

Ipswich VASP Meeting Minutes	
Date:	Wednesday 8th April 2015
Venue:	Suffolk Mind, Hyntle Barn, Hill Farm, Silver Hill, Hintlesham IP8 3NJ
Time:	10:00-Noon
Attendees	David Grimmer – Suffolk Libraries (Chair) Jayne Davey – SUF (Vice Chair and Manager at Suffolk User Forum) Michele Logsdon – SUF (Suffolk User Forum) (Minute taker) Julia Carr – VASP Coordinator(County) Vron Deri – Suffolk Wellbeing Service Angela Emerson – PTSD Resolution Jane Farrow – Homestart Ben Incles (NSFT – Woodlands) Martin Jones – Suffolk Family Carers Simon King – Healthwatch Suffolk Andrea McDonald – Stonham Housing Louise Marks – Carers Trust Guenever Pachent – NSFT Governor
Apologies	Sophie Davies – Stonham Housing Fiona Ellis – SiT (Survivors in Transition) Jo Flack – Nacro Fiona Palmer – United Response Richard Squirrell – Suffolk Smiles (Service User)

Minutes:	Action:
Agenda items For discussion: CAMHS, Personality Disorders, Suicide Prevention Strategy, Crisis Care Concordat, Turning Point, Suffolk Wellbeing Service, Events.	
CAMHS DG asked if there are any recommendations regarding the representative and that they be encouraged to attend the VASP meetings. The previous contact given was the incorrect representative to act as a Service User. Action: JD to follow up with Emma Corlett.	JD
JD confirmed that a new Youth Ambassador had been appointed, a young person by the name of Vikki. Jayne wondered whether this was Vikki Versey and whether the new Youth Ambassador could join the VASP as a representative for Young People. Action: JD to contact her/4YP and follow up.	JD
Action: BI will email his contact (Sandra Moore) so she can point us in the right direction to someone in the Young people's Pathway team who may be able to represent this pathway at the VASP or provide an update about YP services.	BI
<i>Young Peoples Mental Health</i> Alex from Stonham Housing sent his draft survey to DG. Action: DG to load it onto the VASP Forum so it can be shared.	DG
Personality Disorder (2013-2017) DG asked who was leading on the new Personality Disorder Strategy. In the previous VASP meeting CT said she would talk to Kobe and contact him regarding this. Action: GP said she would find out.	GP
Suicide Prevention Strategy The current Strategy runs out in 2015. Action: JD and GP to link up. JD to get	JD/GP

more information from Jane Sawyer. BI discussed the opportunity to feed people into the correct support services.	
Crisis Care Concordat JD explained Healthwatch Suffolk and SUF are joining together to hold an event on 29 th May (venue TBC) on behalf of the two Suffolk CCG's as a follow up to the Mental Health conversations and to offer the opportunity for people to see and comment on the MH Concordat and Mental Health 5 year Strategy.	
Turning Point There is a new drug and alcohol treatment service now provided by Turning Point that will include outreach support to rural areas, with community drop-in places in areas such as Saxmundham and Leiston. MJ explained about the Roving Recovery Vehicle and activities. He asked who the dual diagnosis psychologist was. Action: DG to find out. A discussion took place regarding the organisations that had merged with Turning Point and their bases. JD said Focus12 still exists and operates in the normal way in West Suffolk.	DG
Suffolk Wellbeing Service VD explained to the people who were not at last VASP meeting about the Wellbeing in the Workplace Workshops. She also discussed the Happiness Workshop (one was held on 7/4) which she ran with DG. One lady in particular approached VD to give positive feedback. The group wanted to know how the referral process worked. VD explained that people can self-refer so there is not the initial one to one contact and BI explained the engagement is not as personal as it could be. DG received feedback from service users asking if there was work planned on Mariner House as people can see in from the outside and the reception area got very busy. Action: DG to ask Liz Ellis.	DG
Julia Carr Events- A meeting was held at SUF last week to look at the national and international Wellbeing Days to plan together small local events to celebrate and recognise these key days to promote MH awareness. Sue Parker from Mid Suffolk VASP currently has a VASP stand. Julia wants to apply for funding to get individual stands for East and West Suffolk to mirror Sues Time to change – Oz Osborne is no longer project working for TTC and involved in different programmes, but he would still like to be involved in any Suffolk based events where he can. Time to Change Champions – Maddie Cassell- East of England Lead for TTC is working to get local champions involved where she can in any Suffolk events. Julia fed back that the group felt we can hear about events quite late so we are hoping to look further at a central calendar for people to look at so they can see what's on.	JC
VASP Update – Julia Carr The Central Admin post has been advertised. BSEVC requires an Administrative Assistant to support The Voluntary and Statutory Partnership for Mental Health, 10 hours per week (can be worked flexibly) £7.25 per hour. For a job application, job description, please e-mail:	

<p>chiefofficer@bsevc.co.uk. Southgate Suite, Ask House, 2 Northgate Avenue, Bury St Edmunds IP32 6BB. Tel 01284 766126. Closing date for applications 9a.m. 5.05.15. Interview date 19.05.15. For an informal discussion please telephone Hazel or Julia 01284 766126</p> <p>Alison Armstrong, Operations Director for NSFT in Suffolk is going to speak at the County VASP.</p>	
<p>Carers Trust – Louise Marks</p> <p>LM was welcomed back to the VASP and explained her new role.</p> <p>A road less rocky – caring for somebody with dementia – for professionals. The full report and executive summary is available on the site. Action: LM to send link. The link for professional will be interactive with questions asked to make sure carers get the correct support and are pointed in the right direction. LM will be meeting the website co-ordinator this week. There will also be one available for carers that will be printed off and will be very different from the one available on the website.</p> <p>LM explained how hard it is to gain access to services if you live in a rural area and support someone with dementia. People that live in London and the surrounding Counties will not face the same issues as those that do.</p> <p>LM went on to explain how the Policy Team will be contacting the representatives of the five main parties with the 10 questions/points that carers are asked and it will be asked to all the parliamentary candidates. Action: LM to send ML link.</p> <p>DG asked if the Dementia Advice Service was still funded in Suffolk. The general consensus was no.</p> <p>DG has visited the Sue Ryder Synergie Cafes and said they are very popular and well attended.</p> <p>Dementia is the biggest cause of death in women over 65. CQC is doing some work on the end of life.</p>	<p>LM</p> <p>LM</p>
<p>NSFT– Guenever Pachent (Governor)</p> <p>GP explained that the Quality Improvement Plan from CQC may not be published by the Trust. The Monitor publication date will be Mid May where it will go live on their website.</p> <p>Monitor will be having monthly meetings with CCGs. The next meeting is at the end of this month and GP is Lead Governor.</p> <p>The Trust are working with Alan Yates, Improvement Director and it is feeling positive that Monitor are not looking to change the Board of Directors but to continue working in this way.</p>	
<p>NSFT, Woodlands Unit – Ben Incles</p> <p>Ben said he knows there is a high level of staff turnover which creates uncertainty. The good thing from the CQC report is that staff are caring.</p> <p>Every team will have an away day but it is clinically focussed on risk assessment and a more united approach. At the end of the away days there will be a collective. Action: GP to see what they should be doing going forward.</p> <p>He went on to explain that the Service User finds it a challenge to bridge the gap</p>	<p>GP</p>

<p>between different services. Organisations themselves are very good and efficient in knowing their roles but the gap in between is very challenging and impacts on continuity of care.</p>	
<p>Healthwatch Suffolk – Simon King SK handed out a survey regarding views on mental health and wellbeing and it is available online:</p> <p>https://www.surveymonkey.com/r/HWS_wellbeing</p> <p>Please be aware that when you click on the link of the survey, the first page that appears will say:</p> <p>Mental Health and Wellbeing in BME Communities.</p> <p>I have spoken to Elizabeth Storer regarding this and she asked that I make everyone aware that the survey is open to all (as the NSFT wants a balanced response) but with particular emphasis on the BME communities.</p> <p>SK said Healthwatch Suffolk are aiming for 500 responses.</p>	
<p>PTSD Resolution – Angela Emmerson, County Co-ordinator AE will be speaking at a conference called “Working Together” and will promote the benefits of the being part of the VASP network and the opportunities it has given her to signpost customers.</p> <p>One charity that AE has come into contact with is the Forces Regroup who work out of Bentwaters. David Woodgate is the Founder. More information can be on http://www.forcesregroup.org/</p> <p>When working as a private Therapist she has been able to refer clients to the Autism Group.</p> <p>There was a piece on the BBC1 news regarding Mermaids which is a transgender support charity for children. More information can be found at: http://www.mermaidsuk.org.uk/. More resources can be found on the SUF website under Resources. www.suffolkuserforum.co.uk</p>	
<p>Suffolk Family Carers – Martin Jones MJ explained that he supports the Ipswich, Bury and Norfolk regions where he runs a series of workshops for adults and young carers.</p> <p>He said that all jobs being advertised are on the Suffolk Jobs Direct website.</p> <p>They have received a small amount of funding for the under 18s family carers and there will be three workshops held in Kesgrave.</p> <p>Suffolk Family Carers are looking at developing a package in schools for people that suffer from Mental Health.</p> <p>There is also support for family carers who have had contact with the justice system. The support is for victims and offenders. They gain access to prison and probation services for the person who is being released with the hope to reduce reoffending.</p> <p>They have had their funding secured for the next year.</p>	

<p>Stonham Housing – Andrea McDonald AM works in the Cornerhouse where they have 24 hour supported housing and respite services.</p> <p>Admission Prevention – this is for people who need additional support/crisis care but whose needs will not be best met in hospital. It is not an alternative housing option for homeless people. The emphasis is on helping the person get well again. The longest stay has been two week although the norm is 72 hours.</p>	
<p>Suffolk User Forum – Jayne Davey Interviews are being held next week for the two posts currently advertised (Office Admin and Service User Engagement Lead).</p> <p>There is an early adopters meeting in Ipswich. Action: JD to feedback to the VASP.</p> <p>Suffolk is holding an event at UCS on Human Rights. There are still spaces available.</p> <p>Action: JD to send flyer to GP regarding the Autism Suffolk Group.</p>	<p>JD</p> <p>JD</p>
<p>Events</p> <p><i>Suffolk Mind</i> Peers Support Toolkit Launch to be held in the Open Space area in Ipswich County Library on 15th May, 11:00-14:00</p> <p><i>Mental Health Awareness Week</i> This is a low key event that will be held on 16th May. There will be a walk as well as a picnic at Christchurch Park. There will be no leaflet handouts or stands as it will be very informal.</p> <p><i>Making “A road less rocky” Caring for somebody with dementia</i> This examines challenges faced by those caring for someone with dementia. It will be held at The Kings Centre, King Street, Norwich, Norfolk NR1 1PH on 22nd May, 10:00-17:00. Contact Howard Tidman (07557 290169, howard.tidman@nsft.nhs.uk) or Lisa Breame (01603 887019, lisa.breame@nsft.nhs.uk).</p> <p><i>PTSD Resolution Network Conference</i> The PTSD Resolution annual conference is an educational and networking resource for therapists and those engaged or interested in supporting veterans of the armed forces. It is an opportunity to find out the latest developments in therapy and support for veterans in this sector. The theme of our conference this year – Joined up Recovery – highlights the need for charities and government to work together, quickly, efficiently, and effectively. It will take place at The Rifles Officers’ Club, 56 Davies Street, London W1K 5HR on Saturday 25th April. For more information regarding this event please view the following link: http://www.ptsdresolution.org/conference.htm. For any other information regarding PTSD Resolution please visit: http://www.ptsdresolution.org/</p> <p><i>A Suffolk Human Right Training Day with BIHR</i> This event will be held in Ipswich on 9th June. For more information please visit http://suffolkuserforum.co.uk/pnevents.asp or contact SUF on 01473 329307. Please note that places are limited.</p>	

Action for Happiness Workshops

Three further workshops are to be held at the Ipswich County Library on 19th May, 9th June and 7th July, 17:00-19:00. For more information please visit <http://suffolklibraries.co.uk/events/categories/health-and-wellbeing-events>

Open Space

This meeting is held every Wednesday at the Ipswich County Library from 13:00-15:00 covering a different topic each week with free tea and coffee.

Get Together

The Richmond Fellowship hold this Get Together at the Stowmarket Library every Tuesday from 11:00-13:00. Please call Janet on 01449 771230 for more information.

Papworth Trust Hustings Event

Come along to our Ipswich hustings to hear what the local parliamentary candidates and the current MP, Ben Gummer, would do for disabled people if they win the election. The General Election on May 7 2015 will be a very exciting one and we want everyone to have their say. This event is for anyone **affected by disability**. It takes place at the Waterfront Building, University Campus Suffolk, Long Street, Ipswich IP3 8AH on Friday 10th April. Arrive from 16:00, event starts at 16:30pm and will finish around 18:00-18:30. To book a place please visit http://www.papworthtrust.org.uk/campaigns/hustings-event-ipswich?utm_source=Facebook&utm_medium=ad&utm_campaign=Ipswich+ad

It's Your Time – Self-Empowerment Programme for Black and Minority Ethnic Men

Taking place at Pemberton House, Curriers Lane, Ipswich IP1 2AQ, Tuesdays 14th April-26th May, 19:00-21:00. For more information call 0300 456 2050

Suffolk Pita Festival

Taking place at Suffolk New College, Rope Walk, Ipswich IP4 1LT on Sunday 26th April at 12:00-16:00. For more information please contact Norman or Shayra on 01473 400081 (www.bscentre.org.uk)

Crossing Borders

There are no borders between people. Taking place at Languard Fort, Felixstowe on 20th June. Please contact Peppy Barlow on 01394 388097, mobile 07733 063337 or email peppytract@uwclub.net

Holi – Festival of Colour

Taking place at Holywells Park, Ipswich on Sunday 19th April, 14:00-16:00. Free entrance. For more information please visit <http://isia.org.uk/>

For Workshops and Training please visit <http://rflearn.co.uk/>

Date of next meeting

Wednesday 13th May, 10:00-12:00, Suffolk Mind, Hintlesham.