

Minutes of Ipswich VASP Monthly Meeting 9th October 2014

Attendees:- Joint Chair – Louise marks Kate Linda Brown – Julian Support, NSFT, Tracy Priestley – Together, Suffolk, Elizabeth Moad – SUF, Richard Squirrell – Graham Abbott SATS –Susannah Robivosa Active gardens-Frank Clarke MIND-Vanessa Lomax Age UK – Chaley West SNAP- John King & Owen Scofield Phoenix project-SamanthaGrindrod NSFT

Minutes – Louis marks

All - Brief introductions from all,

Agenda Items:-

SATS update from Grahma Abbot

World mental health updates all

ILAP & MIND Frank

SNAP Charley

Phoenix Project Owen and John

Age UK Vanessa

Active Gardens Susannah

Happiness & Suffolk smiles Richard

World mental health day

LM asks for volunteers to support / hand out bags & Acts

There is a rota for the acts coming down including singer's guitar players, magician, and Balloon twisting.

Louise will be on radio Suffolk for the breakfast show and then again at lunch time with James Hogg. There is plenty of VASP volunteers to hand out information and support the event. There will also be a stand in the library and outside MIND. Richard has made the Suffolk smiles available and Active gardens will bring some flowers to give away. We have some freebies from time to change.

FC There is a feeling good event on hosted by Karibu at the Burlington rd church breakfast and lunch provided

Woodlands are having a Bake off and quiz night

Kevin Moran at the university has organised an information day at the UCS on schizophrenia.

Graham Abbott update on SATS

Graham explained that when he arrived in the SATS team there was a huge waiting list; people were given appointments and often missed them. They have gone over to an open access model, which has now been running for 2 years and is a much more efficient system so they have a drop in, in Ipswich, Bury. They offer peer groups, structured groups and detox. Phoenix futures offer a 3 day a week programme for 8 weeks. The SATS team also work with the AA and smart recovery model, depending on which the client prefers. There is also a psycho education group. .

The numbers at the drop in can be very unpredictable although usually manages its self they have anywhere were from 0 – 13, following feedback from service users they have altered the website and are in the process of altering the leaflet to reflect that it is a first come first served basis. People who are not seen by a worker speak to a trained volunteer and are given an information leaflet while they wait for an appointment.

For people who are seen treatment starts immediately, it is not just an assessment.

The SATS team have 4 caseworkers in Ipswich and 3 in Bury they have approximately, 100 referral's a month. Alcohol use is a massive problem and gets very little budget. It is often associated with hospital admission, ad crime including a large amount of domestic violence.

The drug and alcohol services in Suffolk are going through a re tendering process at present they are commissioned by public health and they are waiting to hear who has won the contract. It will be a 5 year contract with the possibility to extend a further 4 years. The new service will be a combined drug and alcohol service at present it is split. There will be less money available for the service.

Graham said they have been very proactive around dual diagnosis carrying out a joint assessment they work in parallel with the IDT's.

Concerns were raised by the VASP that when the provider changes it will be a difficult time for people using the service, and the last time the service changes people fell though the net and were anxious about treatment.

[For good information go to the drink aware website or the NHS alcohol; section](#)

Concerns around the lack of resource for alcohol treatment will be taken to the main VASP.

Graham reported that they are now looking at the reception area in Marina house it has been acknowledged that it is really not suitable for the amount of services offered in the building.

Susannah Community garden project

They are part of active lives but the garden project is open to people of all ages. They are a charity and have two garden projects. Chantry walled garden where they grow flowers for the council's parks and gardens, this is open to young people with challenging needs. They are open to the public on Tuesdays.

The community garden is on the maidenhall allotment site and they have now just taken over the pavilion nearby and are going to do some cooking preserving, to teach people to use the produce they grow, there will also be a small produce market. There is also community bee hives.

Susannah explained that they are struggling to get any significant ongoing funding and this is a concern Personal budgets were offered as a possible solution and the contact details of Kevin Wegg from the county council who has the role to help small organisations with charitable funding.

Vanessa Age UK

Age UK working with older people over 60 but in some cases will help people younger. They have a number of services

Independence advisors
Dementia Advisors
Benefits advice service
Advisor assistants who help with form filling
Befriending service
Home help service
Trusted traders lists

They also run an over 60's day service at Foxhall road

Some of the services need to be paid for and some are free.

Charley SNAP

Charley reminded us of the role of SNAP in floating housing support

John & Owen Phoenix project

Phoenix project exist on small charitable grant applications, ongoing funding is always a concern for them.

It is a community group which meets at the Quaker meeting house they came about following the closure of the MIND support groups.

They meet from 10-2 every Friday and prepare and enjoy lunch together. They also have other activities going on. They have about 30-39 people who come along to the project.

Support workers use the project to meet clients they have an open door policy it is open to anyone and the aim is to help people keep well.

They also deliver the pathfinder course which is funded separately through realise futures (formally community education) the programme helps people to look at how they will get over the obstacles in life.

They have links with the community garden and CSV media

Next Meeting Thursday 13th Nov 10 – 12 @<http://www.suffolkfamilycarers.org> Large "Container" Temporary Office at front of site

