**NOTES OF THE**

**WEST SUFFOLK VOLUNTARY AND STATUTORY PARTNERSHIP**

Held at:

**Recovery College Building, Hospital Road, Bury St Edmunds, Suffolk IP33 3NR**

**July 10, 2018**

Present: Fiona Devonish (Shaw Trust); Stephanie Hartick (Art Branches); Julie Williams (NSFT); Wendy Shepard (SUF); Jacquie Fairley (NSFT); Lesley Drew (NSFT); Simon King (HWS); Sarah Bradbury (Suffolk West Citzens Advice); Nigel Moyes (NSFT); Tom Osbourn (One Life Suffolk); Dan Brimble (NSFT); Richard Cox (DWP);

**Apologies**: Jo Belfield, Jenny Mills ( Leading Lives)

Chair: Chair. Michael Mather (Julian Support) Notes: Will Wright (Suffolk County Council).

**Action Points – Included at the bottom of the notes.**

1. **Welcome / Apologies & Brief Introductions/ what do Attendees Hope to get from VASP**

Round the room discussion, where several comments reflected how useful VASP can be in their work.

Notes of meeting held on 8th May 2018 (5)- No e-mails received for corrections (10)

No notes or corrections received about record fro 8th of May, reminder to all attendees, if there are any amendments please send updates prior to next meeting via email to Michael Mather.

Points raised – the idea of a portal where circulations can be added was met with mixed reaction, emails from the centre are a good reminder of what is going on in the area, since GDPR these circulations have slowed down and this is causing some issues about connectivity and knowing what is going on. (WS)

We are too reliant on social media, (NM)

We need funding to support VASP to assist the work that is being done. (MM)

There was funding for the admin, this has since ended (WS)

Can the topic of funding be brought up at VASP chairs meeting (SK)

The landscape has changed since the start of VASP, this needs to be looked at (NM)

Opportunity to celebrate where the VASP is, had we not been in the position we are, time to change funding would not have come to Suffolk (WS)

unique Network, opportunity to find out what VASP’s do, share information, service delivery opportunities and connecting with people,

1. **Matters Arising**

None

1. **Speaker:** Wendy Shepard – MH Transformation Plan

(WS) provided an overview of the work commissioned by the CCG East/West and the challenges since GDPR about sharing the information to Networks. Mental Health services are having a different conversation and events are planned across Suffolk (see attached with minutes)

Health Watch will bring the data together and will be available, Feedback deadline is September.

* Suffolk user forum for survey questions, answer as much or as little as you like
* Having the conversation and truly partnership approach
* Physical health groups have welcomed the approach and being joined up.

Q&A

Are you going out to groups face to face to survey? – Yes, all data will be fed into the process to consider postcode lottery services.

* What is the next stage after September? - to feedback the findings to all
* **TASK- WS to attend recovery college for engagement.**
* **TASK – NM highlighted lack of service users involved with VASP, all encouraged to invite service users to identify the issues for them, this is where VASP can make a direct impact**

**Speaker 2:** Stephanie Hartick from Art Branches

This project has been set up to support people of all backgrounds with mental health and wellbeing.

Suggestion to involve West Suffolk College to get students involved.

1. Suffolk Wellbeing Website – any issues?-when referring people the system crashes
2. **What is WS VASP/ Anything that Supports / Alleviates Pressures on MH Services.**

Concerns GDPR has reduced mailing lists from 900 to 35 for (WS) the group also echoed the impact of GDPR.

* What are agencies doing for World mental Health day on October 10th (theme is Young People). (10)
* 500 Messages of Hope – Turning our backs on Mental health Stigma 16/07/18 The Mix Stowmarket.

**TASK – what is everyone doing for world mental health day, the focus is young people.**

* **MM breathing space will have a YP focus**
* **Stephanie will be looking for funding to do an art project locally**
* **Scouts bring people together in Suffolk TBC**
* **Youth council may be doing something details to follow**

**TASK – any ideas please send to MM**

**500 Messages of Hope event postponed to October**

1. Time to Change & VASP Coordinators Update.

Overview of current position of Time to Change, £9,900 of the £10,000 grant given to projects. Some events have taken place in the West, Suffolk Mind art event and Stowmarket T-in the town to come in July. Time to Change are keen to work with VASPs to get the message out and grow, looking at merchandise to hand out through VASPs to promote Time to Change and having to remove stigma Mental Health

Please see attached with Minutes for Sustainability Plan from Yvonne Edge

**TASK- looking for further champions for Time to Change.**

1. **West Suffolk Locality Concerns (VASP Priorities)**

* Dual Diagnosis – any case studies?

AOB:

**TASK – please can people bring a case study to the group, this conversation is being had in different places because it is an issue across the county. In order to do something locally we need to pick apart a case study to see what West Suffolk VASP can support and what needs to be taken to VASP chairs meeting. Suggestion is to remove this off the Agenda if no forthcoming case studies, mental health transformation are also discussing this topic.**

1. **Mental Health Focus Group –**

Monthly Meeting at present, held at HWS Offices in Claydon

This is open to all**.** Forthcoming dates include: **18/09; 16/10; 28/11.**

1. **WS VASP: Change of Name.**

As there is Haverhill VASP, it is felt that we can no longer call West Suffolk VASP. Suggested changing name to Bury and Forest Heath VASP

**TASK: MM to take this to next VASP Chairs Meeting on 29/08/18**

**AOB:**

* **Newmarket Open Space commenced on 4/07/2018**. Bury North IDT have taken a lead on Newmarket sessions, where Julian Support will also provide staff support. This is the third Open Space to be set up in West Suffolk Libraries in less than 2 years, which is quite an achievement and there has been a lot of hard work from Julian Support, NSFT and Suffolk Libraries to make the sessions in each locality work and provide a safe, comfortable place for people to enjoy activities, meet new people and receive advice, guidance and emotional support. There is growing qualitative evidence to suggest that users are getting a lot from OS sessions and there is due to be a research project to evaluate the initiative, which should provide quantitive evidence to back this up.
* **SB from CAB would like to circulate leaflet to network**
* **NM mentioned the Men’s Mental Health conference on 13th July 2018.**

**Action Points: See tasks above**

**Meeting Closed at 12 noon**

**Dates of future meetings**

Tuesday 11th September, 2018

Tuesday 13th November, 2018

**All scheduled to be held in large room of Recovery College**

**Recovery College Building, Hospital Road, Bury St Edmunds, Suffolk IP33 3NR**

**Please note that if enquiring at the Reception of G Block, they are unlikely to be aware that there is a VASP meeting. If you do, ask to be directed to the above building, which is at the rear of F Block.**