**VASP MEETING**

**10th January 2018**

**At Volunteering Matters.**

**Present:** Elaine Thomas (Chair), Karl Dickinson (4YP), Jane Woods (Breakforth), Richard Squirrell, Gwenever Pachant (Governor Norfolk and Suffolk Foundation Trust), Tina Pointon (Suffolk User Forum), Linda Fravigar-Munday, Zoe Green (The Stone Foundation), Judy Rainer (Moving Forward Project), Marc Claydon (Homegroup) , Brenda Ely (Julian Support and Minutes), Catherine Mather (Consensus), Simon King (Health Watch Suffolk), Luke Bacon (Suffolk Health Watch).

**Apologies:** Nigel Moyes, Neil Broadway.

Apologise from Brenda that minutes were not completed from last meeting.

Introduction around the table when Guenever announced that she is stepping down from her role this year and that Ian Hartley will be taking her place.

**Speaker:** Karl Dickinson

Karl introduced attendees to Suffolk Young People’s Health Project also known as 4YP. They provide a ‘drop in ‘ for young people from the ages of 12 to 25 to fill the gap in services for young people who cannot or do not meet the criteria for other services.

**The project offers a range of services to young people including Counselling and is hoping to include Sexual Health ‘drop in’ twice a week and Karl has requested that if there is anyone with knowledge and experience in this field who would like to and can volunteer, all contact details can be found on leaflet which were distributed to attendees.**

There are many issues that young people face which include self –harm and body image particularly among the 13- 15 year olds. Referrals come from the Well Being Service, GPs, Parents and Carers and whilst there is a waiting list for counselling which has been reduced to 60 from 200 last year; on accessing the service, young people will have an informal assessment with the aim of early intervention with depression, anxiety, bereavement and relationship breakdown.

There are various activities to access and in which peer support is encourage either with 1-1 or in group activities. There is an Employment Skills programme about to start up again to support young people to build skills to enable them to go on to Mygo: there is also hope of bringing together a Young Persons Committee which would lead, consult and survey. There is an online programme accessible via website and aim is to reach out further beyond Ipswich and reaching Young People all over the county. Funding comes from Lottery, small grants, contract with NSFT and fund raising: Karl has invited people to go along to premises for a visit.

**Update from Attendees**

Simon King (Healthwatch) informed the meeting that Time to Change is a national movement and has been a push in 16 parts of the country and creating a Hub made up with partnership with Healthwatch, Mind and Rethink, SUF, Suffolk Family Carers, SCC/Health and Wellbeing Board, Libraries and local TTC Champions. A sum of £500 from a pot of £10000 for the first round has been awarded to ten applicants to hold an event which encourages a conversation to normalise talking about Mental Health and reduce the stigma. Successful applicants are provided with a pre- loaded DD card to finance their event.

In round one 10 applicants were successful with an event being held at Quay Place on 1st February with organisations are invited to have a stall; also on the same day starting at 6am a Talk Event at Stowmarket Railway Station, 3rd February an event is being held in Lowestoft with Stalls and workshops, also planned is an event at Waterfront ,Ipswich in March and there is going to be a festival planned in Stowmarket, there is a fashion show at Volunteeing Matters also in March; all information about the events can be found on Social Media, and with VASP distributing information via the mailing list.
The second round of applications has a deadline of the end of February and the meeting was told that it is not necessary to be a Time to Change ‘Champion’ to apply. People interested in becoming a ‘Championd can do this by registering on line or if support is required Simon would be happy to support on laptop, with s a 2 day training session for Champions starting in February run by Jo Flack.

Tina – Suffolk User Forum is a new member of staff and working in the East of Suffolk..

Guenever Pachent – the trust are recruiting for permanent Chief Executive, Chief Nurse, Chief Operations Director to work across the two counties, also announced that Robin Nesbitt will be retiring in 2018 and will be very missed. A request made to keep Guenever on mailing list and also welcome to continue to come along to VASP meetings.

Richard Squirrell – advertisement on NHS website for a Mental Health Nurse to work with the homeless working with the NSFT and Chapman Centre. Richard told the meeting about ‘Suffolk Smiles’ stickers which is a positive side of Mental Health also of the cards that CCG are providing which are being distributed. A Suffolk Day is planned for 21st June which is the longest day and which it is hoped our local radio stations would get involved and a request made to invite Mark Murphy from Radio Suffolk to a VASP meeting.

Jane Wood – Breakthrough is a new agency working with people with Mental Health with an approach focussed on recovery and so far has received positive feedback from users. People can self -refer and Jane hopes to speak with the Mental Health Commissioner and first wants to get established.

Ellen – Survivors in Transition are now holding two new groups for those with Personality Disorder and Parenting for Survivors to include counselling and group therapies.

Luke (Heath Watch) expressed his interest to Breakthrough and their recovery approach and asked if compared to a new module from Holland can Buurtzorg.

Brenda (Julian Support) – been invited to join Home group for a Suicide Prevention Day and will update when more information is available. Loop is doing a really brilliant job the only one thing felt needed was to have someone tune or donate a piano, suggest ion to check on free ads online.

Linda spoke about her experience of being a service user and having done a course on Mindfulness and found that a three times a year reunion for those that have attended the Mindfulness course kick starts what has been learned. Information for anyone interested can be found on East Ipswich Mindfulness Group on Facebook.

Elaine – now in a position to employ someone whose primary task is to start-up a Pre-Tenancy Training initiative by April. A property has been secured, which hopefully will be available in March. Also announced that people can vote for the Stone Foundation charity via various Tesco Stores by choosing the blue token to place in the boxes available in the stores.

There was no other business.

**Next meeting to be held on 14th March 2018 at Volunteering Matters starting at 10.30.**