**Haverhill VASP Meeting**

**MINUTES**

**Thursday 26th July 2018, 10 -12pm**

**Leiston Community Centre, Haverhill**

1. **Welcome/apologies and brief introductions**

Apologies were received from Lizzi Cocker, Elaine Hewes, Martin Wright, Jo McCarthy.

Present

**Jo Streeton (CHAIR)CPG (JS)** Steve Johnson – SPG (SJ)

Helen Collup REACH/CPG (HC) Sue Choules – Realise Futures (SC)

Charmaine Slade – Haverhill Methodist Church (CS) Rosemary Fletcher – REACH (RF)

Dan Cook – Haverhill Town Council (DC) Margaret Marks – CCG/CEG/PPG/BC (MM)

Dennis Wendell – Terrific Tuesdays/Men’s Friday Club (DW)

Paula Tappin – PJT Counselling/Open Mind Haverhill Methodist Church (PT)

Michelle Zinn – Julian Support (MZ) Paula Fox – Local Councillor (PF)

Wendy Shepherd – SUF (WS) Michael Simpkin - CCG (MS)

Simon King – Healthwatch Suffolk (SK)

Introductions were made around the table.

1. **Minutes from the last meeting**

HC said the Time to Change art exhibition had been successful.

The meeting was told that the worker at the Cangle had left and there was no more funding available.

As at the last VASP meeting it was mentioned that the NSFT continue to overlook Haverhill and this was still the case

1. **What’s going on – who/what/where? Future Events**

MS informed the group that along with MM they had attended the Collaborative Leadership event at Elmswell. An event looking at how groups/organisations can work together to make the local communities better places, to live, work, visit, invest and improve emotional wellbeing for all.

The next consultation is on the 11th September 2018

HC – Talked about the art exhibition, said it had a positive effect on the artists. A few donations were received from the public which was positive. The money will be given to Open Spaces.

Women’s Group – is going to speak to Amy from CAS there is funding that available in South Ward. There has been an idea to form a Women’s Group who put together a youth club, giving them the skills to put a group together, funding, speaking in public etc. Currently still looking into but it does fit the CAS requirement for funding.

SK – mentioned two events

Grey Matter – St Peter’s Church 4 August 2018 2-6pm – there will be live music

10 October 2018 – World Mental Health Day – What can we do locally to bring the day to the attention of the community?

CS Currently running a café (next to Haverhill Methodist Church) drop in centre. It is being run the first three weeks of every month and starts on Monday the 1 October 2018. The time will be 1.30 – 4.00pm. There will be a mental health nurse and a counsellor at the sessions. People will be able to take part in crafts and find guidance in faith. However, it is open to everyone and is not faith based.

Funding was bought up and various options and discussions were had about how to get funding and some local places that funding is available.

DC – mentioned the Junior signposting project in town. Wellbeing Group – a lack of males attending any session between the ages of 13-16.

WEA – in discussions with the WEA about bring some courses to Haverhill

Allotment Project – Going very well, they all have lunch beforehand and go to the allotment and it is proving to be a very positive experience for everyone involved. There is someone in their 60s working with people in the 20s. Very positive.

For referral get in touch with DC or Karen Chapple.

DW – Talked about the activities he is involved with. He mentioned the DAA and how work needs to be done to get groups together. PF mentioned that she has been asked to get everyone together and chair the meeting for the start-up of the Haverhill DAA. DW Mentioned the Men’s Group still proves to be successful.

DW said that to get events advertised try ONE Haverhill, they could be asked to advertise on their website. MM mentioned that Councillor John Burns would also advertise events on his Haverhill Facebook which has some 10,000 members.

DW suggested the JS should be on ONE Haverhill.

SJ talked about the Round Table meeting that occurred in January 2017 with Matthew Hancock MP. SJ has emailed several times with no response to get another meeting to see what has changed and what can be done to improve services for Haverhill. He had received through Matthew talking to Jeremy Hunt that there would be no further improvements to Haverhill’s mental health provision. Hopefully that might change as Matthew is now the Secretary of State for Health. It does not help that Bury IDT is in special measures. Would like a meeting in Autumn 2018?

A letter needs to go to Matthew Hancock – MM has agreed to write it.

At the moment the Haverhill Pringle housing is full. They offer rooms to 18-50+. To people with dementia, mental health issues, Autism etc. They have 5 local houses with 20 beds. Referrals are often long term and they offer their residents support while with them.

SC – Realise Futures had attended the Big Day Out event the day before run by the Town Council, was a good day. In the autumn a Confidence building course is being run in Haverhill it will last 10 weeks.

Bereaved Carers – is there anyone locally from this organisation?

RF – REACH, as always, has seen a wide variety of people. One main issue they see very frequently at REACH is people with budgeting problems. Realise Futures said that they would be running a course for budgeting, hopefully soon.

PT – a therapeutic counsellor who offers her services to groups. She charges £35ph, if a group came together very happy to work with a group, making it easier to afford.

MM – Promoting events and groups, need to make the community aware of what is happening in town. PF mentioned that Lizzi Cocker has put together a list of 150 local groups. MM said needs advertising.

MZ – Open Spaces – ticking over. The Julian Support is mainly based in Bury St Edmunds, but they are based in Haverhill on a Friday in the library from 12.30 – 2.30. Craft based. It is a joint venture with Bury IDT. It runs all year round except for when the library is shut. Julian Support is in other places like Ipswich, Bury St Edmunds and Sudbury. MZ to email Jo the programme.

JS Said that the drum circle had been successful and was keen to try it in a different setting. It was suggested that going into schools and doing workshops with pupils that are about to do SATS and GCSE exams could be useful. It is a stressful time and could relax them.

WS – Talked about the Mental Health Transformation that is being consulted on at the moment.

This is the same event that MS mentioned before that he and MM had been attending.

WS said the delivery of services not what people expect – How do we fix it?

Questions being asked of all involved with mental health services are How can we deliver the services? Look at other counties and see what works for them. Allow people to have a say on their well-being. The idea to collate information to identify the local needs.

Currently online there are three surveys, they are aimed at different sections of communities.

Service Users

Family Carers

Professional

Need to get as many people as possible to fill in surveys. Deadline 21 September 2018

Healthwatch will be collating all the information.

Make sure you put the postcode in on the survey as it will identify area needs within West Suffolk.

MS – suggested getting a speaker at a VASP meeting, possibly Tod Sullivan, Mental Health Ambassador, Lowestoft Rising.

Meeting finished at 12.05pm

Next Meeting will be Thursday 27th September 2018

GLOSSARY

WEA – Workers Educational Association

CAS – Community Action Suffolk

PPG – Patient Participation Group

CCG – Clinical Commissioning Group

CPG – Care Plus Group

CEG – Clinical Effectiveness Group

SUF – Suffolk User Forum