**Thurrock Coalition**

 **Thurrock Mental Health Service User & Carer Forum   
Monday 11th July 2016, 2.00pm – 4.00pm   
The Main Hall, The Beehive**

**Attendees:**

David Eyres – Thurrock MIND

Jeanette Lambert – Thurrock MIND

Toni Saliba – Thurrock MIND

Kath – Thurrock MIND

Andrea Valentine – Health Watch Thurrock

Harpal Kang – Service User MIND

Ann Jennett – Together

Gill

Ife Olarinde – Thurrock MIND

Paul Howard – Service User Thurrock MIND

E M Bennett

B Martin – Thurrock MIND

L Edgell - Thurrock MIND

K Gill – Thurrock MIND

Alison Pettit – Together for Mental Wellbeing

**Apologies:**   
Wendy Robertson (Thurrock MIND), David Rundell, Lynne Morgan (Thurrock MIND)

**1. Welcome and Introductions**

Ian welcomed everyone to the meeting and introductions were made.

**2. Minutes and Matter Arising from Previous Forum Meeting (May 2016)**

Page 2, Accident and Emergency 24/7 helpline – Quiet room is not advertised for anyone needing privacy as not acceptable to wait in the waiting room when in a crisis state. Gary Bristow from SEPT is investigating.

Minutes were agreed as a true record.

**3. Discussion around refreshing the Terms of Reference of the Group**

The Draft Terms of Reference document was circulated. The document was last reviewed in 2013.

Toni Saliba currently represents the group at the Thurrock Disability Partnership Board.

Three breakout groups formed to discuss:

Group 1

* Status of the Forum:

Not in plain English – needs to be “easy read”

Explain the “Third Sector Staff”?

The Thurrock Coalition Partnership Board Co-Ordinator – would be nice to have a name (Karen Haltham now in Post)

When will nominations be?

* Membership of the Forum:

Believe it is important to have certain professionals as members like: Together, Healthwatch and other relevant services.

* Aims and Objectives of the Forum:

Wording would baffle someone in crisis

Aims: Agree

Objectives: overall happy with objectives

* Voting at the Forum: Agreed
* How the Forum meetings will be run:

No 4? Wording

* Agreeing a Service User Representative

Group 2

* Status of the Forum:

Asking too much from the representative especially if they are unwell.

More of a voice rather than all the admin aspects

* Membership of the Forum

Finding solutions

Bridging the gap between the patient and the professional

* Aims and Objectives of the Forum

Use of layperson terms/plain English

* Voting at the Forum
* How the Forum Meetings will be run

The representative needs to be updated with feedback with the issues raised. So they are a voice to the Board, but can come back to the forum and say “XYZ” will be done concerning the previous issue.

* Agreeing a Service User Representative

Group 3

* Status of the Forum

Have 2 lead individual Service Users – Share Job (happy with person to lead meetings)

Forum not well publicised – LISU could find ways to tell people – partnerships with local organisations (Grays Hall) to also invite to present at forum.

‘Set Up’ people to come early to help set up.

* Membership of the Forum

Good that professionals are ‘invite only’ – not bombarded – too many can make people anxious.

Professional – to status

* Aims and Objectives of the Forum

Looking forward – future

* Voting at the Forum
* How the Forum Meetings will be run

Every 2 months – good to have link in between

* Agreeing a Service User Representative

Feedback will be gathered together and new Terms of Reference will be put together for the next meeting on 12th September 2016.

Let Ian know by 11th August if you want to put yourself forward for the Service User Representative or if you know of anyone who would like to take on the role. Ian can supply more copies of the role and responsibilities.

4. **Presentation by Ife Olarinde, Recovery College Co-Ordinator (Inclusion Thurrock)**

Ife presented Inclusion Thurrock in partnership with Thurrock MIND paper, handed out to those present. Comments made as follows:

* The Recovery College is for individuals registered with GP or live in Thurrock, family members, community, carers and friends and is open to suggestions for ideas/topics/workshops.
* Will be at the Village Beach Event on 16th July 2016
* Full prospectus will be available from September, 10 courses run on a rolling programme, and will be finalised after the taster days in July and August.

Three breakout groups formed to suggest the future content of the Recover College Prospectus for the next year:

Group 1:

* Self Esteem
* Confidence Building
* Assertiveness
* Space Course
* Mindfulness
* Creative Groups – Art/sewing/knitting/drawing etc
* Making and dealing with change
* Bereavement/loss – how to?
* Coping strategies

Group 2

* Obsessive Compulsive Disorder
* Anger Management
* Mindfulness
* Addiction – gambling, drugs, alcohol, sex
* Cognitive Behavioural Therapy
* Family and friends
* Mental Health in 18-30 year olds
* Assertiveness

Group 3

* Introduction to CBT (Cognitive Behavioural Therapy)
* Understanding…. Bipolar Disorder/Schizophrenia/Attention Deficit Disorder/Post Traumatic Stress Disorder
* Drama/song
* Creative writing
* Social skills
* Better ways to communicate
* Small-talk for beginners (men) get men to talk more
* Confidence and courage building
* Volunteering
* Panic attacks
* IT skills
* Work and mental health

5. **Any Other Business**

No other business to discuss.

Next meeting Monday 12th September 2016, The Beehive, West Street, Grays, RM17 6XP, 2pm to 4 pm (arrive from 1.30 pm)

Meeting closed at 3.50 pm