

**STRATEGIC VASP MEETING**

**Monday 10 December 2018 @ 10am – 12.30pm**

**Boardroom, Healthwatch Suffolk, 14 Hill View Business Park,**

**Claydon, Suffolk IP6 0AJ**

**MINUTES**

1. **Welcome and Introductions**

**Present;**

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| Gill Jones, HWS & Chair | Siobhan Hemmet, Suffolk Constabulary |
| Simon King, HWS & VASP Coordinator | Andrew Good, Samaritans & NSFT Governor |
| Richard Cox, DWP | Sophie Davies, Recovery College Co-ordinator East |
| Pat Durrant, DWP | Michael Mather, Julian Support and Bury & Forest Heath VASP Co-Chair |
| Jane Millar, Co-Chair MH Focus Group HWS | Nigel Moyes, Peer Tutor, The Recovery College |
| Allan Williams, Voiceability & Inside Out | Sally Watson, SCC & Chair Sudbury VASP |
| Marc Claydon, Homegroup | Steve Ritson, Homegroup |
| Gareth Moir, SCC & Chair Mid Suffolk VASP | Eugene Staunton – NSFT |
| Margaret Little, NSFT (for Pete Devlin) | Aruna Sharma Balls – Babergh & Mid Suffolk DC |
| Terri-Ann Perkins, Suffolk Family Carers | Sarah Potter –Suffolk Family Carers |
| Wendy Shepherd, Suffolk User Forum | Hayley Charman, Bury & Forest Health Co-Chair |
| Louise Jackson, Norfolk & Suffolk Probation | Kate Hinchliff, Suffolk Family Carers |
| Sally Watson, SCC & Sudbury VASP Co-Chair | Alison Smyth, Oyster Community Press CIC |

**Apologies:**

Allison Crane – Havering Open Dialogue Team

Yasmin Phillips – Dialogue First Service

Andrea Stribling – Richmond Fellowship

Tibbs Pinter – 4YP

David Dawson

1. **Notes from the September Strategic VASP meeting**

Reviewed and accepted.

1. **Mental Health Transformation - Eugene Staunton, Associate Director for Transformation, WS/I&E CCG and Margaret Little NSFT**

NSFT and Partners; Suffolk User Forum, Healthwatch Suffolk and Suffolk Parent Carer Network, have been working in partnership to deliver #A Very Different Conversation. The aim being to develop and deliver a new emotional health and wellbeing strategy, through co-production, which will embrace non-clinical ways of delivering support. This conversation is putting services users and their families at the centre of developing and delivering services, now and in the future.

The North East London Foundation Trust NELFT are a partner to NSFT and learning is being drawn by NSFT from NELFT’s practices.

Through the conversations, NSFT recognise that people are seeking;

* Better access
* Better support in the community
* Better information regarding signposting
* Continued support (eg post discharge)
* Wishing to be better listened to and understood
* Better partnership working between agencies
* Wishing to have opportunities for digital support (nationally this is being encouraged, with a national 10-year plan due to be introduced)
* Better mental health support/information in schools
* Transition from CAMHS to adult services

Public Health have completed a Mental Health Needs Assessment, findings include;

* Some areas of Suffolk are becoming more deprived
* 90% of people have been cared for in primary services and not accessed secondary services
* Suffolk has a high level of self-harm compared with national levels
* People with a personality disorder need additional support
* People with long term health conditions more likely to have mental health issue
* There are high levels of depression in older people, with a significant number not being diagnosed
* Many vulnerable groups (LGBT+, those addicted to drugs and alcohol) need more support from mental health services

A 15 Ways to Wellbeing approach has been developed, building on Public Health’s 5 Ways to Wellbeing.

Mental Health, Social Care and Education, need to be working better together.

Coming out of the conversation work, there is a list of Principals which all Partners, at Systems level, have agreed to.

There are four ‘Quadrants’ to a new ‘Offer’;

* Self-Care – to support people and families to be resilient
* Universal Services
* Access and Community Interventions
* Specialist Mental Health Services - including crisis care

Ipswich, East Suffolk and North Essex Foundation Trust - are aiming to establish a new way of supporting emotional health and wellbeing in their acute settings.

The CCG’s have recognised that nationally there is no standard training package for GP’s around mental health. Therefore, an education package has been identified to roll out.

Learning from the Cambridge and Peterborough Primary Care model. Aiming to have specialist mental health clinics in the community, to enable quicker and timely access to services. Community mental health teams shall also be needed to support the most vulnerable.

There is a focus on developing;

* Link Workers to cover all GP surgeries
* Recovery Community Mental Health Teams – connected with other Integrated Neighbourhood/Connect teams
* Crisis Response

Crisis Response is being reviewed by a Steering Group with a broad membership, recognising a different model is needed. In Cambridgeshire and Peterborough they use 111 then press 2 for mental health support. A service available 7 days per week, 24/7, talking with someone who can offer an assessment. An assessment can then be wherever works best for the caller, which could be in their own home.

Bringing together the different crisis response teams across health and the police ‘under one roof’.

The Mental Health Five Year Forward Views describes the aims of services going forwards. Giving a very clear priority for mental health. This reflects the national drive to be joining mental health and physical health services.

Open sessions have been planned to share what has come out of #A very Different Conversation so far, and to share what the new model is looking like. In Kesgrave on the 8th and Elmswell on the 9th January 2019, 10am to 2pm.

Feedback to Eugene Staunton from the meeting;

Andrew - Only if the budget cake is to be allocated differently can the model described work.

Response - Acknowledgement that there will need to be a phased approach.

Richard – What are the barriers between GP’s and existing teams/services?

Response - The dropout rate has been too high, the clinical thresholds on being assessed by the existing mental health services have prevented people from accessing services in a timely way.

Nigel – After the events in January, how soon do you envisage 111 option 2 being introduced?

Response - A programme of work required to implement this is being developed. Overall, the pieces of development work will fall on partners in the statutory and VCSE sectors.

Nigel - How will rolling out training to GP’s be introduced?

Response - GP’s shall be strongly encouraged to attend this training. There are already monthly education sessions for GP’s.

Jane – Having had an old fashioned medical approach to delivering services, how close are we to trying out new approaches that have been trialled elsewhere and which have an evidence base?

Response - The Strategy has been the easier phase. Now we come to the more difficult part, how best to implement. To be encouraging staff to work in a different way, putting into practice the new ethos. A couple of early adopter sites have been identified, Haverhill and Ipswich, to pilot the new model.

Gareth – What is meant by Community Interventions?

Response - Work is being led by CCG’s on Social Prescribing along with work by Public Health. Looking ahead the offer is being localised.

Alison – Who will pay for community interventions by third sector, social enterprise organisations, to enable them to meet increased demand for support?

Response - The CCG’s in East and West Suffolk have made funding available following a conversation with Alliance partners. There has been a competitive tendering process. There are pressures on Statutory funding, however, there are other sources of funding.

Andrew – Services like The Samaritans offer a valuable service using volunteers.

Nigel – Important to value lived experience, which the Recovery College embraces.

Louise - Probation Pilot – Mapping Norfolk MH services to enable a new service for MH support in custody and in probation. There are significant barriers presently being experienced as people move from custody back into the community.

1. **Open Dialogue @ NELFT – Allison Crane, Manager, Havering Open Dialogue Team** Apologies received owing to illness, we shall endeavour to re-schedule.
2. **VASP Coordinator update & introducing Suffolk Mental Health Friends**

* The VASP has about 550 supporters
* Most supporters are staff in statutory and voluntary organisations
* Growing presence on Twitter and Instagram, both @oursuffolkvasp, about 2,600 followers across both
* Regular news round ups are being circulated
* Some resources have been printed to promote the VASP at events
* The Suffolk Mental Health Friends co-produced programme is now being Piloted, for further info please contact Simon King
* Pilot launched on the 10th October 2018, World Mental Health Day
* Reaching a diverse audience in the Pilot, 10 sessions are being delivered before the end of January 2019

1. **Strategic Organisation and Locality VASP updates**

Hayley – Bury and Forest Heath VASP – Michael is being joined by two new co-chairs, Hayley and Ellie, who job share for West Suffolk CCG and West Suffolk District Council

Sally - Sudbury VASP – Planning towards a Health and Wellbeing and Jobs Fair in Sudbury in March 2019, planning in partnership with Richard C (DWP). Good potential for delivering similar events elsewhere in the County. Richard shared that ‘Just Talk’ a counselling service, has opened next door to the Job Centre in Sudbury, and are participating in the event in March.

Gareth – Mid Suffolk VASP – planning an activity in Stowmarket around Christmas to reach the community in Stowmarket, linking with the Christmas Tree Festival. Planning for a further event on Time to Talk Day 7th Feb 2019.

1. **Sharing info from the Services represented around the table**

Sophie – shared an overview of the co-produced, co-delivered, courses on offer by the Recovery College.

Nigel – The Recovery College is in it’s sixth year. Keen to include service users on interview panels for NSFT.

Jane – the HWS Mental Health Focus Group is a regular meeting, a vibrant regular group which is closely following #A Very Different Conversation, the findings, sharing and implementation of the new model.

Alison – Oyster Press CIC – offering services to help people through art, hands on print making, which is helping people feel better.

Pat – Attended a Social prescribing event in Ipswich and would like to know more about the development and delivery of the model in Ipswich.

Siobhan – Community Engagement Officers around the County can potentially promote info about services and events. The PCSO’s who were the mental health links are no longer in place.

Terri-Ann – Suffolk Family Carers are developing and delivering a wealth of services. Recently SFC supported Carers Rights day, engaging across the community.

Richard – DWP are keen to be involved as much as possible.

Louise – Norfolk & Service Probation Service CIC are developing partnerships.

Kate – Suffolk Family Carers have received two years funding from the Armed Forces Covenant to enable a new service, to support families of serving armed forces personnel when someone within the family has a carers role. Kate has started working with families in Honnington.

Aruna – recently organised a parental mental health workshop, 15 organisations attended, building a directory for staff in Mid Suffolk & Babergh DC. Developing an arts project to support parental mental health.

Nigel – Time to Change, a celebration event was due to happen in Ipswich today, being re-scheduled for January. Also aiming for events to be in Haverhill, Sudbury and Lowestoft, details to follow from Time to Change, contact is their Regional Co-ordinator Yvonne Edge [y.edge@time-to-change.co.uk](mailto:y.edge@time-to-change.co.uk)

Andrew – Two new non-executive directors have been appointed to the NSFT Board. There are five vacancies for Public Governors, recruitment is underway.

Alan - Voiceability and the Wellbeing Service, now fully embedded. New service from January 2019.

Alan - Inside Out have printed a new schedule of their activities in the community for 2019. They are developing a new programme with the Recovery College.

Steve – Home Group, still being restructured. Sure Stay services are being developed.

**Dates of 2019 meetings**, to be held at: Healthwatch Suffolk:

* Monday, 11 March 10am-12.30pm
* Monday, 10 June 10am-12.30pm
* Monday, 9 September 10am-12.30pm
* Monday, 9 December 10am-12.30pm