

## **Minutes of Ipswich VASP Monthly Meeting 4<sup>th</sup> May 2013**

**Attendees:- Chair** – Louise Marks – Suffolk Family Carers, David Grimmer – Suffolk Libraries, Guenever Pachent – Governor NSFT, Julia Carr – Vasp Co-Ordinator, , Sallyanne Webb – Art on the Move, Frank Clarke – Suffolk Mind, Jason Rogers – NSFT Wellbeing, Angela Emmerson – PTSD Resolution & Ipswich Human Givens, Fiona Palmer – United Response, Paul Maguire – OCD Limits, Elaine Thomas – Stepping Stones East, Samantha Grindrod – NSFT, Marie Jordan – NSFT, Kerry Overton – Healthwatch Suffolk, Andrew Cook- NSFT, Richard Squirrell – Service-User, Lorna Small - NSFT **Minutes** - Cathie Lee **Apologies:-** Jill Coleman and Nick Allard

The meeting began with everyone briefly introducing themselves, and a review of last month's minutes.

### **Agenda Items:-**

- i) **Personalised Budgets – Lorna Small**
- ii) **WMHD**
- iii) **DAAT**
- iv) **Updates from Various**

#### **1) Personalised Budgets – Presentation by Lorna Small**

**LS** advises that Rowena Stark (approved Mental Health Practitioner) has now been brought in to assist with the guidance & policy process, now that the development work is complete. Rowena is preparing guidance/training for staff which will be available to volunteer organisations.

**LS** explained funding for block contracts will gradually reduce in order to free up funding so service-users can have more choice about the service they access. By doing this gradually the council hope to ensure service providers will still be there to offer access to existing facilities This should help local community groups survive as PB funds would go direct to them where service-user has chosen their services.

**LS** is looking for service-user volunteers (who have already had experience of the process) to mentor/peer support new applicants for PB. She has liaised with SUF, Mind & SCODP but without success so far. Mind are offering taster sessions to service-users willing to volunteer on Peer Support basis to this effect. **Action Point:-**

**All – Please liaise LS if you know of anyone who would volunteer**

**RS** raises concerns that volunteering in this way is a big challenge for someone who is already unwell, and that “a problem shared can be a problem doubled”

Discussion around accessibility to PB, and whether a service-user can access PB if they do not have a care plan and are not open to a CMHT. It was pointed out that PB could help prevent someone from becoming unwell and keep them well, **LS** advises that the plan is that service-users will be able to access via their GP, although this is a concept at this stage. **LS** also clarifies that it is not about the overall points score (from the assessment), but it will take into account where the points actually are on the assessment. Once **LS** has more details she will circulate to Vasp to request feedback before finalising.

**RS** advise Individual Funding Application still available, but all other avenues need to be exhausted first.

**LM** is concerned that, currently, where she has asked for a referral for PB, the CMHT team do not seem informed on the subject. **Action Point: LS will send CL named contact for future queries, to circulate with the minutes.**

**LS** also advises that the block contracts for housing are to remain for the time being; however, if PB takes off these will need to be revisited to assist funding of the PB's.

**LS** advises that Launch now 1<sup>st</sup> October (was 1<sup>st</sup> July), and reassures that they have a flexible approach to ensure no-one is worse off, even when PB assessment shows less than existing level of support.

There will only need to be one assessment for both PB and Payment by results (which will work in clusters and give the health service a monetary figure for care needed)

**LS** commits to keeping Vasp informed, and attending meetings where time permits.

## **2) World Mental Health Day – Julia Carr**

Julia is pleased to advise that Jimmy's Farm have agreed to host an event for WMHD Saturday 5<sup>th</sup> October, which they are also happy to promote at no cost.

Julia also advises that Garrie Parker is no longer able to Chair Sudbury Vasp, due to work changes; and that Julia is looking to find a replacement.

Vasp Hub – Julia has started a site via Wordpress (no cost), but advises we need funding if we want a calendar

## **3) Richard Squirrel**

**RS** has previously asked for the feedback/stats following the (8 week) 3 day programme run by Norcas, and it's success rate in attendees finding employment.

**Action Point:- LM to chase**

**RS** also for progress on Trust suicide prevention strategy. **Action Point:-GP to investigate & update**

**RS** gives positive feedback from Crisis team consultation in Stowmarket last week, where **RS** felt they were open to suggestions. **RS** feels that A & E is an inappropriate place for someone experiencing a MH crisis – a quiet space (like The Woodlands) would be far more appropriate for staff & service-user alike. **PM** endorses this view as Service-User can be refused treatment for aggressive/anti-social behaviour, but denied relevant support because behaviours not deemed “bad enough” to merit access to support services.

## **4) David Grimmer**

**DG** advises that the Books on Prescription Scheme will launch 21<sup>st</sup> May @ Trinity Park. He recently met with the Director of Public Health & now has funding for the publicity material required.

**DG** also advised that the Mental Health at Work Policy has now been ratified – SCC will sign the Time to Change Organisation Pledge.

## **5) Kerry Overton**

**KO** advises that all SUF members will be automatically transferred to be a Healthwatch member. Healthwatch are a CIC limited by Guarantee (Community Interest Company), & members can “promise to pay £1” which, in turn, gives them voting rights. If anyone is interested please contact Kerry direct.

**KO** advises that there will be Healthwatch launches in Lowestoft, Ipswich & BSE – dates TBA.

**Action Point:- All – KO is looking for anyone who would like to showcase their art @Healthwatch premises.**

#### **6) Sam Grindrod**

**SG** advises Group of the Woodlands Recovery Group which meets every Wed afternoon. They are looking for guest speakers to come & talk to inpatients (& staff) about accessing support services prior to leaving hospital. Such speakers are invited to attend on the 2<sup>nd</sup> Wednesday each month 3-4pm, so this is a small commitment & can be as little as 1 hr a year. (Live Well, Mind, Julia Carr, Inside out and DG are already on the list). **Action Point:- All. If anyone is interested please contact Sam direct [Samantha.grindrod@nsft.nhs.uk](mailto:Samantha.grindrod@nsft.nhs.uk)**

#### **7) Guenever Pachent**

**GP** advises there are areas where funding available such as the Suffolk Foundation and the Northgate Foundation.

**RS** also advises there is website "Turn to Us" which has a comprehensive list of Organisations with available grants together with advice on benefits

**GP**, following Vasp interest in IMROC, will send **CL** relevant email to circulate (Lyn Skipper @NSFT is contact)

**GP** also advises of Service-User Consultation 24<sup>th</sup> May @ Endeavour House; and acknowledges Trust accept the earlier postponement had been poorly handled. **RS** questions efficacy of consultation now as this is days before the actual launch.

#### **8) Angela Emmerson**

**AE** advises group that she offers outreach service for PTSD across East Anglia; and service is available to veterans (only 1 days service qualifies) and their families. **AE** also advises that clinical diagnosis is not needed in order to qualify, and will work with those with drug & alcohol dependency in addition.

#### **9) Paul Maguire**

**PM** advises OCD limits has broadened its reach to include all anxiety and phobias. Evenings 2<sup>nd</sup> & 4<sup>th</sup> Mondays (7-9pm) Afternoons 1<sup>st</sup> & 3<sup>rd</sup> Thursdays (2-4pm) – these pm sessions involve social outings. Leaflets distributed [ocdlimits@live.co.uk](mailto:ocdlimits@live.co.uk)

#### **10) Louise Marks**

**LM** Carers Forum 5<sup>th</sup> July 10-5 (leaflets distributed) in [BSE.carers@nsft.nhs.uk](mailto:BSE.carers@nsft.nhs.uk)

Open to all and Please contact Louise direct if you would like a stand at the event.

**LM** Free 3 day Peer Support Network training for service users (leaflets distributed) is being offered by Karen Jackson @Mind. (11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> June or 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> June) 07595 086134.

#### **AOB**

i) **DG** advises that Graham Abbott is pencilled in to present to group at August meeting

ii) **Apologies for next months meeting, in advance, GP, and CL**

**Next Meeting 6<sup>th</sup> June 10-12 @ [Suffolk Family Carers - Home](#)**