



Notes of the Sudbury Locality VASP Meeting – 26th March 2014

At the Phoenix Centre, Tudor Road, Sudbury CO10 1NP

Present

Elizabeth Storer (ES)	Healthwatch Suffolk (Chair)
Julia Carr (JC)	VASP Coordinator (Notes)
Helen Game (HG)	NSFT Linkworker
Guenever Pachant (GP)	NSFT Governor
Catherine Riand (CR)	NSFT
Katie Webster (KW)	NSFT
Jill Cornwell (JCo)	NSFT
Chris Boatwright (CB)	Kernos Centre
Leslie Salema (LS)	Public Health
Dr Michael Bamford (MB)	Babergh/Health & Wellbeing Board
Sally Watson (SW)	Suffolk County Council
John Taylor (JT)	Richmond Fellowship

Apologies

Nigel Brett	Babergh District Council
Andrew Good	NSFT Governor
Hannah Seymour	Children's Centre
Carol Thain	Suffolk Mind
Kern Turner	Healthwatch Suffolk
Carol Long	Homestart South Suffolk
Wendy Shepherd	SNAP

1. The Minutes from the meeting on 27 November 2013 were approved
2. Elizabeth Storer had agreed to Chair in Nigel's absence. Julia Carr agreed to take notes but highlighted the lack of regular minute-taking resource as an ongoing concern, not just for the Sudbury group, but the VASP network as a whole.
3. Suffolk Wellbeing Service
KW and CR spoke about Suffolk Wellbeing Service, which currently receives around 140 referrals per week in West Suffolk. The service is under primary care and for people age 16+ experiencing mild to moderate mental health problems. Under-16s are referred to services commissioned to 4YP. Online support is available via partner service the Big White Wall www.bigwhitewall.com, which offers counselling sessions via Skype. Ongoing support is available for ex-service and older people.

To access the SWS, people can self-refer via phone **0300 123 1781** (Mon-Fri, 9am-4.30pm) or online www.readytochange.org.uk or via GP, Linkworker or other professional referral. Six to eight therapy sessions can be offered, so people need to be highly motivated to change. It is possible to access the service again after receiving help elsewhere. The service is commissioned to work to a 50% recovery rate.



Free SWS “Stress Control”, “Improve your Mood” and “Dealing with Worry” workshop programmes are also available locally at The Quay Theatre during term times. A “Compassion” group meets in Bury St Edmunds, which people from the Sudbury area are also welcome to attend. People are welcome to bring somebody along with them to the workshops for support if required.

Brief discussions took place around whether the service directly refers or links to other services for health/exercise, and the potential for this; whether there is a gap in services for survivors of sexual abuse.

4. Later Life Pathway, NSFT

CR informed the meeting about the later life pathway, which is secondary care, so accessed via GP referral only, not via self-referral. The team is currently receiving 80-100 referrals a day across Suffolk, all of which come into Mariner House in Ipswich. All referrals are entered on the clinical contact centre system, triaged and screened within 4 hours to 25 days, depending on urgency. An assessment is carried out, the GP is written to and a referral is made to the IDTs (Integrated Delivery Teams, formerly CMHTs). All services are together in one team, rather than separate as before.

Clinics are held in Sudbury and assessments can take place in people’s homes where required.

A possible gap in services was queried for those people somewhere in the middle between mild to moderate and severe and enduring and what support is available if needed after the 6-8 (max 20) appointments.

5. Updates from organisations

SW has been in post for two weeks as Locality Community Development Officer at SCC. She is pleased to be involved with the VASP as it will prove very useful in her new role.

MB reported that the Health & Wellbeing Board is engaging with many different issues. MB is interested in services and gaps in services, particularly in the Babergh area. MB is involved with various forums including commissioning. He highlighted the importance of partnership working but stressed that the voluntary sector can’t always pick up the pieces where there are gaps.

CB advised that the Kernos Centre has received funding to provide counselling with respite for carers of adults. The service is provided in conjunction with Bridge Project, Age UK, Suffolk Befrienders and others. The centre has a long waiting list. If a CAF is raised Kernos can provide x6 free sessions to 0-19 year olds (or the parents of 0-5s).

GP reported that NSFT’s new CEO, Michael Scott, has been appointed and brings a great deal of knowledge and experience. GP takes any issues to the Chair at quarterly meetings, so if anybody wishes to raise any concerns around gaps in service, please pass them on to either Guenever herself, or Andrew Good, who intends to start attending this meeting.

JT Richmond Fellowship is at full capacity. They are running a series of social/leisure activities to combat isolation. An allotment in Sudbury is being developed with service users.



They are linking with Live Well Suffolk around diet and health. They now have a monthly newsletter, contact JT to submit news/events or be added to the distribution list.

HG reported on improvements to NSFT's IT, including the launch of the new website, developed to include service user feedback. The Recovery College is taking on peer group recovery workers in Suffolk. Staff with lived experience of mental ill health are being encouraged to share their experiences via a survey and forthcoming event. HS advised of NSFT's new services for Autism and will provide further details.

JC advised of a potential VASP anti-stigma event taking place at Museum of East Anglian Life in the summer, with the support of Time to Change. Details to follow once confirmed but all will be welcome to have a stand and suggest activities. Admin support is a huge concern for the VASP and significantly impacts the network's efficiency. JC is working with others to explore options but appealed for suggestions and any help from partner organisations benefitting from involvement with the VASP to consider offering support in any way they can.

ES is getting involved with local groups for feedback and to identify gaps. She encouraged everybody to complete a joint survey being conducted with the Ambulance Service. Another survey is going out with GP support re appointment waiting times in Haverhill surgeries. Future listening events in Babergh are being planned. ES is happy to come into organisations to obtain service user feedback.

Dates of next meetings:

Wednesday 28th May 2014

1pm-2.30pm

Phoenix Children's Centre, Tudor Road, Sudbury CO10 1NP

Wednesday 30th July 2014

11am-12.30pm

Phoenix Children's Centre, Tudor Road, Sudbury CO10 1NP

Wednesday 24th September 2014

11am-12.30pm

Cornfields Children's Centre, Head Lane, Great Cornard CO10 0JU

Wednesday 26th November 2014

11am-12.30pm

Cornfields Children's Centre, Head Lane, Great Cornard CO10 0JU