



AGENDA
Sudbury Locality VASP Meeting
Wednesday 25th May 2016
10am to 11.30pm
Phoenix Children's Centre
Tudor Road, Sudbury, Suffolk CO10 1NP

Refreshments available upon arrival

1. Introductions and Apologies
2. Agree March minutes, attached, thanks Sally.
([Minutes](#) from this and all previous meetings are on www.suffolkvasp.co.uk)
3. Report back from
 - a. BDC open for business event 20th April, Delphi Centre
 - b. Richmond Fellowship 20th anniversary event 20th May, St Peter's Church
4. Event planning - decide VASP & partner engagement:
Mental Health Day Market Stall, 13th Oct?
5. Updates from organisations
6. AOB

Future meeting dates are last Wednesday every other month;
all at 10am at the Phoenix Centre:
July 27th, September 28th, November 30th

SUDBURY VASP

Notes of Meeting: 30th March 2016

Title of Meeting:	Sudbury VASP
Purpose or Mandate:	For partners working in the field of mental health and wellbeing to come together and discuss local provision, issues and good practice.
Date:	30 th March 2016
Place:	Phoenix Children's Centre Sudbury
Times:	10am-11.30am
Attended	Nigel Brett, (NB) Mid Suffolk & Babergh District Councils, Sally Watson (SW) Suffolk County Council Stephanie White (Homestart) Jane Furrows (JF) (Homestart) Jo Belfield (JB) CAS Chris Boatwright (CB) Kernos Andrew Good (AG) NSFT Governor Alison Clark (AS) SNAP Elizabeth Storer (ES) Healthwatch Suffolk Georgia Britton (GB) Norcas 65+ Wendy Shepherd (WS) SUF John Taylor (JT) Richmond Fellowship
Invited Guests:	Georgia Britton (georgia.britton@phoenix-futures.org.uk)
Note-taker:	Sally Watson
Distribution List:	To all named above and other members of the group

Item No.	Item Description	Relevant business considered, facts noted, the decision taken and its rationale
1.	Apologies	None received
2.	Notes from last meeting	CB stated following the information about Suffolk Info-link, she could not find Kernos under its postcode or keyword, only under the search name 'Kernos'.

<p>ACTIONS:</p> <p>i). Everyone check their organisation on Info-link via keyword, postcode and name. Report back to Nigel (before 15th April) if there are issues, and Nigel will take it up with Hilary (SCC who gave the presentation).</p>		
3.	<p>Event Planning</p> <p>i).</p> <p>“Open for Business”</p> <p>ii)</p> <p>Richmond Fellowship 20th Anniversary</p>	<p>NB: Informed the group of a District Council organised event on 20th April at Delphi Centre called “Open for Business”. http://www.midsuffolk.gov.uk/business/open-for-business/ The event is to primarily engage with businesses in the area (it is not open to the public). Anyone wishing to attend or have a stand should contact Nigel.</p> <p>JB said she would go along with the CAS stand to talk to businesses about their Corporate Social Responsibility and employee supported volunteering schemes. She will also ask the businesses present if they can support the VASP on their World Mental Health Day with ‘give-aways’.</p> <p>NB will take the VASP stand for general information regarding health and wellbeing for employees.</p> <p>AG asked whether anyone had seen the co-produced booklet that was around a while ago (handbook for businesses), which had information about employing people with disabilities or mental health challenges. If he can locate some, AG will bring some along.</p> <p>SW mentioned the recent TV programme Employable Me (not The Unemployables as stated at the meeting). This is on a Wednesday evening 9pm BBC2 also on IPlayer).</p> <p>JT spoke about the planned 20th anniversary celebration of The Richmond Fellowship, which coincides with Mental health awareness week. This will happen at St Peter’s Church in the Market Square, Sudbury on Friday 20th May(10am-2pm). Everyone is welcome to have a stand, or bring something for people to engage with. (there will be a VASP stand), please contact JT if you would like one (01787 881307). The Church will be open from 9am to set up (maybe a bit earlier). There will be refreshments to purchase during the day, and visits by the new Sudbury Mayor (Sue Ayres), James Cartlidge (MP) and a contestant who appeared on the Great British Bake-Off TV programme.</p> <p>NB suggested the Rural Coffee Caravan and Sudbury Connect were informed about the event.</p> <p>JT asked if anyone knew the whereabouts of the ‘Smoothie Bike’. It was with Suffolk Wellbeing Service, but may now be with their successors, One Life.</p> <p>WS said she would take leaflets but could not ‘man’ the stand as she is committed elsewhere, LS said she would represent Healthwatch, SW will attend if her diary is free and support the</p>

		VASP stand, JF will take the information back to Homestart, JB said she will attend if available. JT will send out a press release.
iii)	VASP World Mental Health Day	World Mental Health Day is 10 th October 2016. The group decided to continue celebrating it and raising awareness in the usual way, by having a stand with the Town Council Mini bus at the Market. This will be the Thursday prior to WMH Day: Thursday 6 th October. CB suggested having a theme across the whole of Suffolk for continuity (and marketing). NB will mention this at the Chairs/Vice Chairs meeting in May, and AG will see if there are any themes emerging from the trust.

Actions:

- i) *Anyone wishing to attend the Business event please confirm with NB or JT if they wish to have a stall at the Richmond Fellowship celebration.*
- ii) *JT contact the Rural Coffee Caravan/Sudbury Connect/One Life re the event*
- iii) *People let NB know if they can attend the VASP event in October (and time)*
- iv) *SW to book the Transit Van with Bradley Smith and ask if we can store leaflets overnight.*
- v) *CB to contact the Pat Dogs (at a later date)*

AOB:

WS: SUF are funding a new advocacy post 25hrs a week. It won't be based anywhere but the job entails the worker to attend hospital/GP appointments with people who need someone to help them understand what the professional is saying. SUF have had some changes to their IT recently, so apologies if Wendy has not been answering emails. The new phone number for SUF is 01473 907087 (emails remain the same).

JB: CAS are still getting information in for their Suffolk wide volunteering strategy (will be written up in May). There is a Suffolk Volunteering Conference on Wednesday 27th April at the Kesgrave centre (Twelve Acre Approach) 10am-4pm. There will be some guest speakers, cost £25 to CAS members (all welcome) see CAS website for details.

The next Sudbury Volunteer Meeting is on 11th May 10am -12pm. JB asked if anyone could suggest meeting rooms (larger than the library), as numbers had to be limited last time, which prevented some people from attending. The Christopher Centre or the Bridge Project were suggested.

AC: SNAP are holding drop-ins at Mulberry House (Stour Street Sudbury) every week on a Tuesday for people to talk and get advice about benefits/ housing/private or tenancy advice. Every third Wednesday of the month, Turning Point/Health Outreach and SNAP are at the Christopher Centre (10am-1pm) for anyone (any age) to drop in.

As well as Turning Point having a presence in Sudbury, Suffolk Family Carers will be coming (and Active Lives) very soon.

LS: Healthwatch Suffolk are moving premises this Friday (1st April) to be co-located with Age uk at Claydon business park.

The latest survey being conducted is around diabetic foot-care (preventative assessments), some practices not as good as others.

Georgia Britton (guest):

Georgia represents Norcas 65+, a 3 year funded project (now in its second year), offering specialist support for people aged 65+ in Norfolk and Suffolk whose health and wellbeing could

be affected by alcohol, drugs, over the counter and prescribed medication. It is a low-level service, which helps people by looking at their 'habits' and making reductions by way of drink diaries, or working around loneliness/isolation issues etc. Georgia works closely with Turning Point, but when she makes referrals, she will continue to work with the client until they are seen by the agency. She is the only worker for the whole of Suffolk. Georgia is looking for available meeting rooms where she can see clients who don't wish to meet in their homes (most prefer to meet her at home, but not all).

CB suggested Georgia attended the Sudbury Hive meeting.

Georgia gave out information booklets about the Norcas 65+ Service (NB said he would circulate this to his contacts if GB sent it to him electronically).

SW (Stephanie White): On a placement with Homestart, but studying Social Work at UCS Ipswich.

AG: Mentioned The Chancellor promised extra funding for CCGs , but this is not happening. AG will take it up with the local MP.

There is an independent review going on into why the local Trust has the highest number of unexpected deaths. The Trust is hoping it is a data collection issue, which could be resolved by training and advice into how to collect data.

There is now a full complement of Trust members; although there are low numbers of carers on the membership (WS will highlight this on the User Forum).

The magazine is now web-based, and there has only been one (large) edition in the past 2 years. The next edition will be much smaller.

There will be a dementia conference on 10th November at the Jerwood Centre (Dance East) in Ipswich, where they will discuss research and community initiatives.

CB: Kernos are struggling with a 5 month waiting list (everyone is seen within 2 weeks of the initial referral), which comes down to funding. CB urged everyone who visited the Nationwide Building Society to use the token to vote for the Kernos.

Newton Golf Club have made Kernos their Charity of the year.

SW: Mentioned the Local Area Coordinators and how they are expecting to employ several more in the county before the end of the year.

Actions:

- i) GB forward electronic copy of Norcas 65+ booklet to NB
- ii) NB to circulate Norcas 65+ Booklet to contacts

Date of Next Meeting:

Wednesday 25th May 2016 10am @ The Phoenix Children's Centre Tudor Road Sudbury