



**NOTES OF THE
WEST SUFFOLK VOLUNTARY and STATUTORY PARTNERSHIP
meeting held at the Arts Centre, Haverhill on
Monday 10th May 2016 at 1000**

Present: <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Kate Sparks (KS) Julia Carr (JC) Marion Robbins (MR) Hannah Power (HP) Justine Rice (JR) Dan Pennock (DP) Carl Coughlin (CC) Michael Marriott (MM) Jane Ballard (JB) Sharon Gower (SG) Kate Meachen (KM) Wendy Shepherd (WS) Nigel Moyes (NM) Steve Johnson (SJ) Karen Jackson (KJ) Gillian Thompson Louise McKay (LM) Sharon Gower (SG) Steph Wells (SW) Karen Chappell (KC) Sarah Savine (SS) Joanne Streeton (JS)</p> </div> <div style="width: 45%;"> <p>Chair (Shaw Trust) VASP Co-ordinator NSFT Counsellor, Samuel Ward Academy) Suffolk County Council Healthwatch Suffolk Service User Suffolk Age UK West Suffolk CAB CHEX NSFT Suffolk User Forum Co Chair Ipswich VASP & Former Service User Support Worker, Riverside Housing Association NSFT Learning Disability Service Suffolk MIND Castle Partnership River of Life Community Church NSFT Learning Disability Service ONE Haverhill Suffolk Mind Cambridge Pringle Group</p> </div> </div>		
		Action
1. Welcome & Apologies Apologies had been received from Jackie Fairley, Elaine Hewes and Steve Watts.		
2. Notes of the Previous Meeting & Actions The Notes of the meeting held on 15h March 2016 were approved. (DP was thanked for compiling the notes from a recording.)		
3. Matters Arising MR reported on the departure of Colin Leonard from NSFT and offered to take up any outstanding issues relating to the NSFT.		

<p>4. Ongoing Chairing & Administrative Arrangements</p> <p>DP would be chairing the July meeting, MR the September meeting and JS the November meeting.</p> <p>JC informed the meeting that the VASP Chair's Steering Group was developing a proposal for sustainable funding of administrative support. Dedicated administrative support would hopefully lead to less problems for VASP Locality Chairs.</p>	
<p>5. Speaker: Joanne Streeton (Cambridge Pringle Group)</p> <p>JS briefed the meeting on the history of the Group, it being established in 1993 (although a letter to The Times 20 years from John Pringle earlier had begun the debate on mental health services for young people). The Group worked in partnership to provide and manage accommodation for single people in Cambridge, Haverhill and Ely. The minimum age of clients was currently 18 but this may be reduced in the future and clients were being referred direct to the Group.</p> <p>The work in Haverhill represented an expansion of the Group's services. Not only was accommodation provided but a drop-in-centre was also operating which provided advice to users and helped identify local needs. It was hoped, in the future, to provide a single point of contact for service users.</p> <p>There would also be stall on Haverhill market during Mental Health Awareness Week.</p> <p>Work was underway with MIND to develop a partnership organisation and volunteers would be welcomed! The Pringle Group and MIND had produced – and tabled - the first draft of a proposals document (HI POW) which sets out objectives for future work. Comments and input would again be welcomed.</p>	
<p>6. Updates from Organisations</p> <p>JC encouraged organisations to submit any news items they had for publication in the monthly newsletter.</p> <p>Marion Robbins</p> <ul style="list-style-type: none"> i. MR reported on the forthcoming CQC inspection of the NSFT and that six 'Carer Lead's had been appointed on contracts to April 2017. ii. An audit of assessments undertaken by carers had been undertaken and had shown that 40% of carers had sought to access primary mental health services and 16% secondary services. There was a focus on prevention of need, with assessments being completed prior to hospital discharge. iii. The first phase of awareness training for carers had been completed. In response to a question from WS, MR explained that training wasn't compulsory but managers were actively encouraging attendance. iv. Links were being created with local authorities, promoting carer wellbeing, during Carers Week at the beginning of June. <p>HP added that school counsellors and nurses at the Samuel Ward Academy were promoting self- assessment and pupils had made a film which was viewable on You</p>	

Tube.

Justine Rice

- vi. JR explained that she worked for the Early Help Team at Suffolk County Council, operating closely with schools. For example, work was being undertaken at the Samuel Ward Academy with year 10's and 11's to support youngsters to access training and learning programmes. It was envisaged that service users would be helped after leaving school, possibly up to the age of 25.

Dan Pennock

- vii. DP reported on Healthwatch Suffolk's involvement with the Children & Adolescents Mental health Services (CAMHS) Project and the work with the Thomas Gainsborough School (Sudbury) where pupils had produced a drama film which was accessible on the HWS website.
- viii. Care UK had completed its last care home in Suffolk. Four ambassadors (one in each of the homes) had been appointed to work with HWS to improve services.
- ix. DP emphasised the importance of NSFT coming out of special measures. Many comments had been received by HWS and these would be scrutinised by the CQC prior to its inspection of NSFT. Service users were urged to share their experiences with HWS. KS related her first hand experiences and whilst there were initial difficulties accessing services once this had been overcome the service thereafter had been "brilliant".

Carl Coughlin

- x. CC reported on evidence from the Suffolk User Forum showing that 49% of people trying to access housing services were suffering from some form of mental health illness. Unfortunately, funding in this area was being reduced.

Nigel Moyes

- xi. NM was co-chair (with Tara Brann) of the Suffolk Dual Diagnosis Forum and anyone interested in the field of work could contact Tara.
- xii. The Recovery College was developing workshops and courses for staff, service users and carers on co-production. NM offered to make a presentation to the West Suffolk VASP if this was desirable.
- xiii. Whilst being aware of the problems facing NSFT, NM was hopeful that a two hour talk on the Recovery College would be programmed in to staff induction days.
- xiv. NM had been involved with mental health services for over 20 years and a voluntary worker for 5 years. The highlight of this involvement came when he spoke to over 400 people at the recent 'Can You Help Me' event at Trinity Park, Ipswich.

Wendy Shepherd

- xv. Funding had been gained for the appointment of a new advocacy worker at SUF. The work would be flexible in nature and not devoted to advocacy. Signposting to Voiceability would still take place.
- xvi. SUF would be exhibiting at Eye library during Mental Health Awareness Week.
- xvii. WS felt that meetings of the Suffolk Continual Partnership (SCIP) needed to change, with focus given to the practicalities of supporting users and carers and providing information of value to NSFT. DP agreed, noting that many service users did not return after attending their first meeting of SCIP.
- xviii. A workshop on 'Counselling & Relationships' was being held at the John Peel Centre, Stowmarket on 19th May.
- xix. SUF, alongside service providers, was looking at new ways of delivering services. A steering group had been set up and volunteers were welcome.
- xx. The appointment of a new Chair of SUF was imminent.

Michael Marriott

- xxi. MM reported on new stimulation therapies for dementia sufferers to be available in Sudbury and Mildenhall. It was also hoped to establish a day service in Bury St Edmunds for dementia patients.

Jane Ballard

- xxii. West Suffolk CAB was developing money management sessions.
- xxiii. CAB advisors were attending GP surgeries in Haverhill as well as responding to direct referrals from GP's.

Sharon Gower

- xxiv. The River of Life Community Church had opened a community café in Chalkstone which was reinvigorating the local community. In October, there would be course on self-esteem skills with adolescent girls the main focus of attention.

Steve Johnson

- xxv. Being involved with the VASP was welcomed. He felt that accessing secondary mental health services was difficult.

Kate Meachen

- xxvi. KM and SW were both nurses for patients with learning difficulties and were working on a pilot project, funded by the CCG, in GP surgeries in Haverhill. However, one surgery was less than co-operative. Focus was on establishing annual health checks for people with learning disabilities which would address both physical and mental health needs. An interim report would be ready in July and the final report in December.

<p>Gillian Thompson</p> <p>xxvii. MIND was working on a sustainable project to support peer groups in West Suffolk. Work would be with existing groups and helping to set up new ones.</p> <p>Karen Chappell</p> <p>xxviii. ONE Haverhill sought to link services and organisations and identify gaps in services for 13-24 year olds.</p> <p>xxix. There are drop-in's at the Arts Centre on Fridays where signposting to services and volunteering was available.</p> <p>Sarah Savine</p> <p>xxx. MIND was the project lead for a 'side by side' project with the aim of raising awareness.</p> <p>xxxi. 'Get Up & Grow' allotments were open across Suffolk with three new ones in the pipeline. Some were peer led and others involved a facilitator. Allotments provided great therapy, were cheap and had an end product! They provided a quiet, green space where families and carers were also welcome.</p> <p>xxxii. A wellbeing centre – Key Place - was being opened in August in Ipswich (in a renovated church).</p> <p>Kate Sparks</p> <p>xxxiii. KS was employed by the Shaw Trust as an employment officer and explained the role. Her client group comprised people with mental illness, those with learning difficulties and people with autism. Initial assessments were done to assess readiness for work and help with CV's, application forms, interview techniques etc was provided. Support was also available for up to 12 weeks after employment had been gained.</p>	
<p>7. VASP Co-Ordinator's Update</p> <p>JC explained the aims & objectives and organisational structure of the VASP. The organisation had been in existence for 15 years but underpinning resources were being sought for future sustainability. For the 15th anniversary, JC would be seeking quotes from VASP users to support future work.</p> <p>The Chair's Steering Group was seeking to obtain sustainability and continuity.</p>	
<p>8. Events</p> <p>DP reported that the HWS Mental Health Focus Group was meeting on the 17th May and was seeking to develop the Group further, ascertain priorities etc.</p> <p>NM reported on the inaugural Patient Experience Conference (31st May) organised by the Ipswich & East Suffolk CCG.</p> <p>WS highlighted a West Suffolk networking event to be held by SUF in June. Stalls and speakers were welcome.</p>	

9. Priorities JC explained that the Chair's Steering Group was looking at gaps in service provision.	
10. Any Other Business JC highlighted that the VASP monthly newsletter was widely circulated and a very useful vehicle for articles, comments etc. Contributions could be emailed to Julia.	
11. Date of next meeting 12 th July 2016, 10am-12pm at Council Chamber, Forest Heath District Council, District Offices, College Heath Road, Mildenhall, Suffolk IP28 7EY Chair: Dan Pennock, Healthwatch Suffolk The meeting concluded at 1200.	