



AGENDA

Sudbury Locality VASP Meeting Wednesday 27th January 2016

New Earlier Time* 10am to 11.30pm *New Earlier Time

Phoenix Children's Centre

Tudor Road, Sudbury, Suffolk CO10 1NP

Refreshments available upon arrival

1. Introductions and Apologies
2. Agree November minutes, attached, thanks Wendy.
([Minutes](#) from this and all previous meetings are on www.suffolkvasp.co.uk)
3. Agree Chair and Deputy Chair for this year. I am happy to continue to chair the VASP, but if anyone else would like to take on the role or be "deputy chair" for the times I am not available please let me know
4. Suffolk Infolink presentation
5. Sudbury Connect – Cally Boardman & Imogen Sherwood
6. Updates from organisations
7. AOB

NB. Future meeting dates are last Wednesday every other month;
all at 10am at the Phoenix Centre:

March 30th, May 25th, July 27th, September 28th, November 30th



Minutes of Sudbury Locality VASP Meeting

Date: 25.11.15 – Phoenix Children's Centre

1. Present: Chris Boatright (CB), Kernos Centre (Chair), Elizabeth Storer (ES) Healthwatch Suffolk, Matt Hales-Khan (MHC) Suffolk County Council Moving into Adulthood Team, Helen Robinson (HR) Suffolk County Council Moving into Adulthood Team, Janette Wilson-North (JWN) British Red Cross, Helen Game (HG) Suffolk Wellbeing Service, Alison Clark (AC) SNAP, Jo Belfield (JB) Community Action Suffolk, Sally Watson (SW) Suffolk County Council CYP, Wendy Shepherd (WS) Suffolk User Forum (Minutes)

Apologies: Nigel Brett, Andrew Good, Steph Parmee

2. Minutes:

The minutes from the last meeting were agreed.

Matters arising: SW updated on the Local Area Coordinator posts. Imogen is now in post for Sudbury and Cornard area. Further interviews to appoint to surrounding villages. SW to invite Imogen to next VASP meeting.

3. Presentation from Janette Wilson-North from the British Red Cross

Janette gave a very informative talk on what the Red Cross can deliver. They can offer bespoke courses to groups. These are usually around 2 hours. The course is delivered by a team of trained volunteers. They also have what they call a multiplier partnership. This means that they will train someone who can then go on to deliver the training to their members/service users in their own organisation. CB suggested Janette might like to contact Sudbury Cancer Carers Support Group – CB to forward link.

Janette spoke about the 2 free apps – a generic first aid and one for children and babies.

Please see attached sent by Janette for more information or contact details.

4. Feedback from World Mental Health Day:

CB informed us about the event this year. A stall was held in the market place again. Both Tesco and Sainsbury donated bags for life. There were wristbands from Tiny b to give away. Surplus of these were brought to the Phoenix Centre. Both James Cartledge MP and the Mayor, Jack Owen attended the stall and a piece was included in the local papers.

Lessons for next year? – It was felt that the details around leaflet dropping off and collecting should be firmed up as there was a slight mix up. Also, it was felt that more healthy foods should be offered as well as the mince pies and sweets etc.

5. Updates from Organisations

AC – SNAP. Hoping to know more about the future of the contract soon as finishes end March 2016.

Access to service has not changed. Continue to work closely with local councils to avoid evictions. Able to advocate on behalf of service users. Seeing more problems with ESA and benefits in general.

JB – Community Action Suffolk. Focussing support on community groups and charities to gain volunteers. Will assist with signposting.



ES – Healthwatch Suffolk. Recent event in conjunction with SUF and NSFT, Stepping Forward, well attended. BME event with NSFT, also well attended. The report is on the website along with a film. Healthwatch are conducting a survey on maternity. This is the first time that this subject has been used. SW – CYP. New befriending scheme for mums in isolation started in Wattisham. Working closely with Homestart so their volunteers would be able to identify mental health issues at an earlier stage and assist. Training given by primary mental health workers.

MHK and HR, Into Adulthood. There is a small team of 4 people working on putting information out where and when it's needed. Working on a person centred approach to plan alternative routes. Age range between 14 to 25 with disabilities or special educational needs. Recommend to go on YouTube and watch the clip. They also have a project working in Haverhill with practitioners around planning for the future.

CB – Kernos. Currently working with people within the age range of 6 to 93. They have received 258 referrals, 176 adults and 82 younger persons. There are currently 47 on the waiting list. Unfortunately, they have the capacity to work with these people but not the funding. There are some very complex cases coming through. Chris informed us that the NSPCC survey shows young people being turned away as the thresholds are increased. The Kernos Centre are holding their AGM on 22nd January 2016 at 5.00pm at the Christopher Centre.

HG – Wellbeing Service. Helen spoke about the integrated neighbourhood team meeting which is on 9th December. The focus is to be on Demystifying Mental Health. This is jointly run by social care and health at the new Health Centre in Sudbury. Helen also said about seeing people having problems with benefits and figures show that 10 out of 25 are having to go to appeal as the medical that they have to undertake is not conducted by a mental health professional so they are failing to reach the criteria.

WS – Suffolk User Forum. Really good 'Stepping Forward' event in conjunction with Healthwatch and NSFT. AGM in October very well attended. Assisted on the Time to Change pop up village in Bury St. Edmunds.

6. Dates and times for Next Years Meeting

The dates were agreed. There was a unanimous decision to change the time to 10-11.30. This would also be more convenient for the Phoenix Centre. These have been put into their calendar.

7. AOB

There being no other business, the meeting was closed.