

Minutes of VASP meeting 5th June 2015

Held at Mid Suffolk District Council 1pm to 3pm

Present:

SP	Sue Parker	Chair
LH	Laura Harvey	Turning Point - Speaker
LA	Linda Attwood	SUF, Waves, Enigma Peer Support Group
BB	Barbara Bilston	Stowmarket Churches
BV	Bev Stearn	SFC
AV	Abbie Vincent	SFC placement
SR	Sophie Rodwell	Life resolutions
MH	Mike Hecht	NSFT Central IDT Manager
AS	Allison Steggall	NSFT Central IDT Support Worker
DD	Dani Davies	Enigma Peer Support Group
ES	Elizabeth Storer	Healthwatch
NM	Nigel Moyes	NSFT SUF
JB	Joanna Belfield	CAS
IT	Irene Tibbenham	Friends of Thornham Walks
SB	Suzanne Britton	VASP

Apologies

Cllr Diane Kearsley
Kirk Brown
Liz Roper
Dawn Williams
Wendy Shepherd
Janet Jones
Karen Ruth
Mark Strickland
Julia Carr
Sotu Marshall-Weyer

1. Welcome and apologies

2. May minutes and matters arising

NM and ES requested amendments to their reports.

NM: b. GP: *NSFT* have put in bid to get additional funding

NM: d. Turning Point will be *potential speakers* (on 28/5)

ES: a: Mental Wellbeing survey focuses on BME but is open to everyone

3. Chair for 2015/2016

It was unanimously agreed that Sue Parker should continue as Chair for the coming year. She mentioned that Wendy Shepherd had offered to be Deputy Chair. The group welcomed Wendy.

4. Laura Harvey, Turning Point DAAT Service – speaker

Laura works for Turning Point (TP), the fully integrated Suffolk Recovery Service, in partnership with Suffolk Family Carers, ICENI, 4YP and Air Sports.

The main hub is in Bury St Edmunds and the projects are in Bury, Ipswich and Lowestoft.

TP works with Criminal Justice, assisting probation officers.

The Target Team works with marginalised groups.

In Haverhill, Mildenhall, Brandon and Sudbury, TP engage with GP surgeries.

Get connected – people successful at treatment.

Air Sport network - mutual Aid – employment opportunities.

Recovery café in Bury (College, Realise Futures) for clients who are abstinent. They train in catering to gain employment.

Main Hub - There are different groups

Yellow: service users not sure whether to engage in treatment – they can attend breakfast club

Blue: all service users, using or on prescription. Mindfulness technique.

Orange: service users on prescription but not using or abstinent, referring to other agencies.

Green service users are fully abstinent they are offered help with job or volunteering

Peer mentoring scheme lasts 8 weeks

SFC offers: 1-2-1 support for clients and carers.

Workshops – offering support and advice.

Young adult carers team.

Ipswich ICENI for 1st year of contract, offering family support.

Referrals: central point of contact 24/7 - referrals advice and support

(SP will circulate a referral form to VASP members)

People can self refer.

See website: <http://www.turning-point.co.uk/suffolk-recovery-network.aspx>

People in crisis need to go to A&E.

Service is very busy – phones are always ringing.

Referral – log on system then triage assessment. What do they want/need?

Service users are allocated a single recovery worker.

There is no time scale – clients can come back.

Travel reimbursed.

10-3 open access to be seen for referral.

14 days from referral to triage.

Mid Suffolk is covered by Ipswich but clients can go to Bury if that's easier.

Clients offered shower and clothes washing facilities at Bury, Breakfast and lunch available.

TP are working on connections with link workers and need to meet with GP surgeries. A new clinical lead working on it.

Most referrals coming from GPs – this is a shift from previous practice.

Airport 18-25 - Young peoples' team leading on airport

SP said it would be good to have activities similar for different age groups.

LH: Get Connected team are compiling a list of activities across the county

MH: had an 89 year old patient with a drink issue. Norcas have remit for over 65. What about TP. NSFT staff work with dual diagnosis. There are fatalities amongst this group.

LH older people be referred to TP in first instance.

TP have appointed counselling coordinator. There are also volunteer counsellors in main hub and satellites. Clients get 6 free counselling sessions with option for more.

MH: NSFT ask intoxicated people to come back when they are sober. TP do the same thing.

NM: What is happening re satellites?

Haverhill is open

Mildenhall and Newmarket will open at end of June

Sudbury, TP will carry out a need analysis.

SP asked what happened with people who are rurally isolated, ie without transport.

LH. Target Team are responsible for reaching those people, either by meeting at home or in a convenient place.

SB: What about Stowmarket?

LH Stowmarket is covered by Ipswich. Contact is Claire Jackeman, Manager.

TP have been commissioned for 5 years but that could be extended for another 4 years.

TP are hoping to get a roving recovery vehicle.

Needle exchange is up and running.

In the West, a large part of the team are part time. TP looking for fulltime recovery worker.

June is recovery Month so Laura will be organising a market stall and a BBQ at the vegetable plot.

BB read out a report from Town Pastors. The good news is that youth crime related incidents are dropping. She listed the number of alcohol and drug issues the pastors had come across.

5. Dani Davis and Linda Attwood – Enigma – report

- Enigma is a support group for people with a mental health condition ie: Borderline Personality Disorder, Bipolar, Depression and Anxiety.
- The idea is to support those who suffer with emotional distress and anxiety.
- We believe there isn't a support group like this in and around Stowmarket
- A better skill we would like to include in the group would be a better understanding of Dialectical Behaviour Therapy. We would also like to invite other organisations to speak about their insight into Mental Health and Recovery.
- Our aim is to achieve a better understanding of positive Mental Health, coping skills and wellbeing.
- Enigma meets at upstairs at Pickwicks Coffee Shop, Stowmarket, Tuesday 10-12 once a week.

JB suggested LB and DD contact Robert Horne at CAS regarding funding to publicise Enigma.

6. Events

SP will recover Mid Suffolk (MS) banner and stand. SP suggested that MS VASP members send leaflets to Julia Carr, Suffolk VASP County wide leaflets are needed for West Suffolk. Address BSEVC, Southgate Suite, Ask House, 2 Northgate Avenue, Bury St Edmunds, IP32 2BB.

Stowmarket Wellbeing event on 30/9/15. Suggestions were made regarding participants: First responders, Fire Service (volunteers), churches. JB gave details of Fire Service volunteer recruiter at SCC.

Stowmarket Library will be asked if the MS VASP stand can be displayed there in the week running up to event.

AOB and members updates

BS: could she have leaflets from members for the SFC bus?

IT: recommended members attend the 'Sex, Gender and Mental Health' event, run by the NSFT. She had attended the previous one and had found it very informative.

SP: Siobhan Hemmett (Constabulary) received an award for partnership working

SB had spoken to a number of people in Stowmarket regarding creating a dementia friendly community and all had offered to be involved. SR suggested contacting Lorraine, manager of Hillcroft care home who would be interested in the initiative.

BB: a mental health awareness training course for the Church of England Clergy had been organised, to be run by NSFT.

NM

- 1) Chris Hedges has taken over from Sue Howlett for East Recovery college till end of July
- 2) GP have put in bid to CCG to get additional funding for Recovery College
- 3) Courses this term: NM involved in dual diagnosis – on website.
- 4) 28/5 meeting at the Limes at Needham Market 10-12. Turning Point will be speakers
- 5) Thursday 25/6 East Suffolk New tutor preparation. Time and venue tba.

ES

- 1) Mental Wellbeing Service are focusing on BME – link on Website
 - 2) Health Watch website updated – people can rate local health services.
- Information standard/quality standard

MH

Reported on the latest developments at NSFT including funding. Staff are spread thinly. Central IDT covers the north of Suffolk right down to Shotley Gate. More could be provided for service users but finances are limited.

LS

Population in Suffolk is increasing rapidly so there are more referrals with services remaining at the same level.

LA

NSFT peer support workers were supposed to have the opportunity to work with the Trust but this hasn't happened.

Date of next meeting: 7th July 2015 1 – 3pm at MSDC offices – Dove Room