



Notes of the Sudbury Locality VASP Meeting – 26<sup>th</sup> November 2014

At the Cornfields Children's Centre, Great Cornard

### **Attendees**

Nigel Brett (NB) – Babergh District Council (Chair)

Wendy Shepherd (WS)– SNAP

Chris Boatwright (CB)– Kernos Centre

Elizabeth Storer (ES) – Healthwatch

Steven Emmerson (SE) – SCC

A Brockbank (AB) – Royal British Legion

Sally Watson (SW)– SCC

John Taylor (JT) – Richmond Fellowship

Jackie Dew (JD) - (Minutes)

### **Apologies**

Julia Carr (JC) – VASP Co-ordinator

Joanna Belfield (JB) – The Befriending Scheme

Carol Long (CL) – Home Start South Suffolk

Val Neicho (VN)– Dementia Advisor

Siobhan Hemmett – Mental Health PCSO

Andrew Good – NSFT Governor

Dr Michael Bamford (MB) Babergh/Health & Wellbeing Board

### **1. Introductions / Apologies**

Introductions round the table.

Read through the apologies.

The Minutes from the meeting on 24<sup>th</sup> September 2014 were approved without modification

### **2. Steven Emmerson – Commissioning Manager and Chair of The disability Network Suffolk County Council, briefing on iAUT Project Sudbury Library and other projects.**



AT potential.v3.pptx

I have inserted Steven PowerPoint Presentation in these minutes which explain how the iAUT works etc. The issue is that iAUT requires funding and Steven is trying to get funding for this device by showing different organisations how the device works etc so hopefully will be able to get the funding they need for the iAUT.

CB mentioned it would be good for Steven to contact the organisation The Hive with regards to funding

**Steven to contact The Hive with regards to funding this project.**

**Steven to send NB information of this project "iAUT".**



### **3. Agree 2015 Meeting Dates and Venue**

The last Wednesday of every other month at 11.00am were agreed for next year 2015.

28<sup>th</sup> January 2015, 25<sup>th</sup> March 2015, 27<sup>th</sup> May 2015, 29<sup>th</sup> July 2015, 30<sup>th</sup> September 2015, 25<sup>th</sup> November 2015

**NB to contact Phoenix Children's Centre to book the meeting dates**

**Chairing of the Sudbury VASP meetings - To discuss at the next VASP Meeting in January 2015**

### **4. Review of Mental Health Day Market Place Event**

Overall a very busy / good day, lots of people asking questions and were generally interested.

Having the Bus was good using it to keep things in and it also attracted lots of people and we would like to have the bus next year.

**SW to contact Bradley to book the Bus again for next year's event – Thursday 8<sup>th</sup> October 2015.**

Sainsbury's were great again this year with donating Mince Pies, Bags for Life, balloons.

**CB to write a letter to Sainsbury's thanking them for their wonderful donation.**

### **5. Engaging with local schools – How to progress in 2015?**

Siobhan Hemmett – PCSO is working with students from West Suffolk College to produce a video with young people for young people regarding Mental Health issues that young people/adults face.

Suffolk User Forum – David Jay has produced a DVD called **Behind the Curtains** for older people.

**Behind the Curtains** - Mental Health service users talk about a range of signs that people might be aware of in themselves that could begin to develop into a mental illness or indicate an existing condition. It also provides a simple Action Plan that could be used to help in either situation.

Mental Health service users continue their stories outlining how mental illness has impacted on their lives and how they have had to accept, change or adapt to the fact that this may always be with them, as part of their experience of being human. The summary looks at approaches that have been helpful to them in understanding this and provides ideas to create a personal Action Plan.

CB – Ormiston Sudbury Academy and Offshoot Films, Sudbury have produced 3 videos for the Kernos Centre to be on Kernos website – young people voicing their problems/issues



regarding Mental Health. The Videos will also be on SCC – The Source website for young people.

Young people also talked about relationship abuse and there will be a link on Kernos website regarding this.

NB – noted that Community Cinema have done films regarding Mental Health and other issues.

**CB to bring Ormiston Sudbury Academy and Offshoot Films DVD to the next VASP Meeting in January 2015**

## **6. Updates from Organisations**

Richmond Fellowship – Offices are being redecorated – staff off sick – our Lucas Road Flat had heating problems which are now fixed. We have waiting lists for housing but there are fewer flats this is being more of a problem.

Royal British Legion – We help/support service people / ex-service people and their dependents. If you know of anyone needing our help please email me – [A.JBROCKBANK.BRITISHLEGION@GMAIL.COM](mailto:A.JBROCKBANK.BRITISHLEGION@GMAIL.COM)

Sally Watson – Excellent day at the Happy to be me event - Girls Wellbeing event which was held 30<sup>th</sup> October at the Town Hall where 30 young people turned up which was great.

SW is also commissioning with Suffolk Family Carers in the New Year – ASD – Parents can self-refer more details on this at the next VASP Meeting.

SW mentioned to CB about commissioning Family Therapy – details at next VASP Meeting.

SNAP – No real update – Know more in December about given notice on jobs etc. Have a big waiting list. We have all been told to continue as normal. – More details at next VASP Meeting in January.

Kernos – We have received a grant for carers of adults – this can be used for rest bite. If you know of anyone who can benefit from this please contact Kernos.

CB noted is Mental Health going to be in the new Health Building as Chris keeps hearing different things and no one seems to know. NB mentioned about contacting Siam Surgery as they will be moving into the new building.

NB mentioned about the new Health and Wellbeing Hub that is being piloting in Sudbury/Great Cornard.

**NB to look into this pilot scheme and report back at next VASP Meeting.**

Healthwatch – There is a Drop In 5<sup>th</sup> December 2014 from 9.00am – 12.00 at Great Cornard Sports Centre, Head Lane. The Drop In is for people to come and tell us what matters to you and your community and views about local health and social care services.

At the moment Healthwatch are asking for people to in fill surveys regarding GP Surgeries / Community Care Equipment / Wheelchair Services.

NB – Shared Housing – same as SNAP – don't know what's happening post March.



NB – Sudbury on Show – 7<sup>th</sup> March 2015 at the Town Hall and St Peters Church.

If anyone is interested in having a stand please fill in the form which I have attached to these minutes. VASP will have a stand – St Peters Church – each exhibitor will have a 3 foot square surface on which to stand or lay displays. – Closing date for applications is Monday 12<sup>th</sup> January 2015.



Sudbury on  
Show..pdf

Do VASP want a stand at Thomas Gainsborough Monday 9<sup>th</sup> March; yes it would be good to have a stand as well at Thomas Gainsborough.

**NB to book VASP stand for both St Peters Church and Thomas Gainsborough. – Discuss this more at the next VASP Meeting in January.**

## **7. AOB**

No any other business

**Next Sudbury VASP Meeting is: - Wednesday 28<sup>th</sup> January 2015 at 11.00am – 12.30pm at Phoenix Children's Centre, Sudbury, Suffolk**