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**Strategic County VASP Meeting Minutes**

**Monday 11th June 2018**

**10:00 -12.30**

**Healthwatch Suffolk, 14 Hill View Business Park, Claydon, Suffolk IP6 0AJ**

**Attendees:**

Gill Jones – Chair

Allan Williams - Voiceability

Nicky Willshere - CAB Ipswich & Ipswich VASP Co-Chair

Jane Millar - Mental Health Focus Group Co-Chair (Healthwatch Suffolk)

Stella Cornell - Racing Welfare

Hayley Matthews - Wellbeing – NSFT

Michael Mather – Julian Support & Bury St. Edmunds Co-Chair

Neil Broadway – NSFT

Stella Morris – Suffolk Coastal VASP Chair

Sally Watson – Sudbury VASP Chair

Gareth Moir – Mid-Suffolk VASP Chair

Wendy Shepherd – Suffolk User Forum

Nigel Moyes – Peer Support Tutor (NSFT)

Siobhan Hemmett – Suffolk Police

David Dawson – Always Making CIC

Sue Allison – St. Nicholas Hospice

Marcus Hayward – NSFT

Aruna Sharma-Balls – Mid-Suffolk and Babergh Disctrict Council

Simon King – Time to Change Suffolk Hub Co-ordinator (Healthwatch Suffolk)

Tibbs Pinter – 4YP

Kirsten Alderson – Suffolk Family Carers

Andrew Good – NSFT Governor

Chris Pyburn – SCC Public Health

**Apologies:**

Sarah Lungley – Suffolk Libraries

Marion Robbins – NSFT

Gary Page – NSFT

Wendy Herber – Suffolk Community Foundation

Jon Neal – Suffolk MIND

Eugene Staunton – West Suffolk CCG

Chris Hedges – Mental Health Focus Group (HWS)

Andrea Stibling – Richmond Fellowship

Linda Fravigar-Munday

Pete Devlin – NSFT

Susie Mills - ILHP

**1 & 2. GJ reviewed the Minutes from the last meeting on the 12th March 2018**

**3. Chris Pyburn, Public Health – Suffolk Health and Wellbeing Board Update**

Chris reported on the Health and Wellbeing Board meeting on the 17/05/18 which was themed around Mental Health – very well attended, close to 100 people present. Shared an overview of the Transformation Programme work, including the partnership work now underway to gather feedback from as many people as possible across East and West Suffolk regarding what mental health support and services they feel are needed going forwards. This feeds into developing a Five Year Forward View for Suffolk, and the STP.

Nigel Moyes shared that a recent Transformation Event in Elmswell had felt like a piece of true Co-Production, ‘a breath of fresh air’.

Important that the new CYP Emotional Wellbeing Hub has a continued dialogue with schools to improve learning.

Suggestion made that PPG’s be steered towards having this as a key topic for discussion locally.

Hayley asked Chris to confirm that work on the JSNA for Mental Health had included liaison with the Wellbeing Service.

**4. Kirsten Alderson (SFC) / Tibbs Pinter (4YP) – Developing Mentally Healthy Communities Board and VASP Links**

Mentally Healthy Communities Board established about 15 months ago. Having three VCSE representatives - Kirsten, Tibbs and Jon Neal (Suffolk MIND), makes it easier to widen the conversation to include people and communities.

Overview of the Transformation consultation, Healthwatch Suffolk have the lead on designing the Surveys and analysing the feedback, SPCN and SUF are leading on disseminating the survey across East and West Suffolk and gathering in the feedback, ‘keen to hear all the voices’. Several events will be held. Provisional launch date for the Survey is the 2nd July 2018. Gill suggested promoting on BBC Radio Suffolk and Community radio to different communities.

**Action:** Gill to liaise with Kirsten/Tibbs re timing of feedback from locality VASPs in order to feed into the Mentally Healthy Communities Board.

**5.** **Jane Millar – Developing Mental Health Focus Group and VASP Links**

Staying with their Co-Produced ToR to provide ‘a neutral arena with a common purpose to improve services’ and foster coproduction. Monthly meetings which people can dip in and out of. Aim is for the meeting agenda to be driven by those who attend, balanced by input about services, mirroring the Healthwatch role. Several people around the table also attend VASP meetings and the cross**-**fertilisation is useful. Current challenges include service user representation and GDPR implications.

**6. Simon King – Time to Change Suffolk Hub, project update**

Eighteen Time to Change Champions have successfully applied for an Award to put on an event of their choice in their local community. Positive feedback from the most recent art event in Endeavour House ‘Out of My Mind’. Info shared about forthcoming events, including ‘Drumming Around’ in Haverhill on the 22nd June, and ‘500 Messages of Hope’ for young people, at The Mix in Stowmarket on the 16th July.

Info shared about a forthcoming ‘Workplace Wellbeing and Time to Change Lunch’ by Suffolk MIND on the 28th June, an opportunity for employers to talk about how best to support mental health within their own organisations.

The Suffolk VASP’s presence on social media is successfully growing, @oursuffolkvasp on Twitter and Instagram. New resources shared, wristbands, pens and linen bags, bearing the Suffolk VASP website address and our message ‘together for mental health’.

**7. Locality VASP updates from around the room:**

**Ipswich Locality VASP** Nicky – Reviewed ToR to re-focus, new members attending. Aiming to add focus to the valuable networking, and to have a collective event in Ipswich by members.

**West Suffolk VASP** Michael – Looking to change the name to Bury St. Edmunds VASP, Michael is talking with the local members to confirm. Re-vamping to inject energy, keen to have more service users linked in and to keep the Time to Change momentum going. New Co-chair is Will Wright (West Suffolk District Council).

**Suffolk Coastal VASP** Stella – Keen to include people with lived experience. Leiston has a new service Leiston Links, Rachel Nightingale, based at GP surgery.

**Mid – Suffolk VASP**  Gareth – Forthcoming event in Stowmarket on the 20th July, ‘Tea in Town’. Recent engagement events in Stowmarket Library and The Mix. NSFT staff, governor, always welcome and their input is much valued.

**Sudbury VASP** Sally – joining with the Richmond Fellowship for an event for World Mental Health Day. A member of the Sudbury VASP, who has recently signed up as a Time to Change Champion, is planning a local event in August.

**Haverhill VASP** Simon – shared that the recent Haverhill VASP, chaired by Jo S, had received strong support with 19 participants. There are three events coming up in Haverhill, promoting conversations about mental health, supported by members of the Haverhill VASP.

**8. Strategic Organisation Updates:**

**NSFT** – Have refreshed their Executive Team and recruiting two new Non-Executive Directors, ideally one from VCSE. They are expecting an inspection at the beginning of September 2018. Learning from their East London partner service. Attendance of NSFT staff at VASP meetings recognised as important.

**Samaritans** – Pilot underway, linking Ipswich Hospital Psychiatric Liaison Service and Ipswich Samaritans, enabling people to quickly link with the Samaritans – positive feedback. NHS conducting national research about where Samaritans fit into the wider health landscape.

**Voiceability (Community Development)** – Are supporting people referred to the Wellbeing Service to connect with supporting their own local community. They have launched a new support group in Felixstowe.

**Inside Out** – Offering an Arts and Wellbeing programme of activities.

**Suffolk Family Carers** – new lead for mental health, Terri-Ann, who will be joining the Strategic VASP meetings in future.

**Babergh & Mid-Sufolk Disctrict Council** – Working towards signing a Time to Change Employer’s Pledge. Involved in developing groups for parents who have younger children, under age 5.

**St. Nicholas Hospice** – Offering open sessions ‘Grave Talk’, a Church of England initiative, happening in the West of Suffolk, proving popular. Continuing Nicky’s Way project in primary schools – enabling conversations and signposting.

**Racing Welfare** – In Mental Health Awareness Week there was mental health promotion activities, across the country, in all racecourses. Funding has been secured for a piece of research to explore mental health within the Racing fraternity. A programme is being offered which enables people to improve their mental health through spending time with horses. The group Sporting Memories are now meeting monthly in Newmarket. Mental health first aid courses now being run in all major racing centres.

**Wellbeing Service** – Offering wellbeing in the workplace sessions (F2F or webinars). Shaw Trust have employed all their Employment Advisers. The service is offering therapies, including CBT and Counselling. Three new Practitioners have been engaged to work with children and young people.

**Always Making** – Promoting wellbeing through art. Aiming to have a festival, focus on celebrating the life of Peter Hall.

**Mental Health Crisis Task and Finish Groups** – re-invigorated to feed into the Transformation Programme.

**Men’s Mental Health and Wellbeing Event** – At Trinity Park in July, facilitated by NSFT.

**NSFT Carer’s Service** – About 100 Assessments required in the past 12 months, by one staff member. Carers have valuable experience of services and it’s good to have places where their voice is listened to.

**9. AOB**

None

**Dates of next meetings, to be held at: Healthwatch Suffolk, Boardroom, Unit 14 Hill View Business Park, Claydon IP6 0AJ:**

**Monday 10th September 2018, 10am – 12.30pm**

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