Notes of NIN Meeting

17th December 2020 – 1.30 – 3.30pm

	Present: over 50 people from all over Scotland joined the meeting via Zoom.
	1. **Introduction** from Michael Connolly Vice Chair of the NIN, Michael welcomed everyone to the meeting.
	2. News from the groups There was a video sharing updates from – - Aberdeenshire Networks - Dundee Involvement Network - Edinburgh Involvement Network - Ayrshire Involvement Network - John Gallon (individual) - Community Networks in Renfrewshire The videos explained what each network had been doing and John introduced himself.

	3. My community – learn about different types of community. Ben, Gregor, Tom and Ross spoke about what community means to them. Aimee read the description of Charter Statement Nos 3 – "we must be involved in our communities."
	4. Small group discussion and Icebreaker **What community do you feel part of?**
	5. Comfort break/ Catherine did an energizer
	6. Feedback from groups (selection) **What community do you feel part of?** - Delivering Christmas meals - Using Zoom, playing games online - Exercise outside - Film making - Advocacy groups - Church - Discos - Making magazines - Not part of community when in hospital or unable to see friends

	7. Small groups discussions – **What stops you taking part in the community?** **What helps people to take part?**
	8. Feedback from groups (selection) **What stops you taking part in the community?** - Covid has stopped people being able to travel into other local areas, this has meant we have got to know our own town better - Getting called names - Self confidence, shy - Leisure centres, you need to book now, can make things difficult **What helps you to take part?** - Be kind to people, and people being kind - Having someone you can connect with - Being open and welcoming - Need information in a way we can understand – easy read - Technology to go online - Disabled access

	9. How has the meeting been? Catherine asked everyone to say one word that described today's meeting – she made a word cloud.
	10. Next Meeting To be arranged.