

Minutes of Ipswich VASP Monthly Meeting 14th August 2014

Attendees:- Joint Chairs – Louise Marks – SFC & David Grimmer – Suffolk Libraries, Richard Squirrel – Service-User, Tracy Priestly – Together, Guenever Pachent – NSFT Governor, Kate Grinwood – Headspace CSV, Vron Deri – NSFT, Maria Warren – Ormiston Families, Paul Maquire – OCD Limits, Jill Coleman – Voiceability, Linda Brown – Julian Support, Lewis Jordan – NSFT, Pearly Gupta – Public Health Suffolk
Minutes - Cathie Lee

All - Brief introductions from all, and a review of last month's minutes.

Addendum (v) – RS clarifies that the individual referred to who was turned away from DAT was a fellow service-user, and, not himself, as previously quoted

Agenda Items:-

- 1) Maria Warren – Ormiston Families**
- 2) Kate Grinwood – Headspace CSV**
- 3) Updates – All Various**

1) Marian Warren – Ormiston Families (www.ormiston.org)

MW introduces herself to the group as the new Partnership Manager since May.

MW advises that Ormiston no longer has simply its traditional associations and now has a much broader reach. **MW** advises that Ormiston Families support vulnerable and disadvantaged children, young adults and families in East Anglia. The support and help they offer extends across various areas including travellers, domestic violence, addicts and prisoners: and anyone can refer.

MW gives the example of their work across the prison service which includes: - assisting visiting with crèches and “day centres” within prison to facilitate family time. They also provide a prison outreach service to support families in their own homes who are suffering social stigma. **MW** quotes proven statistic that offenders who maintain family ties are less likely to re-offend.

DG advises that Suffolk Libraries also work with prisoners, and there could be opportunity for joint working in future. **MW** will investigate and revert back to **DG**

Action Point: - MW will email brochure as attachment to circulate with minutes

2) Kate Grinwood – “Headspace” CSV

KG introduces herself to the group as Project Assistant of the new programme “Headspace” which is aimed at people with (past or present) MH issues, wanting to positively make a change. **KG** assures there is no need for official diagnosis – just a feeling that MH has “touched” them. The programme has lottery funding (3 years) for people (aged 19+) “at risk” of MH issues; but they are currently seeking more specific clarification.

KG advises that Headspace includes MH specialist (Fiona) and 2 others who all work part-time.

KG advises there is an initial core 4-week core programme with workshops etc. focusing on self-help: and this is followed by an 8 week programme where the attendee looks at a specific outcome such as employment or social inclusion.

KG advises that the courses will run in the new CSV premises, and open days are scheduled Sat 6th and Wednesday 10th September. Literature still being finalised but will follow shortly. **Action Point: - All. If anyone can volunteer as peer support for Headspace please contact KG direct. kgrimwood@csv.org.uk**

3) Paul Maguire – OCD Limits

PM advises that the group is looking to expand into Felixstowe. **PM** also advises that the Ipswich group have 5 members taking more responsibility which has freed up some time for **PM**. As a result, **PM** is now Warden & Secretary for allotment used by group.

4) Vron Deri – Wellbeing Service

Vron advises group of a new workshop (in collaboration with Kate – the Trust Chaplain for Suffolk) on September 18th (2pm @ Mariner House) called “Finding Meaning” to discuss spirituality needs. **Vron** also advises that Kate is also working with the Recovery College.

GP recommends inviting Kate to Vasp Ipswich as she believes there is a degree of local interest in spirituality. **Action Point: - Vron will send LM contact details**

5) Richard Squirrell – Service-User

RS talks of event last Saturday @ Museum of East Anglian Life. **RS** described this as an “absolute blast” – “the best event of this kind he’s been to ever”, with no “misery corner” and a real “good feeling vibe”. **RS** has emailed his thanks to everyone who contributed.

GP said people were very brave to take the microphone and tell their story.

DG said this was a fantastic networking opportunity; and Time For Change (based in Norwich) were impressed to see what Suffolk could achieve.

RS advises group that he, **DG** & **LM**, are due to have a meeting with CCG’s regarding the “Make the Right Call” campaign and the absence of any reference to MH.

RS shows group “Listen” prompt cards, and is pleased to advise that these, together with the relevant posters, have not only gone live but are to be adopted by the Trust country wide. The literature states that the mnemonic has been put together by service users, carers and clinicians in E. Suffolk to help those working with people in distress: and the Trust also has copy write.

LM confirms that Crisis Team calls are now recorded; which is not only a great reassurance for people phoning in, but a valid training tool for staff. **RS** also advises that the call-handler now has access to patient notes so they can make a pertinent response rather than a generic one. **RS** states that the new Trust computer system “Lorenzo” will make this patient data more accessible in future.

RS talks of Crisis Care Concordat – group consensus that it is not sufficient for organisations to simply sign up, it requires regular meetings and positive action. Example given that member of the police recently quoted “We didn’t sign up for Concordat – Tim Passmore did”. **GP** offers to follow this up.

RS talks of the merging of the Lattice Barn surgery with. He suggests that as locality is next to Woodlands there is a strong case for a designated MH unit on new premises.

RS believes this is a cost effective use of the combined Concordat budgets. **RS** will summarise case in email and forward to **LM** to raise at “Conversations about MH”

RS also comments that he really appreciates feedback following his “Smile” emails.

6) David Grimmer – Suffolk Libraries

DG updates group with news that “Action For Happiness” are supporting events from October onwards in Ipswich, Bury & Lowestoft with the Wellbeing Service at the core. These will be in the evenings (approx. 5:30–7pm) to make these accessible to workers. **DG** advises that the events have 2 stages: - 1) Supporting discovering a connection with something local that may help – e.g. a photography group, and Workshop to identify 10 things that make you happy; 2) Return on 3rd month for feedback and also meet and support new attendees.

Action Point: - All. If any Vasp members want to attend, please contact DG direct.

DG also advises that, following his recent attendance at Vasp, David Jay has sent “Hidden Talents” posters to **DG** to display in libraries.

DG confirms Graham Abbott (Suffolk Alcohol Treatment service) will be attending October Vasp meeting, following concerns raised by **RS** at last month’s meeting.

DG advises that SUF wrote to Graham over these issues – **DG** will check with Jayne Davey (of SUF) to see if they have had a formal response.

7) Guenever Pachent – Trust Governor

GP talks of upcoming MH & Criminal Justice seminar @Trinity Park 19th September 12:30 – 17:00. (Poster shown). This is a free event open to members, the public, voluntary & statutory agency workers and service-users & carers; and will be followed by the Trust AGM. Contact 01603 421468 membership@nsft.nhs.uk

Point 5 raised by **RS** in previous minutes referring to an “inappropriate” document circulated following the first policing seminar. **GP** also updates group that she has checked the documentation from the first seminar, and this document was definitely not part of the official pack.

8) Louise Marks – SFC and World Mental Health Day

LM talks of Thurston group, of which she is founder member (along with Geoff Stern of Healthwatch), which was set up to ensure imaginative use of MH funding and also ensure everyone’s voice heard in compilation of strategy in advance of deadline (May 2015). Group discussion around challenges facing Thurston Group on remaining true to its intended purpose.

LM talks of “Conversations about MH” 19/8 10-4 @Ipswich Town Football ground. Lunch provided & service-user transport costs reimbursed. **LM** gives “shout out” for frontline NSFT workers to attend & recommends attending in the morning if short of time. Contact dominicmundy@ipswichandeastsuffolkccg.nhs.uk

LM asks **GP** when the Recovery College Autumn prospectus will be published as she feels time is off the essence if wishing to book a place– **GP** will investigate.

WMHD

LM is pleased to confirm that she has obtained consent from Daniel Kennedy @IBC for street performances on the day. **Action Points:-1) LM to invite Daniel to next Vasp meeting, 2) All. Any suggestions/ names of potential performers to LM please.**

KG will investigate, **TP** has choir committed to perform, just need electricity supply **LM** outlines plan for the day that Vasp members are mobile with leaflets in bags (as opposed to stand) and accompany performers in various locations.

Group discussion around potential localities (general consensus to avoid market area) -
LM will email details of specific locations later.

DG reminds group to please use Vasp website – he has published information relating to WMHD on there, and requests others do the same to simplify & speed up communication. **www.suffolkvasp.co.uk**

DG confirms Oz Osbourne (Time For Change) will bring bubble machine & literature.

Action Point:-DG will invite Oz to next Vasp meeting, and ask if “TFC” can provide any volunteers.

LM suggests Coastal Vasp join Ipswich for the day as they have nothing planned as yet.

Next Meeting Thursday 11th September 10 – 12

@<http://www.suffolkfamilycarers.org> Large “Container” Temporary Office at front of site