

## **Minutes of Ipswich VASP Monthly Meeting 7<sup>th</sup> February 2013**

**Attendees:- Acting Chair** – David Grimmer – Suffolk Libraries, Guenever Pachent – Governor NSFT, Linda Brown – Julian Support, Julia Carr – Vasp Co-Ordinator, Paul Maguire – OCD Limits, Sallyanne Webb – Art on the Move, Andy Cook – West Ipswich CMHT, Andy Proctor – Young Voice, Ben Incles – NSFT Poppy Ward, Woodlands, Cathy Walsh – Service-User, Frank Clarke – Suffolk Mind

**Minutes** - Cathie Lee **Apologies:-** Louise Marks, Jill Coleman, Fiona Palmer, Richard Squirrell, Vron Deri and Faye Smith.

The meeting began with everyone briefly introducing themselves, and a

### **Review of last month's minutes as follows:-**

Action Point **GP** will find out timescale for Suffolk / Norfolk for PD consultation & advise both Ipswich Vasp & Julia Carr for Main Vasp – **Update:- Julia still chasing**

Action point – **DG** to invite Sue Clemence from ICVS to present on available funding.

**Update:- DG will action for next month**

Action Points- In acknowledgement that LS cannot always attend our meetings, Julia Carr will liaise Anna Mcredie ? (Director of PB) to facilitate another SCC attendee as well. **Update – Julia Carr emailing**

LM to contact IBC (Lois Seddon) to invite them to attend too. **Update:- DG will follow up**

Action Point **LM** suggests inviting representative from Financial Inclusion Service to present as they will do this for free for min group size (circa 12 people). **Update:- FIS no longer provide this for free so LM seeking funding to facilitate**

Action Points – DG to email CL copy of Tim Scott's presentation on Universal Credit for her to circulate to Vasp. **Update:- CL has since forwarded this out to all**

DG to re-invite SNAP/CARA to attend Vasp as they have specific details relating to housing. **Update:- DG has spoken to Wendy Shepperd & her boss and expected one of them to attend today**

### **Agenda Items:-**

- i) **Presentation from GP**
- ii) **WMHD & Various - DG**
- iii) **PD – Cathy Walsh**
- iv) **Julia Carr – Vasp Update**
- v) **OCD Limits – PM**
- vi) **Art on The Move - SW**
- vii) **Suffolk Mind – FC**

#### **1) Guenever Pachent**

Guenever explains her (unpaid) role to the Group; advising she is one of 6 Public Governors. She is not an employee of the Trust, and not involved in Operations, but takes up points of view to Board of Governors. She advises that NSFT has approx. 16k members over Norfolk & Suffolk including staff, service-users, family carers and the public. There is no charge for membership, which, in turn, carries voting rights, together with receipt of a newsletter. **GP** highly recommends membership to all via [www.nsft.co.uk](http://www.nsft.co.uk)

**GP** advisers her current role will change (as a result of Social Care Act) in October, although she will remain an Ambassador for Mental Health issues.

**CW** asks about complaints process and public access to changes in policy /procedure following them. **GP** advisers that there is a public report in response to annual user survey & **CL** to circulate link (**CL** sent this 20/2). **GP** also advises that there is a performance & planning sub-group that is looking at this very issue, including the indicators on how the Trust is held to account. **Action Point:-GP will endeavour to obtain full comprehension of complaints procedure**

**GP** gives details of the following events:-

Improving Service-User Involvement Confidence Seminars – 1) Norfolk & Waveney 20/3 11-3pm The Kings Centre, Norwich. 2) Suffolk 15/4 11-3pm Limes Hotel, Stowmarket. (Leaflets with full details already circulated)

**GP** also advises group of new initiative for 6 weeks to the end of March asking young people what they want out of education, following the poor statistics for local schools. Booklets of suitable questions to ask are available.

## **2) WMHD & Various**

**DG** advises there is a core planning group fayre on October 5<sup>th</sup> led by SUF, looking, in particular at a high impact event on the Saturday involving community and local business.

**DG** advises Graham Abbott from the Suffolk Alcohol Treatment Service will be presenting to Ipswich Vasp at our next meeting in March.

**DG** also suggests that a service-user would be better suited to his role of Vice-Chair & is looking for volunteers with a view to someone taking his role in the next 6 months.

**DG** advises that the BBC are currently filming across the country with a view to portraying a more compassionate view on life on benefits, and will be filming in Ipswich over the next 6 weeks in this respect. **Action point:- CW will inform her contacts to see if anyone willing to contribute.**

**DG** regrettably could not attend Gt Yarmouth & Waveney meeting on 15/1 due to other commitments but will endeavour to attend in future (**JC** advises that the meeting dates are not agreed in advance)

**Action Point :- DG to email CL details of “Beat the Winter Blues” campaign, for circulation**

## **3) PD – Cathy Walsh**

**CW** is concerned that the advice received from the conference back in November last year that there are new services for PD service-users, hasn't come to fruition.

**FC** advises they are working on expansion of the 3 PD groups in this area, and will update in due course.

**CW** also advises that the self-help support groups had a meeting 20/12 last year with SUF & Sharon Picken, and following this the support groups have instructed solicitors, and so have the Trust.

**CW** informs group that the Bi – Polar group (1<sup>st</sup> Thursday/month Ipswich Westgate St) will soon be twice a month. 1 of each will have professional attendee & they are looking for other professionals to come and speak. **Action Point:- CW will send invite to JC for circulation**

**CW** also talks of the “radical Re-design” and how concerned service-users are at it's implications. There is a service-user & carer consultation 4/3 10.30 – 1pm @The Cedars, Stowmarket.

**CW** is pleased to report that the tender is due on the DP provision in March /April and there should be changes in the fee structure currently charged for payroll administration.

**CW** talks of a series of roadshows undertaken by Babergh District Council on the changes in housing benefit; and wonders if something similar could be done for the people of East Suffolk?

**CW** advises she has business plan for Crisis housing for Suffolk /Norfolk along the lines of The Haven which she does not know how to progress. Julia Carr will invite Reg (from the Haven) to next month's main Vasp to discuss in more detail.

## **4) Julia Carr - Various**

Julia brings Terms of Reference from Main Vasp to table & there is group discussion on content. Agreement that Point 11 is to be removed.

Discussion also around changing Ipswich Vasp's name in line with Main (ie Ipswich Mental health Forum); however, general consensus is to leave as is due to established reputation.

**JC** will liaise with other Vasp's before putting together revised Terms of Reference for all.

Update on Vasp Hub – **JC** advises there are several different groups re-designing web sites at present so progress slow but still high on the agenda. **JC** will be in consultation with all once she is in a position to proceed.

**JC** also advises there is a calendar of dates for all Vasp groups – **Action point:- JC to email this to CL for circulation (circulated 20/2)**

**JC** is also looking at possible funding for the administration role for VASP, recognising the impact it makes on the potential sustainability of local Vasp groups

#### **5) OCD Limits – PM**

**PM** advises that the Group have undergone some changes recently, and would appreciate any Vasp members who can come and talk to the Group on the services they provide ( to assist him with sign-posting). **Action Point :- Pm will email CL general invite for circulation to Vasp groups.**

**PM** advises that it is OCD week soon and he will be at Ipswich Library in this respect Wednesday 20<sup>th</sup> Feb (10-12) & Friday 22<sup>nd</sup> (12-3). All Welcome.

#### **6) Art on the Move - SW**

**SW** looking for fresh start for the Group for the New Year. They are looking for new artists – **SW** stresses this isn't necessarily about skill, simply a desire to display and does not need to be locally based either (as long as you can get to the meetings). Looking to contribute to WMHD and a 3 day event in July (attendance on a pre-agreed rota basis). There is a link on youtube showing earlier exhibitions. **Action Point:- SW will put together brief invite to new members and Julia Carr will circulate.**

**SW** also raises, on a personal note, her recent illness and her utilisation of Well-Being Service. **SW** advise that she initially attended a group session (as per the Well-Being Service recommendation). However, within hours following her attendance she received a phone call to advise that, following a review of her notes, that a fresh diagnosis of her condition meant that this treatment was not, after all, appropriate. **SW** felt abandoned with no alternative for help and support.

**CW** reassures **SW** that this very issue came up at the end of last year and Nettie Burns assured Service – Users that no-one should be excluded on the basis of diagnosis (the only criteria being is that you are 13 or older). **CW** has a service profile in this respect which she can email to anyone, upon request.

#### **7) Suffolk Mind - FC**

**FC** advises group that there is a new mental health strategy within the Muslim community (supported locally & nationally by Mind), looking at the Koran and emotional well-being.

There is a formal preview 15/4 @ Endeavour House and an informal one at the Coffee-Link @ The Waterfront 19/4 4-7pm. The local Suffolk launch is 28/4 @ the Bangladeshi Support Centre.

**FC** advises there is a booklet available with guidance for practioners.

**Next Meeting 7<sup>th</sup> March 10-12 @ [Suffolk Family Carers - Home](#)**