

PPG Meeting Minutes 19th May 2022

Freedom Community Project

In attendance at today's meeting was the Freedom Community Project, A charity, who do amazing work in our area.

Mark from the Freedom Project introduced himself and also Margaret, who was kind enough to attend.

Food bank

Most people in our area do know about the food bank they run at Hillstown. If someone needs this service, they can get 3 days' worth of food. He said this would probably last 5 days, but it is a good 3 days' worth of food at least. If anyone needs this service, they can go on the website <https://freedom.charity/#about-us> or they can attend one of their cafe's. I will give details of these below.

Feeding Derbyshire food and clothes shop (NEW)

In addition to the food bank, they are also in the process of starting up a new service called "Feeding Derbyshire" This is a new shop, which will be held at the old Hillstown Methodist Church 5 mornings a week, Monday-Friday. It will have low-cost food (fill a bag for a fiver!) and clothing (school uniforms etc) for members The membership will cost £5.00 for the year. With this you will get a very strong bag, which can be used to collect your bags of food. The shop will have tinned products but also will have fresh fruit and veg, which will be grown on the Freedom Community Projects allotment, this is ran by their volunteers. This will begin in the next month. There will also be an online version of this, and the food can be delivered to any of their sites. They cannot deliver these to people's homes. This shop is for everyone and has no eligibility criteria.

Freedom Cafés

Every Monday to Friday morning there are free cafés held in the Bolsover Area. So, you can literally go and get a free hot drink every week day! These are held at the below locations 9.00am – 1.00pm:

Monday – Bainbridge Hall

Tuesday – Hill top Methodist Church

Wednesday – Bainbridge Hall

Thursday – Community Hall at Hillstown

Friday – Hill Top Methodist Church

At these cafés you can also get free benefit advice, debt advice, Housing support and mental health support. They also have a professional counsellor attend these cafés.

Adult Reading Group

They also run an adult reading group. This is for people that struggle to read and write. This is held at Hill top Church on a Tuesday morning. You can just turn up for the first session and see what it's about and then you will be given times etc of the next session.

Freedom Community Project Allotment

They have two of their own allotments in Shuttlewood. These are run by volunteers. They grow their own food, which will be sold in the shop. All volunteers have a free DBS check. They are also trying to get a minibus if they can get funding for this.

Volunteers

All volunteers receive a free DBS check. You can volunteer at any of the cafés or the allotment. For more information on volunteering you can contact them on 0300 3020334 or email them info@freedom.charity or fill in the volunteer form on their website here: https://freedom.charity/?page_id=450 and tick the areas you are interested in volunteering in or you can turn up at one of their café's. If you can't call them, they also offer a "call me back" service.

Healthy cooking programme

They are also in the process of starting up a Healthy Cooking Programme at Hillstown, which is funded by Morrisons.

Training

They offer media training for adults over 18 and in some cases over 16. This helps build confidence when applying for jobs.

Housing

Freedom provides housing support to people across our area. The people who access this service would other wise be homeless. They help people find a property and support them into their home. For those in Bolsover District they provide a bond for a house and support from one of their team for the first year of their tenancy. After this, on going support is provided at the centres.

Chesterfield Radio

Freedom has it's own Radio station "Chesterfield Radio" for more information about this please visit their website <https://freedom.charity/#about-us>

I hope I got all the information they passed on to us correct. Please check their website for further information or go to one of their centres for further advice.

Thank you to Mark and Margaret for all this information. I hope our patient's will find it useful.

After the talk from the Freedom Project, we discussed ways we can get new patients interested in joining our PPG. We have tried to advertise with little success. It was suggested that the members of our PPG stand in our waiting room advertising the PPG one day? We will have a think about this for the next meeting.

We discussed Urgent Treatment Centres. One of our members – JG attends a group with healthcare members and social services, and this is a subject that was discussed at their meeting. Our Urgent Treatment Centres are quite far away, and they are trying to get us one nearer to Bolsover. JG will update us on this when she knows more.

We would like to get someone from a Mental Health Service to do a talk at a future meeting about what help we have in the area for mental health and what services there are. We will look into this.

The next meeting is scheduled for Thursday 7th July at 10.00am unless this is not suitable for anybody. Please let me know and we can try and rearrange.

Thank you everyone for attending and I will keep in touch via email. If you have any questions or ideas please email me ddccg.familyfriendlysurgery-ppg@nhs.net

Margaret will bring in Freedom Community Project leaflets and posters for our waiting room.