

## Minutes

**4<sup>th</sup> February 2026**  
**10am-12pm**  
**Zoom**

In Attendance: Host - Jen Corcoran (Sefton CVS) [JC]

Jacinta Ashdown (Age Concern) JA; Jo Bruce (Mencap) JB; Carol Flanagan (Venus) CF; Gina Harvey (Expect) GH; Lauren Jones (Sefton CVS) LJ; Cormac O'Carroll (Sefton CVS) CO'C; Michelle Rossiter (Home from Home, Sefton) MR; Andrea Waind (NHS Cheshire and Merseyside) AW; Ryan Whittaker (Kooth) RW; Bob Wilkinson (Samaritans) BW

Apologies: Andrew Booth (Sefton Advocacy), Deb Blakemore-Collins (Living Well Sefton), Laura Jones (United Utilities)

	<b>Summary</b>	<b>Action Points</b>
Welcome and Introductions	JC began by welcoming attendees and re-introducing self and role at SCVS Attendees introduced themselves and their roles.	
Presentation	JA shared a presentation on ageing which covered historical and societal attitudes to ageing, looked at the biology of it and looked at the changing population worldwide, and locally. The presentation focused on ageing well and reframing attitudes, as well as supporting mental wellbeing. Ways to support this were shared such as creating physical and social environments mindful of these considerations.	JC to send out presentation with minutes in newsletter
Presentation Discussion	Following the presentation, there was discussion – it was confirmed that loneliness is a key factor in mental health crisis. It was also mentioned that the resilience skills being developed in our younger residents should hopefully have long term benefits for their ageing well.	
Community Insight Tool	JC shared tool and gave overview of purpose of CVS Community Insight Tool which allows shared information to provide a bigger and richer picture of borough successes and needs. JC shared QR code and encouraged use of during forum.  GH again offered testimonial as a previous user and	JC to share again in minutes newsletters, this will be a regular forum feature

	highlighted that this can be used to identify gaps in provision and inform policy	
Presenter	<p>AW presented on the lung cancer screening programme that has just started in the north of Sefton. This was especially timely as it was World Cancer Day.</p> <p>The programme will reach out to anyone aged 55-74 who is listed as a smoker, or former smoker via GP records and consists of a telephone call, then a potential low dose CT scan at Dunes if needed.</p> <p>The programmes so far have had good engagement and there have been early diagnoses of lung cancer as well as incidental findings of other cancers.</p> <p>There is also a self-referral option if you do not receive an invitation or don't have a GP etc.</p>	JC to share presentation and connect AW with forum attendees that identified this would be beneficial.
Presentation Discussion	<p>One attendee asked whether there was any plan to expand the criteria. At this time there is not, but there are studies being done to assess the potential benefits.</p> <p>Another query related to additional support for those who are neurodiverse, have learning disabilities and/or are in supported living. It was confirmed that NHS England push for inclusion and uptake and the Cancer Alliance is engaging with homelessness services, LD support agencies and other professionals to offer support such as face to face assessments, longer appointments, easy read information.</p> <p>It was also clarified that there will be</p>	
Agenda Discussion	<p>Sefton Safeguarding Adults Board</p> <p>JC asked the attendees whether there were elements of safeguarding they had a particular interest in, or enquiries.</p> <p>Upon reflection, the attendees suggested they might prefer a shortlist of topics to select from.</p>	
Partner Updates	<p>GH advised that Expect are currently preparing for a Supported Living tender and are engaging with Service User Advisory Group to glean lived experience.</p> <p>MR confirmed a dementia support group will be launched in Lydiate soon.</p> <p>BW mentioned Brew Monday – an antidote to “Blue Monday” and encouraged attendees to take time to talk to one another day to day, not about work.</p> <p>“Small talk saves lives”</p> <p>LJ flagged the upcoming Wellbeing Fair at</p>	JC to share Wellbeing Fair information in newsletter.

	<p>Southport Market on 21 February 2026</p> <p>JA told us that the head office of Age Concern has relaunched their telephone hotline. She also shared the news of her upcoming retirement, noting that the vacancy would soon be shared. Attendees were sad to bid farewell but wished her a very happy retirement. She will be missed.</p> <p>CO'C advised there will be a community event related to the Windmill Foundation on the horizon and confirmed CVS will share information nearer the time.</p> <p>RW confirmed there has been high engagement throughout January and this is indicative of reaching young people, rather than of an increase in MH needs – their approaches mirror the Samaritans in terms of general talking, disrupting thoughts of harm/suicide.</p> <p>JB highlighted the Mencap Café in Crosby and the charity shop – they are accessible and there are sometimes exhibitions.</p>	
AOB/Close of Meeting	<p>BW and GH shared awareness of Zero Suicide Alliance training that people can undertake to improve knowledge and improve confidence.</p> <p>Meeting closed at 11:45</p>	<p>JC to share Zero Suicide Alliance link in newsletter and highlight next Sefton in Mind forum which will have a speaker on this topic.</p>

**Date and time of next meeting**  
 Wednesday 1<sup>st</sup> April 2026  
 In Person – Venue TBC