



AGENDA
Sudbury Locality VASP Meeting
Wednesday 25th November 2015
11am to 12.30pm
Phoenix Children's Centre
Tudor Road, Sudbury, Suffolk CO10 1NP

Refreshments available upon arrival

1. Introductions and Apologies
2. Agree September minutes, attached, thanks Sally. [Minutes](#) from previous meetings on www.suffolkvasp.co.uk
3. Presentation from Janette Wilson North from the Red Cross
(Steve Emmerson was due to tell us about the Brain Bus, but this project is no longer happening)
4. Feedback from World Mental Health Day; lessons for next year?
5. Updates from organisations
6. Agree Dates for Next Years Meetings. [Following the pattern of the last Wednesday every other month the proposed dates are:](#)
 - January 27th
 - March 30th
 - May 25th
 - July 27th
 - September 28th
 - November 30th

What time is most suitable? Historically it has been 11-12.30. Would 10-11.30 be better? Or the afternoon? Sudbury Connect and Sudbury Dementia Action Alliance often meet Wednesday afternoons.

7. AOB



Minutes of Sudbury Locality VASP Meeting

Date: 29.09.2015

Location: Phoenix Children's Centre,

Sudbury

1. Present:

Nigel Brett (NB): Babergh District Council (Chair), **Andrew Good** (AG): NSFT Governor, **Elizabeth Storer** (ES): Healthwatch Suffolk, **Sally Watson** (SW): Suffolk County Council, **Helen Game** (HG): NSFT, **Jackie Skillicorn** (JS) Bridge Project, **Will Ginno** (WG), The Befriending Scheme, **Chris Boatwright** (CB), Kernos Centre,

Apologies: **Rita Pennington** (RP): Storehouse Foodbank, **Jo Belfield** (JB): Community Action Suffolk, **Emma Cadman** (EC): Babergh District Council, **Carol Long** (CL): Home Start South Suffolk, **Wendy Shepherd** (WS): Suffolk User Forum,

2. Minutes

The Minutes from the last meeting were agreed

Actions from Minutes:

SW had spoken to the Town Council regarding the Bus being used on the Market Hill on 8th October for World Mental Health day. Unfortunately there was no room for Go-Start Community Transport to bring along one of their vehicles, but Peter Burgoyne said he would probably come along anyway and hand out their leaflets.

CB has spoken to Sainsbury's who will donate 40 Bags for Life and 40 mince pies.

SW explained what the Tiny B group were.

3. Planning for World Mental Health Day

1. Set-up

- i) CB asked if the Bus could be ready for 8.45am (Sally will make enquiries)
- ii) Rota: everyone present filled in their availability. Nigel will circulate for others
- iii) Leaflets/Banners etc.: Nigel will bring the VASP banners/stand (drop-off point for banners and leaflets before the event is now the Phoenix CC)
- iv) It was agreed that more incentives would be preferable, so Jackie will speak to Waitrose and Chris will speak with Tesco.



- v) Nigel will contact the District Councillor (John Sayer) and invite him Andrew will invite the MP James Cartlidge and Sally will contact the Mayors office. Nigel will also speak to Tracey Loynds from South Suffolk Leisure to see if she will contribute anything to the day (IE sporting equipment). He will also speak to David Grimmer to see if any left –over leaflets can be taken to the library.
- vi) Everyone will speak to their service users to inform them of the event. It was raised that Time 2 Change will offer training for people who have had issues, to be able to talk publically about mental health issues.
- vii) Helen mentioned promoting the event on social media/NSFT Feed/Twitter
- viii) It will be mentioned at the Hive meeting (tomorrow)
- ix) Nigel will collect any left-over leaflets and the banners etc. on Friday. Last people manning the stand to liaise with Nigel where to collect them from (could be the Phoenix CC as they are holding the items before the event).
- x) Nigel will do a press release
- xi) Will is going to ask his colleague Rob Taylor to do the social media releases

4. Any Other Business:

- i) Helen is going to all GPs surgeries and speaking to all members of staff
- ii) Jackie: the alliance with the synergy café is going very well (22 people yesterday)
- iii) Liz: The joint NSFT survey focussing on BME is coming together with the report out in November. There is another one linked to CQC linked with Suffolk Users Forum.
- iv) Sally: Mentioned the new Local Area Coordinator posts the County were appointing 2 members of staff for. Also the mental health conference re young people at Ipswich on 30th October.
- v) Will: Mentioned the Suffolk Assembly of Youth. He has also been in schools looking for young people to do volunteering in the Hub groups.
- vi) Andrew: Also mentioned the conference on 30th October at UCS. He also mentioned the Trust is in special measures and they are holding elections for new members which close in November. They are particularly interested in 'Carer' Governors. Andrew was pleased to say the Trust now pay carers expenses for meetings. Andrew also mentioned the Samaritans and how they were going to have a lead psychologist working with them for people coming off treatment.
- vii) Chris: Explained the Kernos Centre offered free counselling for adult carers (of adults not children). Spoke about the problems of funding not being sufficient for the demand on their service.
- viii) Nigel said at the next meeting we would discuss dates and times of meetings for next year. He said he hoped Steve Emmerson and the Red Cross would be present at the next meeting.