

**STRATEGIC VASP MEETING**

**Monday 10th June 2019 @ 10am – 12.00pm**

**Boardroom, Healthwatch Suffolk, 14 Hill View Business Park,**

**Claydon, Suffolk IP6 0AJ**

**MINUTES – revised version**

1. **Welcome and Introductions**

Gill invited everyone to introduce themselves, and to be sharing an indication of how they were feeling, of their wellbeing, as a score from 1 to 10.

**Present;**

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| Gill Jones, HWS, Strategic VASP Chair | Nigel Moyes, Peer Tutor Recovery College, NSFT |
| Simon King, HWS, VASP Co-ordinator | Tuija Juusti-Butler, Wellbeing Service, NSFT |
| Richard Cox, DWP | Lorraine Parr, East and West Suffolk CCG’s |
| Lucy Allen, Voiceability | Karen Sheen, Suffolk Carers Matter |
| Hayley Charman, WSCCG and Bury & FH VASP co-chair | Max Clark, NSFT Public Governor |
| Jane Millar, Mental Health Focus Group Co-Chair | Jane, Suffolk CRUSE Bereavement Support |
| Andy Fell, Outreach Youth | Linda Fravigar-Munday – service user & support group facilitator |  |  |
| Ian Hartley, NSFT Public Governor | Aruna Sharma-Balls – Babergh & Mid Suffolk DC |  |  |
| Terri-Ann Perkins, Suffolk Family Carers | Steve Ritson, Homegroup |  |  |
| Sally Watson, co-chair Sudbury VASP & SCC | Shpetim Alimeta, Suffolk Wellbeing / Voiceability |
| Michael Mather, co-chair Bury & FH VASP & Julian Support | Sharon Hobbs, Suffolk Parent Carer Network |
| Mandy Horne, Green Light Trust | Catherine Mather – Consensus |

**Apologies;**

Andrew Good - Samaritans & NSFT Governor

Gareth Moir - Mid-Suffolk VASP co-chair & Mid-Suffolk & Babergh DC

Tibbs Pinter - 4YP

Nicole Rickard - East Suffolk District Council

Christine Geeson - Public Health, SCC

Pete Devlin – Asst. Director Mental Health & LD, SCC

Sophie Davies - Recovery College NSFT

Richard Stewart - Student Life

Peter Coleman - NSFT Public Governor

1. **Notes from the March 2019 Strategic VASP meeting**

Reviewed and accepted.

1. **Mental Health and LGBTQ, Young People – Andy (Outreach Youth) and Michael Ogden (Healthwatch Suffolk)**

Since 2017 Healthwatch Suffolk have been running a piece of Research, My Health Our Future MHOF, sharing a structured survey (applying the Warwick Edinburgh Scale) with young people in secondary schools, asking them about all aspects of their life that may impact on their mental health and wellbeing.

The volume of response has given an authoritative voice to help contribute to local Strategies and the targeting of funding. Schools receive their own bespoke report to help them target their measures and messages. Some schools have consequently made changes, for example, upskilling young people to be better able to help each other, and reviewing the content of their PHSE offer.

In 2018 Healthwatch Suffolk shared evidence with the House of Commons Women and Equalities Committee, relating to the experiences of LGBT young people. This included responses from a short specifically created survey (61 responses), from the ‘My Health Our Future’ project including data from about 500 young people, and feedback from engaging with the Outreach Youth trans support group… e-link…

<https://www.healthwatchsuffolk.co.uk/wp-content/uploads/2018/11/LGBT-Response-Presentation-of-Evidence-October-2018.pdf>

Some young people who self-identify as LGBTQ have talked about the ‘online space’ being a useful place, where they can find out information, talk to others, explore questions and issues.

Outreach Youth is a small charity, that started in 2004, a youth work project to help young people who identify as LGBTQ, for any person questioning their sexuality. The findings from the HWS surveys have not been a surprise to Outreach Youth.

Outreach Youth work together with young people to help young people. Notably, young people who have body dysphoria, who wish to explore changing their gender. On referral to the Service in London they face a 20 month wait.

Outreach Youth are working with young people to help enable their voices to be expressed and listened to. Young people have expressed that they are scared to come out, including to their parents, at a time when they are trying to work out who they are.

It’s vital to young people to have a safe space where they feel they can be themselves, to talk openly. There is very little other support in the County for young people with LGBTQ. Outreach Youth are the only specialist provider for young people who have LGBTQ, albeit with a very small amount of resources.

Young people are facing new and different challenges as compared with people from the generations before them, however, it’s very often people from those other generations, who haven’t faced the same challenges, who are making decisions about what services and support is being offered to young people in the community.

Young people have shown a willingness to have open conversations about their life experiences, including of coming out and of bullying.

On the Healthwatch Suffolk website there are examples of the ways in which schools have responded to the feedback from their students. Healthwatch Suffolk are also looking to reach young people who are not in school, for example who are having home schooling.

The journey to transition, beyond secondary school at age 16, into further education, training or work experience, begins in secondary schools at age 14.

HWS, together with Partners, are helping to gather evidence for the CQC, from young people and their parents/carers, to help inform the CQC’s inspection of young people’s mental health services in Suffolk.

Certain GP’s, and therefore certain GP Surgeries, are being favoured by young people especially if they are wanting to talk about being transgender and their options.

We live in a world where being heterosexual is the norm, and young people are constantly facing people who intentionally, or unintentionally, are not providing a safe space for young people to talk without feeling there are presumptions or prejudice.

1. **‘Living Life to the Full’ Life Skills e-course with Wellbeing Support**

**Lorraine Parr – East and West Suffolk CCG’s with Tuija Juusti-Butler – Wellbeing Service NSFT**

In June 2018 a Pilot of Living Life to the Full ([www.llttf.com](http://www.llttf.com)) was launched with 13 Suffolk GP Practices, shortly after launching the CCG’s asked for the programme to be rolled out to all 64 GP Practices across East and West Suffolk, which happened in March 2019.

The Living Life to the Full approach was developed by Dr Chris Williams, Professor of Psychosocial Psychiatry. The resources can be accessed online by anyone (for people 18 yrs and over) or through the Wellbeing Service. There is the ‘Living Life to the Full’ course, and several separate courses aimed at specific groups of people.

To start using the Living Life to the Full resources, people visit the website [www.LLTTF4Suffolk.com](http://www.LLTTF4Suffolk.com), there they complete a Mood Quiz and register, people can then access lots of resources, including online CBT.

If the person wishes to, they can then opt to access support from the Wellbeing Service, person to person, by selecting an option of accessing ‘extra help’. Those people who have completed the Programme so far are sharing very positive feedback.

People on the waiting list for one to one therapy from the Wellbeing Service could be accessing the Living Life to the Full online resources too. The resources are user friendly, including audio and video.

The Living Life to the Full book is available through Suffolk Libraries. Thus far the resources are only in English, exploring offering the information in other prevalent languages in Suffolk.

Would like everyone to help raise awareness about Living Life to the Full across the community of East and West Suffolk. To be letting people know they have this service available to them online, notably without needing to go through their GP Surgery.

1. **VASP Coordinator update & introducing Suffolk Mental Health Friends**

* The VASP’s supporters, this year, have risen from about 550 to over 660.
* The VASP has a growing presence on Twitter and Instagram, both @oursuffolkvasp, the number of followers on social media has risen this year from 2,600 (across both) to over 3,000.
* Regular news round ups are being circulated, usually once weekly, receiving positive feedback
* Seventeen Suffolk Mental Health Friends (SMHF) sessions have been shared since launching on the 10th Oct 2018 (World Mental Health Day).
* SMHF sessions have been shared with over 200 people, with an age range from 18 to 94, their evaluations are showing that the large majority are valuing the session.
* A Suffolk Mental Health Friends session (about 45 mins) is free, the offer is to deliver a session with a group, (any size of group) anywhere in Suffolk, the session is free.

Follow on conversation about the need for people participating in Locality Groups to please be willing to help, to co-chair, to take Minutes and to step in if the usual Chair isn’t available and they would like the Locality meeting to go ahead.

1. **Sharing info from the Services represented around the table**

Michael Mather – co-chair for the Bury & Forest Heath VASP, tending to have some transitory participation in the locality VASP by people. Would welcome more of a presence from people who use services, however, recognising it can be difficult to walk into a room with unfamiliar people.

Mandy Horne – Green Light Trust is based in Lawshall where they have some woodlands, they also work in Ipswich and Minsmere. They offer 6 to 12 weeks outdoor, woodland, courses.

Sharon Hobbs – Suffolk Parent Carer Network, it’s important that people know about the help they can tap into from SPCN, helping parents understand their rights, including in respect of transition, especially helpful for children and families with additional needs.

Shpetim Alimeta – Suffolk Wellbeing / Voiceability, the Wellbeing Service social team have teamed up with ActivLives to offer a Community Garden Event next Monday 17th June, at ActivLives Community Active Gardens in Maidenhall, Ipswich. Keen to link up with other gardening projects, and with places where people are meeting for tea/coffee to help with social isolation.

Max Clark, relatively new NSFT Public Governor, keen to be listening to people’s feedback and learning. Max can be contacted by e-mail at [maximiliandc@gmail.com](mailto:maximiliandc@gmail.com) .

Karen Sheen, Suffolk Carers Matter now have two dedicated people to back up the work of the Family Carers net. Keen to help make it easier for people to access the help they need. High on their agenda is emotional support, able to offer up to eight sessions of counselling.

Tuija Juusti-Butler, the Wellbeing Service now have a team of Community Advisers, Peer Advisers and Employment Advisers. From September, looking with Hospital Trusts, to be offering a programme for people living with long term physical health conditions.

Terri-Ann Perkins, Suffolk Family Carers have proudly won a GlaxoSmithKline national Award. This week is Carers Week, 10th to 16th June. Suffolk Family Carers are having a Family Day on 12th June at Claydon, and they have a new community outreach bus. Suffolk Family Carers have a small Social Prescribing team, partnering with the Wellbeing Service.

Richard Cox, DWP, all the Disability Employment Advisers are undertaking training to become Mental Health First Aiders. Looking to join with colleagues to partner up for events for the community. Richard, and others, see the merit in sharing information using Facebook, Simon shared having tried to set up a Facebook page for the VASP, unsuccessfully.

Nigel Moyes, the Recovery College have won the NSFT team award recently and they have co-produced a video about the Recovery College’s co-produced programme. Work is happening within NSFT towards introducing an NHS 111 Option 2 service for mental health and a Place of Safety.

Steve Ritson, Homegroup is offering short stay respite beds at the Cornerhouse.

Aruna Sharma-Balls, Babergh and Mid-Suffolk District Council have recently shared with the Mentally Healthy Communities Board a recognised need by staff within Mid-Suffolk and Babergh DC, and other DC’s, to have a directory of services where staff can find out info for signposting.

Sally Watson, chair for the Sudbury VASP, a very successful event, a Health, Wellbeing and Jobs Fair in Sudbury, 595 visitors with over 50 stalls. Now working with a local champion for mental health to help them deliver their event, ‘Grey Matter’, in Sudbury on 2nd August.

Catherine Mather, Consensus provide mental health support for their service users, and for staff.

Linda Fravigar-Munday, the Mindfulness group continues to meet, opportunity for peer support, and as part of a group, a place to be continuing to practice mindfulness techniques.

Ian Hartley, NSFT are going through changes and have welcomed new Governors for Suffolk. There have been some structural changes in how services are delivered, with more autonomy being given to local services. Teams now include a People Participation Lead.

Jane Millar, the Mental Health Focus Group shall be welcoming service leads and people participation leads from NSFT. The MHFG is gathering feedback from people about their experience of accessing services from NSFT, to help inform the CQC’s inspection.

Lucy Allen, Voiceability provide advocacy, and have been working at local and national levels to influence changes to the Mental Capacity Act, there are changes happening from 2020.

Sophie Davies (update shared by GJ on Sophie’s behalf) – the Recovery College are putting together the timetable for the September to November term, should be available towards the end of July, two new courses added, Safety Planning and Goal Setting for Recovery. Also, keen to recruit new volunteer peer tutors, individuals with lived experience, to be involved with the delivery of courses.

**AOB.**

**Sharing the following update from NSFT, about their new Care Group leadership teams;**

As you will be aware, we are introducing a new place based clinical leadership model to ensure our service users and carers are firmly at the centre of everything we do. To achieve this, we are committed to having effective, clinically led decision making taking place at a local level close to where care and support is provided.

We have been through a very thorough recruitment process where service users, carers, external partners and stakeholders were all invited to sit on one of three interview panels so they could meet the candidates, ask questions and feedback their views.

We are pleased to announce that the following appointments have been made.

In **East Suffolk** Dr Sohail Abrar and Dr Jennifer Axford have been appointed as joint Clinical Directors with Andrew Cross as the People Participation Lead and Winsom Robotham joining us from Coventry and Warwickshire Partnership NHS Trust as Service Director.

In **West Suffolk** we would like to congratulate Mark Pattison as the newly-appointed Service Director. Mark has recently joined us from Sussex Partnership NHS Foundation Trust. He will be joined by Nyree Wood from Cambridgeshire and Peterborough NHS Foundation Trust as Lead Nurse and Neil Davis as the People Participation Lead.

For **West and South Norfolk** Stephen Clark has accepted the position of People Participation Lead, Ian Young has been appointed as Service Director with Ches Hankins as Lead Nurse and Dr Dan Dalton as Clinical Director.

We are pleased to welcome Sophie Bagge and Gary Walker to **Great Yarmouth and Waveney** as joint People Participation leads. Dr David Nelson has accepted the position of Clinical Director and we are pleased that Sue Graham will be joining us from South Norfolk CCG as Service Director. The team will be completed by Helen Smith taking the role as Lead Nurse.

In **North Norfolk and Norwich**we are pleased that Andy Mack will be taking the position of Service Director, Naomi Farrow as People Participation Lead and Michael Cummings as Lead Nurse.

We will shortly be announcing the Lead Nurse for the East Suffolk Care Group and the Clinical Directors for the West Suffolk and North Norfolk and Norwich Care Groups.

We are also very pleased that Amy Eagle will be joining us from the Norfolk and Norwich University Hospitals NHS Foundation Trust in the role of Deputy Chief Operating Officer and Gill Morshead has been appointed as Director of Access Improvement.

  … End …

**Dates of 2019 meetings**, to be held at: Healthwatch Suffolk:

* Monday, 9 September 10am-12.30pm
* Monday, 9 December 10am-12.30pm