental Health Support Group, the Staff Wellbeing Project offers wellbeing activities (including Shiatsu, woodland time, mindfulness – online and in person). These are free sessions, open to staff and volunteers working in/around Govanhill. More information and booking is available [via this portal](#) (password WellbeingPortalGH). Also offering staff peer support sessions – contact allison.mckenna-breen@ggc.scot.nhs.uk for more information about these.

This week, with Govan Community Project, we are launching the 'We Journey Together' resource which shares stories of four people going through the asylum process in the United Kingdom. This creative short film was co-created with participants from the Govan Community Project, who wanted to dispel the misconceptions and show the reality and obstacles faced by those going through

the asylum process in the UK. For more info and to take part in sessions in 2021 to get familiar with the resource, contact: stephanie.mcculloch@ggc.scot.nhs.uk.

Mears Housing – A Mum & Baby Unit is opening up in mid-December, with 37 self-contained units for young mothers & their babies. We've been doing a lot of work with the 3rd sector around Digital Inclusion – which has been particularly helpful for those in the hotels. We still have 3 hotels operating, until such a time as we can move people on to their own accommodation. We've been running ESOL classes, activities & cultural food sessions for those in hotels. We've been working with Glasgow's No.1 Baby & Families Support Centre on their Christmas toy appeal. We'll be supporting 160+ parcels going out to families which will include festive gifts and warm jackets for children. Contact: welfarescotland@mearshousing.co.uk for general referrals (e-mail address monitored 9-5 Mon-Fri). Lorna & Annette are currently the Resident Welfare Managers working in the South Side of the city. Contacts: lorna.smith@mearshousing.co.uk, Annette.smith@mearshousing.co.uk

Anne Kinghorn, Partnership Manager, has send a full update to Ruth C, who will circulate this to the membership.

Finn's Place – We've published a booklet of poetry & prose from our writing group (can be bought for £8 collected from Finn's Place, or £10 with postage). Therapy vouchers available: £25 for massage, Alexander Technique or reflexology. Open for foodbank donations on Tuesdays 10am-12noon & Sundays 11.45am-1pm. Contact: ruth@finnsplace.org

Glendale Women's Café – We've been out of our space at 423 Sheilds Road since March, but our landlords, Southside Housing Association, have recently done some work taking walls down which has created a much bigger space. We're hoping that this will mean we can start meeting in person again in the space in January (with reduced numbers).

Updates in absence

Glasgow Women's Library – As 16 Days of Action 2020 comes to a close this week, Glasgow Women's Library and The Daisy Project announce the launch of a coercive control training toolkit to accompany their short film, "Shifting Sands". "Shifting Sands" will be available to watch for the remainder of this year's 16 Days campaign (7th-10th December). [Follow this link to watch the full film and learn more about the upcoming Toolkit.](#)

The Hidden Gardens – Looking for some wee gift or stocking filler ideas? A Yaldi gift voucher from [Glasgow Community Lottery](#) gives your loved ones the chance to win a cash prize whilst also helping to raise money for local good causes. Yaldi vouchers start from just £5. We would be grateful if you choose The Hidden Gardens as your cause. We get 50% and 10% goes to other local causes. [Buy your ticket and support The Hidden Gardens here.](#)

Music Broth - Our new-look website and rebrand has now launched; check it out at www.musicbroth.org. All individuals being referred to us for support, or requests for instruments and equipment should now be made directly via our [website](#).

We're offering '[Gift of Music' membership vouchers](#) (Starting at just £6 for a month's membership to our whole instrument library - a nice stocking filler and New Years Resolution kickstart...).

A heads up that we're closing for the Christmas break from Weds 23rd Dec 2020 – Tues 5th Jan 2021 inclusive, with last orders for instruments on Mon 14th December to allow us to prepare and schedule last deliveries on Mon 21st, Tues 22nd and Weds 23rd December.

Finally, tune in to our 'Unsilent Night' fundraiser on Sunday 13th December at 4pm to enjoy a huge selection of local musical talent. We have an amazing line up with both pre-recorded and live performances. [Check out our facebook event](#).

9. Notes from Chat

The Dixon Community (Glasgow South East Carers Centre)

As with the roll out of the flu vaccine, it has never been more important that carers let their GP know they have a caring role. This will also ensure they are entitled to the Covid-19 vaccine roll-out, as unpaid carers are in the first phase of those entitled to the vaccine.

We are delighted to have received funding to give some of our Young Carers, in most need, a small pamper package this week. We hope that additional funding will be confirmed shortly in order to do something similar for our adult carers in most need over the festive season.

Should you identify a Young Carer the referral process for support from their local Glasgow Carers Centre is:

- If a Young Carer, ensure parental consent has been granted
- Call The Carers Information Line on 0141 353 6504
- OR [complete the online referral form](#)
- This is the same referral process for adult carers

Families Outside

Do you know a child or young person with a family member in prison? We Can Help! Despite all the challenges that the Coronavirus has brought, we are still supporting families through our 'Our Voice' Peer Support Group. The group offers peer support to children and young people aged between 8-18 years affected by imprisonment. The group is delivered via Zoom online (during lockdown) and is for all children and young people whether they have regular contact with their family member in prison, or no contact at all.

Our next Our Voice Peer Support Group will be held on Thursday 17th December, 6 – 7.30pm on zoom, when we will be having Christmas fun and games.

If you know of any children or young people who are affected by imprisonment

and would be interested in coming to our Peer Support Group please share the group details and contact me tracey.burns@familiesoutside.org.uk.

Caitlin McMullin – Concordia University

For those I haven't met, I'm a researcher at Concordia University in Canada, researching migrant integrant services (very broadly conceived), service user involvement, and the adaptation of services and approaches to the pandemic. I'm trying to interview as many people in Glasgow working in the sector as possible — if you'd be willing to take part please email me at caitlin.mcmullin@concordia.ca! You can find more information about the project [on my website](#).

10. AOCB

From the SEIN board; wishing everyone a restorative holiday time & a happy Christmas for all those celebrating.

11. Dates of Next Meetings

No meeting in January

Tuesday 9th February

Tuesday 9th March