

# **Minutes of the Mid Suffolk VASP (MSVASP) meeting of 5<sup>th</sup> November 2013**

**Held at MSDC offices, 1pm to 3pm**

## **Present:**

SP	Sue Parker	Chair MSVASP
WS	Wendy Shepherd	SNAP
GP	Guenever Pachent	NSFT
GF	Glennys Francis	SAFEcic
NM	Nigel Moyes	SUF
BB	Barbara Bilston	Stowmarket Churches
HG	Hilary Green	Age UK
JC	Julia Carr	VASP Coordinator
CG	Carolyn Gidney	Papworth Trust
MB	Cllr Michael Bamford	Babergh/MSDC
SB	Suzanne Britton	MSVASP

## **Apologies:**

Sally Corker  
Karen Jackson  
Kathleen Ben Rhaba  
Nigel Brett  
Liz Roper  
Gareth Moir  
Linda Attwood  
Kirk Brown  
Bev Stearn  
Jayne Davey

## **1. Welcome & apologies**

### **1a Suffolk Congress Meeting**

Suffolk Congress to meet on 7<sup>th</sup> November at Bury St. Edmunds. The discussion will be concerns on mental health services and the comments will be passed on to the Suffolk Health and Wellbeing Board. MB said he was on the Board and that the December meeting will focus on Later Life, and the February 2014 meeting will be on Mental Wellbeing.

Suffolk Congress represents community and voluntary groups in the county.

SP suggested a comment re Dementia Services

## **2. Minutes and matters arising**

- a) SP reported on her visit to Sheffield.
- b) Regarding outcomes; Sue stated that VASP was a forum, not an organisation and as such its members are better placed to comment on the value of VASP.

## **SP has sent out an e mail requesting feedback from partners**

### **3. Events**

SP reported that VASP had run 12 events so far in 2013. The condition of the MSDC grant is that we do at least 4. SP said that there had been a number of very useful networking opportunities such as Jimmy's Farm.

SP said that the proposed event at Stradbroke in early 2014 would not take place. The leisure centre is small and there is no room for a stand.

ASDA: SP reported that though the footfall had been high, there had not been many actual enquiries. One person had asked for information for herself and her family totalling the people concerned to 5.

SB stated that the event had raised the profile of mental health services and any exposure was another effort towards reducing stigma.

The VASP stand has also been displayed at Stowmarket Library.

WS suggested that VASP runs an event in Eye. HG suggested Vine Church as a venue. GH mentioned the WI Market. SP mentioned Hartismere Hospital.

BB suggested that VASP could be present at WI meetings as these are usually well attended.

HG said that U3A had a lot of members who may be interested in VASP's Later Life theme.

**SB will contact the membership secretary.**

### **4. Later Life Initiatives for our VASP**

Events for 2014 will cover Later Life and Dementia, such as Age UK's Golden Fayres and POPS (Partnership with Older People in Suffolk). HP suggested contacting Donna Reeve at Age UK.

**SP will do this.**

SB reported that Peter Edwards, for the NSFT Later Life team will come to speak to VASP. Forum members would like to know how the memory clinics are running.

SP mentioned that the Royal College of Psychologists offer a Memories National Accreditation Service to mental health services. Norfolk has never applied. Suffolk are not applying for a renewal. Last time, Ipswich and West Suffolk were graded as Excellent.

HG said that there are around 700,000 people in the UK with dementia. The current diagnosis is 47% but Age UK would like to see it at 75%. The organisations campaign is 'Living Well With Dementia'.

GP mentioned that the Debenham dementia project is successful.

## **7. Members' update and AOB**

### **NM – SUF**

NM reported on a number of events he had attended over the last month.  
GP would like a report of the Alcohol and Self Medication Event

**CG – Papworth Trust** Carolyn introduced herself. She is working for the ICare project in partnership with and funded by SFC. She is seeking to locate 'hard to reach' carers.

### **JC- Suffolk VASP**

Julia reported that the VASP website is ready to go. She is waiting for VASP chairs to comment on it. The site includes a home page, events and individual VASP pages, etc.

Sudbury VASP is without a Chair. Bev Stearn is Vice Chair but cannot attend the next meeting on 27/11.

WS suggested emailing all members asking for someone to step forward as Chair. They have a minute secretary.

SP offered to Chair the next Sudbury meeting.

Brandon and Thetford VASP meets in Brandon only as there is no venue in Thetford.

Haverhill VASP needs more support. Elaine Hughes, from CAS, is the Chair but attendance is very low. Next meeting will be on December 11<sup>th</sup> at 10am.

GP will speak to local NSFT staff re attendance.

CG will be the speaker.

Jimmy's Farm want to host a Mental Wellbeing event next year. They would like help to organise an event in March.

### **SP – read out Bev's Stearn SFC report**

SFC have launched an appeal with BBC Suffolk called "8 days a week"

The aim is to raise £525,000 to buy and run a Mobile Family Carers Centre which will tour Suffolk bringing the services that Suffolk Family Carers offers to the doorstep of Suffolk People.

The Mobile Family Carers Centre will deliver information, advice and guidance and provide a place where Family Carers can be listened to and supported.

The money is to fund the unit and staff costs for a year. One of the fundraising events will be a Bake Off Challenge at SFC offices in Claydon on 16<sup>th</sup> December.

### **WS SNAP**

SNAP only has funding until the end of March. There were 183 referrals in October. The waiting list is growing and staff are at full capacity. The current funding is supporting a consortium of 6 voluntary organisations that have formed a partnership for floating house support: CARA and SNAP. CARA is the gateway service. SNAP covers all Suffolk districts except Waveney and offers debt advice, education, training. SNAP also signposts, eg. substance misuse, domestic violence. Services provided to 16+, work with homeless, owners, tenants. Referrers are local councils, eg rent arrears. There are also 22 drop-ins all across the whole of the county.

There are offices in Ipswich and Bury St. Edmunds and SNAP has been running for 6 years. Referrals have gone through the roof, due to changes in welfare, eg. under occupancy 'tax'. There is a waiting list but those who are on it get a phone call every week.

Recent news: Together won the Mental Health Support contract for Norfolk so 5 offices will be up and running on 1<sup>st</sup> February. The area was previously covered by Julian Care.

#### **GF – SafeCIC**

SafeCIC are doing OK. No updates except safeguarding conference on 18<sup>th</sup> November. CSV Media Club House won Excellence in Safeguarding (Suffolk). Mentioned '1 millions friends' campaign organised by Alzheimer's Society.

#### **GP – NSFT**

Annual Governor election – there are 3 places and the deadline is in 10 days. Information on website. Contact: Robert Nesbitt.

#### **HG – Age UK**

There are 7 dementia advisers in Suffolk. Home visits are provided, with advice and guidance and how to access services; clients either don't know anything then or have too many leaflets. Referrals come from NSFT consultants or mental health team. There are currently 903 clients served by 7 part-time staff. HG works 18 ¾ per week. Funding for 2 years comes from NHS and will continue until August 2014.

#### **BB – Stowmarket Churches**

BB is now on the committee for Stowmarket Credit Union. It will run on Thursdays from 1 – 3pm. BB intends to recruit more volunteers to run session and promote the service.

#### **MB – MSDC and Wellbeing Board**

MB attended CAS launch in Ipswich and met Youth Champion for mental health and access to services. He will attend the Dementia Carers Forum on 22<sup>nd</sup> November at Quaker House, Bury St. Edmunds.

***Date of next VASP meeting: Thursday 12<sup>th</sup> December 2013 in Dove Room***