

## Minutes of the VASP meeting of 11<sup>th</sup> April 2013

Held at MSDC offices, 1pm to 3pm

### Present:

SP	Sue Parker	Mid Suffolk VASP – Chair
RC	Richard Crick	Live Well Suffolk
SC	Sally Corker	Inspire
BB	Barbara Bilston	Stowmarket Deanery
NM	Nigel Moyes	SUF
AL	Andy Leary	Central CMHT
BS	Bev Stearn	Suffolk Family Carers
GP	Guinever Pachent	NSFT Public Governor
CC	Carol Clarke	MSDC Sports Development Officer
GF	Glennys Francis	SAFECic
IT	Irene Tibbenham	Thornham Walks
LA	Linda Attwood	SUF
LR	Liz Roper	Suffolk Coalition of Disabled People
KO	Kerry Overton	Healthwatch
JA	Janis Engstrong	Together
CC	Christine Cantwell	Raeden Trust
JC	Julia Carr	VASP Coordinator
SB	Suzanne Britton	MAP/Green Gables/VASP - minutes

### Apologies:

Kathleen Ben Rabha  
Lorna Small  
Wendy Shepherd  
Gareth Moir

- 1. Welcome & apologies**
- 2. Guest Speaker:** Richard Crick, Live Well Suffolk (LWS)

[Richard.crick@livesuffolk.org.uk](mailto:Richard.crick@livesuffolk.org.uk)

Richard circulated details of services and courses offered by LWS. LWS is a private company. They are not able to offer all their services across all areas as they are commissioned by SCC to have input into selected trouble spots such as Ipswich, Haverhill, part of Bury St. Edmunds and part of Sudbury. However, Smoking Advice, Child Weight Management and Health Walks, are available across the whole of county. Some District Councils have also funded particular projects in their area.

People can self refer to the service. There is no longer a waiting and list they will get a response within 48 hours and a meeting will be booked in 2 weeks.

Physical activities courses start every six weeks.

Richard encouraged members to become Health Champions to spread important health messages into the community and provide free practical advice and support for anyone wanting to change their habits and takes steps towards a healthier lifestyle.

IT invited LWS invited to Thornham Walks Event

LWS Leaflets can be ordered on website.

### **3. Minutes of the last meeting**

The new chair of NSFT, Gary Page, has been appointed and will attend Hadleigh conference. He has a financial background and lives in Suffolk.

### **4. ASDA Event feedback**

The took place in foyer Stowmarket. It was cold day but we received a fair number of enquiries and talked to people about stigma reduction. It was agreed that it was worth doing again.

### **5 Hadleigh Library Event update**

There was not very good footfall on the initial Saturday, but the display stand was left for in situ for 2 weeks and library users took the leaflets and showed a lot of interest.

### **6. CYPS Conference**

SP reported that the food will be paid for by a grant from SCC through the Locality officers. The contribution from the VASP budget is minimal.

Garrie Parker and Kirsten Alderson and will be speaking for SFC.

There will be c100 delegates

SP said she would like to see a similar conference for a Criminal Justice VASP event, possibly with the police hosting it.

Andy Brobbin, from the Constabulary, will be attending the CYPS conference

Sue suggested asking Jane Davey from SUF to ask her members to contribute to the survey of customer satisfaction that the police are undertaking.

### **7. Updates**

NM reported on the success of the SUF PD event 21/3 at BSE, planned by Linda Attwood. Some people had no idea where to go where to get help.

NM ran 2 workshops and is now SUF company secretary.

NM will chair SUF events in Bury St Edmunds on 18<sup>th</sup> April and Kesgrave on 25<sup>th</sup> April. He asked the VASP members to publicise the events.

NM can offer Mental Health First Aid Training.

KO Heathwatch. Annie Topping new CEO now at Lion Barn Business Park in Needham Market. The telephone number is 01449 703949. 5 people from implementation board have joined the new executive board. David Evans is the Chair

More people are needed for the Steering group, It is voluntary role with 10 days a month minimum requirement

Healthwatch Hubs started at the beginning of April. These will be made a variety of different organisations which would work within their local communities to carry out specific projects, such as providing information and signposting people to services

These will be funded by Healthwatch. Kerry is working on setting them up.

The mental health focus group will continue to meet regularly.

SP reminded the meeting that there was still a problem with lack of services in rural areas. Services received depended on postcodes.

Kerry said Healthwatch can be community orientated. It is a national organisation and will be taken more seriously.

GF Serco are running District Nurse service. The Physiotherapy service is a Community Interest Company. Response is quick but second appointment can take a bit longer. There is a care coordination centre.

Sally: Inspire has been commissioned to work in rural areas for adult carers of adults over 18).

## **8. AOB**

Suggestions for speakers for future meetings: Rethink and ImROC (NSFT)

***Date of next meeting: 7<sup>th</sup> May in the Lecture Room.***