

Ipswich VASP Meeting

Minutes

Meeting held on 13th April 2016

At Suffolk MIND, Westgate Street, Ipswich



The following people were at this meeting:

Jayne Davey (Chair) - Suffolk User Forum Manager

Elaine Thomas (ET) – Stepping Stones / Stones Foundation
(Vice Chairman)

Nigel Moyes (NM) – Recovery College (Vice Chairman)

Ginny Idehen – Suffolk MIND Quay Place

Fiona Hanlon – Headspace

Claire Kalinowska – British Red Cross

Tina Marsh – Link Worker, NSFT

Paul Gaffney – NSFT Service User Governor

Brenda Ely – Julian Support

Jennie Greenhalgh – Julian Support

Julie Stokes – ActivLives

Angela Emmerson – PTSD Resolution

Rob Taylor – The Befriending Service

Karen Jackson – Peer Support Worker

Ellie Patrick – IDT, NSFT

Claire Anderson (CA) – Suffolk User Forum (Minute Taker)



The following people said they were sorry they could not come to this meeting. Julia Carr, Carole Thain, Alan Bramwell, Kerry Overton, David Grimmer and Guenever Pachent.



We had an Agenda to help us plan the meeting. The first thing we did was welcome everyone to the meeting.

At the start of the meeting everyone was asked what they would like added to the agenda to discuss



Then we read and agreed the minutes of the last meeting. The last meeting was held on 10th February 2016.

The Minutes were checked to make sure they were correct. Everyone agreed they were a good record of the meeting. Jayne Davey signed the minutes to show they were agreed.



We asked if anyone had any news or updates on things that we talked about at the last meeting. People gave the following news and updates.

1. Personality Disorder

Jayne Davey reported that NSFT were looking at how to develop plans for people with personality disorder. It is included in their Clinical Strategy. There should be a plan in place and it was suggested that Personality Disorder be renamed.

2. Suicide Prevention Strategy

Jayne Davey reported that this was being dealt with by Public Health.

3. Crisis Care Concordat

Jayne Davey updated everyone on how this group was set up. Currently the Action Plan was being updated and this fed into the Mental Health Action Plan.

4. Wellbeing Service

Jayne Davey reported that the Wellbeing contract had been won by NSFT.

5. Turning Point

Jayne Davey was hopeful that a representative would attend a future meeting of the Ipswich VASP.

6. Suffolk MIND Quay Place – Ginny Idehen

Ginny gave an update on how this project was progressing and that the official opening was due to take place towards the end of the summer, August or September. They were hoping for more volunteers to help at the centre especially in the Café.

7. ActivLives – Julie Stokes

Julie gave an explanation to the group about what Activlives does and how people can be involved. They are an organisation who help motivate and inspire people to make positive changes to their lifestyle. They have four groups, ActivAgeing, ActivGardens, ActivSinging and ActivIpswich. They are also working with Sue Ryder around dementia.

8. PTSD Resolution – Angela Emmerson

Angela reported on the work that her organisation does. It is a counselling service for Forces' Veterans, Reservists and their families dealing with mental health problems. They use a form of Trauma Focused Cognitive Behavioural Therapy. They are currently dealing with over 2000 individuals and their families.

9. Peer Support/Recovery College – Karen Jackson

Karen highlighted the work of the Recovery College and the courses that are being run.

10. The Befriending Service – Rob Taylor

The Service is looking for 1to 1 befriending volunteers. They have a list of people wanting to access this service. The service is a membership organisation. Rob has been running training sessions around the Care Act but these will end in June. He is also offering free training to groups of up to 8 people to become Advocacy Champions.

11. Stepping Stones / Stones Foundation – Elaine Thomas

Elaine gave a quick update and that Stepping Stones are running Pre Tenancy programmes to help those who have not lived independently previously and need help with for example, reading meters, opening bank accounts.

12. IDT – Carer Assessments – Ellie Patrick

Ellie gave an update on assessments and that a new carer's pack had now been put together.

13. Headspace – Fiona Hanlon

Fiona gave some background to Headspace and the training sessions being held. They had just started their 6th programme lasting 12 weeks.

14. British Red Cross – Claire Kalinowska

Claire is offering basic First Aid training. The course lasts for 2 hours and costs £30 per session for up to 20 people. If anyone was interested Claire will arrange a convenient time and place for the training to take place. This course is available to Service Users.

15. Link Worker – Tina Marsh

Tina updated everyone that the Wellbeing Service contract had been won by NSFT and therefore the service will continue as it did previously for the time being. It is possible that changes will happen towards September. The contract is for 5 years. There was some discussion about 'clusters' and how this affects Service Users.

16. NSFT – Paul Gaffney

Paul updated everyone on the wellbeing service contract, the CQC inspection of the Trust in July, that there was a marginal improvement in staff moral within NSFT and that an independent review will take place of unexpected deaths.

17. Julian Support – Brenda Ely

The organisation has two sites, Riverside Road and Gipping Road and two emergency sites. The office is now in Clarkson Street. They are helping to run the Open Space sessions at Ipswich Library on Wednesday afternoons and these sessions are proving very popular.

18. Recovery College – Nigel Moyes

Nigel reported that the Healthwatch Suffolk offices had now moved to Claydon and are sharing a building with Age UK. The next meeting of the Dual Diagnosis Forum is the 19th May from 1 – 3pm in Stowmarket if anyone wished to attend. Nigel requested if he could give a small presentation about the Recovery College to the next VASP meeting.

19. Suffolk User Forum – Jayne Davey

Jayne promoted the free workshop that SUF is holding on Thursday 19th May at the John Peel Centre in Stowmarket on Confidence and Relationships. A new newsletter was available. Jayne also informed everyone that they were interviewing for a new advocate to join SUF to assist patients on 3 wards at Ipswich and West Suffolk Hospitals with signposting for help and assistance. Jayne reported that SCC are looking at Direct Payments and the Supported Housing contract will start to be considered as it was due to go out to tender shortly.



We always ask if there is anything else any one wants to talk about. at the meeting. This is called Any Other Business. There were no other things to talk about at the meeting. The meeting ended at 11.55am



Date, time and place of our next meeting.

We start at: 10.00AM End at: 12.00PM

We meet at: Suffolk MIND, 43-46 Westgate Street, Ipswich IP1 3ED

Minutes signed as agreed.

Chairman Date