

## **Minutes of Ipswich VASP Monthly Meeting 10<sup>th</sup> July 2014**

**Attendees:- Joint Chairs** –David Grimmer – Suffolk Libraries, Julia Carr – Vasp Co-Ordinator, Richard Squirrell – Service-User, Jason Berry – Open Road, Tracy Priestly – Together, David Jay – SUF, Ben Incles – NSFT (Woodlands Ward), Guenever Pachent – NSFT Governor, Kobe Borich – Suffolk Mind, Angela Emmerson- PTSD Resolution, Elaine Thomas – Stepping Stones East

**Minutes** - Cathie Lee

**All**, at **DG** request – 1 minutes silence as mark of respect for care assistant stabbed to death by patient on mental health ward the night before.

**All** - Brief introductions from all, and a review of last month's minutes.

**Updates – i) TP** clarifies summer event will be 28<sup>th</sup> August; ii) **RS** The reception at Mariner House has apparently had plants moved to allow room for 2 more seats

### **Agenda Items:-**

- 1) David Jay – presentation on “Hidden Talents”**
- 2) Updates – Various**

#### **1) David Jay – SUF “Hidden Talents”**

**DJ** introduces himself to the group as project lead for “Hidden Talents”. **DJ** advises that this is one of 24 regional projects (funded by Time to Change “TTC”) focusing on breaking down stigma. Hidden Talents concentrates on SME's with a view to breaking down barriers to employers taking on staff, and supporting employees with depression.

**DJ** quotes statistics that 50% of employers would not employ someone with a previous (or existing) mental health (MH) issue, even if they were the best candidate for the job. He also quotes that 92% of employees would not disclose a MH condition either.

**DJ** advises that the project is in early stages and he is visiting all the locality Vasps seeking advice/ideas on who/how to approach local SME's. He has approached local Chamber of Commerce and breakfast clubs – ideas from Ipswich Vasp include builders yards (for self-employed), call centres, transport workers (lone workers), Young Farmers and Job Centre Plus. **BI** also recommends Julie White (Health Ambassadors East) who has links to local businesses.

**Action Point: - All. Any ideas please direct to DJ [info@alphafilms.co.uk](mailto:info@alphafilms.co.uk)**

**DJ** is aware that SME'S may perceive difficulty in how to act in accordance with employment law and signposts to Time to Change (“TTC”) website which gives more detail.

**DJ** highlights to SME's areas of potential concern in work environment – these may not indeed be MH issues, but they can be indicators. These include: - people saying they're ok but you know them well enough to tell they are not really, loss of interest in their personal appearance, becoming withdrawn or aggressive. Through his discussions to date, **DJ** has already noticed that these issues can apply equally to employer and employee – especially for sole traders who, by nature of their business, often spend prolonged periods at home in isolation. As a result they have drawn up an additional poster for employers too.

**DJ** approaches SME's in 2 ways, firstly with a formal presentation, followed up with coffee supported by service-users. The latter facilitates a proper discussion as opposed to being simply another meeting agenda item. **DJ** requests feedback in 2 ways – the first is via paper survey (wording prescribed by government) which asks whether they now think differently, and secondly via post card style “pledge cards” requesting that the employers pledge at least one thing. **DJ** also views these pledge cards as an indicator that the project actually works and merits its funding.

**DJ** hands our pledge cards to group members at meeting.

**DJ** acknowledges that achieving change will be a lengthy process as there are historically entrenched attitudes. **DJ** advises that “TTC” acknowledge this themselves in their target of a 2% improvement in attitude over the next 2 years.

**DJ** also talks of “Behind the Curtains” DVD which has service-users talking about how they recognise signs of MH issues in themselves, and also how they live with these conditions. The DVD has been made with a view to it being part of college curriculum & for SME's – **DJ** advises that the material is suitable as module for age 15+, but can also be used as inset training in primary schools.

## **2) i) DG – WMHD (Worldwide theme schizophrenia)**

**RS** shares his “Suffolk Smiles” yellow stickers with group – recommending them as a way to promote conversation around MH issues.

Updates following commitments made at last month's minutes:-

**DG** has contacted Joker & Depression Alliance, **Ezra** has met with Cad Taylor who is keen to support, **JC** meeting with “TTC” tomorrow, and **TP** has approached Tutti Frutti who are consulting members on whether they can support.

Fresh ideas include: - New Wolsey theatre have comedy nights - Kobe has contact, **DJ** aware University Campus Suffolk looking to use reception for information on the day – **Action Point DG to contact Chris Whitney Cooper? Head of Nursing Faculty.**

Commitment to finalise plan postponed to August meeting to allow all to feedback -

**Action Point: - DG will facilitate in advance of next Vasp meeting 14<sup>th</sup> August.**

**Action Point: - All. Please use Vasp website to publish/discuss ideas for WMHD-  
[www.suffolkvasp.co.uk](http://www.suffolkvasp.co.uk)**

## **ii) Julia Carr - Vasp**

**JC** gives update on forthcoming event at Museum of East Anglian Life on 9/8. **JC** advises there are over 20 organisations involved but there are still spaces for stands if anyone is interested. Please contact **JC** direct if you want to be involved (**JC** will advise by email if you need to bring own tables & gazebos). [vasp@bsevc.co.uk](mailto:vasp@bsevc.co.uk)

**JC** is delighted to advise that “TTC” are providing a full scale pop-up village, and this will appear with very little publicity to maximise impact. **JC** is looking for family friendly performers for the event (unpaid but will be valuable exposure).

**JC** also advises that she has meeting next week in pursuit of admin funding for the County Vasp.

## **iii) Kobe Borich – Suffolk Mind**

**KB** advises that Suffolk Mind have been awarded funding to support people in getting back to work and further detail will follow.

**KB** talks of “Waves” which is a weekly service for service-users with borderline personality disorder (who are often “revolving door” patients). They are 1 year into their 3 years of funding and have 2 groups (1 each at Ipswich and B.S.E) with approx. 20 members apiece. The groups offer life skills in the morning and something lighter p.m. such as drama, creative writing and various hobbies.

#### **iv) Jason Berry – Open Road**

**JB** advises that his boss (Richard Bergson) is looking to set up a Suffolk-wide day for those with MH and/or substance abuse issues. **JB** has no details as this is in very early stages, however, if anyone is interested in a joint event on these lines please contact **JB** or Richard. [Jason.berry@openroad.co.uk](mailto:Jason.berry@openroad.co.uk)

#### **v) Richard Squirrell**

**RS** advises that the National Lottery website gives detail on where funding has been allocated; and this could be a useful source of information for any organisation operating in the same areas looking to act in collaboration.

**RS** expresses concerns over the bi-weekly drop-ins currently provided by Suffolk Alcohol Treatment Service between 2 and 4pm. **RS** feels that the advertising for this service is misleading, as he arrived midway through a session and was turned away (which was ultimately more damaging). **RS** believes that only the first 4 who arrive in the first 10 minutes are actually seen.

Group consensus that Graham Abbott should be made aware and invited back to Vasp.

**Action Points: - JC will contact Graham Abbott for comment / attend future Vasp meeting, GP will also feedback to Trust.**

**RS** also talks of some “holes”/inaccuracies in the NSFT website. **Action Point: - RS will email GP summary for her to investigate.**

**RS** updates group with news that he now has scheduled meeting with members of CCG committee (inc press dept. - **DG & JC** also supporting **RS** in this) regarding how MH is detailed in NHS campaigns to ensure parity of esteem. **Action Point: - All. Any ideas please direct to RS.** [richard.squirrell@ntlworld.com](mailto:richard.squirrell@ntlworld.com)

**RS** updates group regarding outstanding complaint with NHS. **RS** is pleased to advise that, although the complaint was rejected initially; all issues he raised have now been officially upheld. He has received a letter from NSFT acknowledging that they did not provide him with the level of care he should have received on the dates concerned.

**RS** talks of recent policing seminar – he didn’t attend but received supporting documentation. **RS** circulates copy document giving descriptions and photographs of “typical” people with various MH conditions; and group consensus is that these descriptions are derogatory and unacceptable.

**GP** has the relevant pack from the seminar, and does not believe the document **RS** has shown is included, (and it may be actually part of background material), but she will investigate. **GP** emphasises that the policing event was a positive one, and the topic under discussion was actually Section 136 admissions.

**RS** emphasises that his own personal experiences with the police (& emergency services) to date, have been positive, supportive and understanding.

#### **vi) Elaine Thomas – Stepping Stones East**

**ET** advises group that their website has been recently updated and improved, and recommends viewing the interviews with various service-users on there.

**ET** also advises that they have transferred their old London Rd housing service to the old doctors surgery on Hatfield Road which has a higher specification; and they are looking to move their clients in next week. **ET** is disappointed by the reaction of a local PCO, but emphasises this is hopefully an isolated case and not a reflection on the police service as a whole. The PCO (from Safer Neighbourhood Scheme) has threatened to close the Hatfield Road scheme down citing anti-social behaviour from the past; and has even advised the local community that the project is for criminals and drug dealers. **ET** emphasises this is all completely incorrect, and they consider this defamatory and discriminatory. **ET** has made a formal complaint to the police, requesting an apology and recognition of a training need on MH for said PCO.

#### **vii) Ben Incles – NSFT Woodlands Ward**

**BI** describes success of recent events (patients and staff) themed around World Cup and Wimbledon.

**BI** advises that they now have 4 podcast stories – they are working with “Art in Mind” to get these uploaded.

**BI** also advises that they will hopefully have an allotment off-site for patients by the autumn; and they are currently trying to source appropriate tools, shed etc.

#### **viii) Guenever Pachent – Trust Governor**

**GP** talks of yesterday’s meeting of governors, in which she viewed SFC’s DVD on what it is like to be a carer. **GP** recommends viewing of DVD, which has interviews with 7 carers and is very moving.

**GP** advises group that the second Board of Governors meeting on policing and MH is on the 19/9 @Trinity Park. The theme is those who have committed crime (as opposed to the first which was on Section 136)

#### **ix) David Grimmer – Suffolk Libraries**

**DG** has succeeded in his bid for £2k to assist with running Action For Happiness workshops across Suffolk for 1 year; and is currently drawing up a plan. He is looking to launch next month, and advises he is looking for Vasp member involvement.

**DG** recently spoke at monthly session @Avocet Ward, and recommends this to other Vasp members as staff and patients both benefit from the information shared.

**DG** advises that CSV have funding for new project “head space”, under Fiona Hanlan? Who starts work next month. **Action Point: - DG will invite Fiona to Vasp**

**Next Meeting Thursday 14<sup>th</sup> August 10 – 12 @<http://www.suffolkfamilycarers.org>  
Large “Container” Temporary Office at front of site**

