

Minutes of VASP Meeting in Cloghans, Melton Hill, Woodbridge on Thursday 5th of February 2015 at 2:30pm

Present

Don Tricher - Pastel
Rachel Rowe – SCC
Tom Andrews - ESP
Jane Millar
Sally Pryke – Healthwatch
Stella Morris – SNAP
Gary Crockett – Public Health
Luke Bennett – ESP
Jane Clements – Linksaver Coastal
Helen McNorton – Suffolk Mind
Suzanne Wyard (Chair) - NSFT

Apologies

Simon King - Healthwatch

Rachel Rowe – SCC

A large part of the referrals to the early help team are related to emotional and mental wellbeing. At the moment referral sources are as follows.

- Self Referral – 15%
- School – 26%
- Integrated – 40%
- Nurses and others – 19%

Rachel stated that the main reasons for these referrals are lack of confidence and low self esteem. A new team will start on March the 31st and in the last 18 months there has been 85 referrals, 75% of these carry on with the counselling 48% have completed the counselling and very few only go to one session.

Ideally we would like the referrals to go to at least 6 sessions. Leiston have raised the fact that they would like to have a councillor service but such a service has not been able to be delivered.

Don Tricher – Pastel

Don gave an overview of the pastel scheme that has been running for 10 years and was started in Saxmundham. The scheme is aimed at young adults from ages 13 - 25 who have learning disabilities each session aims to provide the young adults with opportunities to network and meet new people as well as valuable life skills. The sessions are every 1st and

3rd Saturday of each month, running for five hours from 10:30am – 3:30pm and the session workers are mainly secondary school teachers. The scheme was lottery funded for 3 years and has now introduced charges to help sustain the sessions without the need of the lottery funding.

Pastel also run the Smile Café for 4 hours on a Thursday from 10:00am – 2:00pm this is run by volunteers who have learning difficulties themselves and gives the young adults another chance to meet new people as the cafe can hold 30 – 50 people at once.

There are also Cooking sessions every Tuesday and costs £10 per sessions as well as a singing sessions for the young adults for 2 hours which is £6 per session per person.

Gary Crockett – Public Health

The Warm homes healthy people scheme has been running for 3 years. It helps people who are deemed to be vulnerable. People who will be deemed vulnerable are the elderly or people who have long term health conditions.

People can self refer or can be referred; some things that the scheme can help with are as follows:

- £25 - £350 Fuel Payments
- Free home efficiency survey
- Loan Heaters
- Assistance in boiler repairs

Jane Millar – NSFT Governor

Jane updated the group on the recent outcome of the CQC visit to NSFT.

Date of the next meeting: 5th of March 2015 in Cloghans, Melton Hill, Woodbridge