

Hope Triangle Health Group
Thursday 29th August 2013, 10a.m in 12 Firrhill Neuk,

Attendance- E. Aitken, K. Stewart, V. Gardener, V. Stewart, A. Bracken, F. Gosney, M. McMillan, H. Levy.

Apologies- J. Napier, R. Livingston, J. Stewart, C. Melville, Mark. Vrionides, G. Johnstone, P.I.Podd, F. Tait, J. Rust, H.Woodward, J. Fairgrieve.

Development Plan- All members were given a folder containing the Suicide Awareness Report, Operation Cipher Report, the updated Development Plan 2013/15 and previous meeting notes. All members commented that this was very useful.

Training- H.L fed back the latest details re the Mental Health Training. She has received details about STORM, ASIST and Scottish Mental Health First Aide training. There is a newly adapted Scottish Mental Health First Aide training targeting parents of teenagers which will be ready to launch in October 2013. H.L will contact them to secure a date for later on in the year. Funding is needed to progress the ASIST & Scottish Mental Health First Aide training. H.L. to investigate this. In the mean time Jan Gaffney & her colleague will facilitate a Mental Health Awareness morning on **Thursday 3rd October 2013 at 9.30-1p.m in Firrhill Neuk** for 10-12 people. It was agreed to evaluate this session and use the evidence to support future funding applications.

Four of the HTHG volunteers are taking part in the Queen Margaret University Community Development Module facilitated by NHS. Jen has agreed that H.L can assist the students with study days in Firrhill Neuk.

Firrhill Medical Project- there was some discussion on how the HTHHealth group can assist if needed with this project. H.L will raise this at the next meeting.

Domestic Abuse Research Work- D.H, our volunteer counselor has introduced the Craft Circle to I. Hart, who is doing a four year research study on Domestic Abuse. She will be researching in four areas, two affluent and two of recognised deprivation North & South of the city. She hopes to create two focus groups one aged 14-18 and one aged 50 -59. She will meet members of the Craft Circle, if they agree, as a possible focus group as part of the research project. First meeting will be Tuesday 17th Sept 2013.

Charity Event-ONC have agreed to a free let for the HTHG first charity event (F.T. has volunteered to do janitorial duties). This will be held on Saturday 30th November 2013 7p.m, tickets will be £3. Y.T has agreed to do a sponsored 'head shave' and various male volunteers have agreed to a wax. Monies raised will be equally shared between Cystic Fibrosis & Hope Triangle Health group.

Community plant days- The potatoes, broccoli and herbs are ready for harvesting; this will be done on Saturday 8th September when R. L, with the assistance of volunteers will build the donated hut.

Logo- There were various designs discussed one was chosen for the Facebook and Twitter pages and one for the letter heading. K.L will progress this.

Newsletter- Draft copy of the newsletter was circulated. It is nearly complete the training dates have to be confirmed and then it will be ready to go out.

Skills Sharing Event- One of the recommendations from the Greenspace Trust Conference in Feb 2013 was to investigate the creation a Skills Swop Event. The first meeting of this project has been held and Hope Triangle will hold the first, on 26th October 2013, of three planned events over the year 2013-14. There will be outdoor activities in Hope Triangle and the Craft Circle will host the indoor activities.

Treasurer update- Any monies left over from last year's funding will be transferred over after the Firrhill Community Councils A.G.M. Tesco's have offered a £30 voucher for bulbs.

A.O.B- Carers Forum will be holding a debate in St John's Church, Prince's St on Wednesday 18th September 2013. Wednesday 18th September, 12-1p.m
Mindfulness session in Firrhill Neuk

All the Hope Triangle Health Group meetings are public and anyone can attend. We are especially looking for Service providers to join us and show true partnership working.

D.N.M- Thursday 31st October 2013, 10a.m in Firrhill Neuk