**Thurrock Coalition**

 **Thurrock Mental Health Service User & Carer Forum
Monday 9th May 2016, 2.00pm – 4.00pm
The Main Hall, The Beehive**

**Attendees:**
Wendy Robertson – Mind

Debra Turner – Mind

Toni – Service user

Paul – Service user

Paul Bagot – Inclusion Thurrock

Steve Webster – Mind

Alan Belton – SEPT

Harpal – Service user

Antony – Service user

Jeanette – Service user

David – Service user

Kathryn – Service user

Marie Budge – CARIADS

Alison Petit – Together

**Apologies:**
Ian Evans (Thurrock Coalition)

* Welcome and Introductions

**Minutes and Matter Arising from Previous Forum Meeting (March 2016)**

* Need to look at information and data gathering for first responders for people that are struggling and put support in place. Need a standard approach for first responders to deal with people before they reach crisis.
* People may be eligible for financial support for wellbeing, e.g. the gym as part of Personal Health Budgets, but it’s currently difficult to get the people and budgets aligned. Feedback is already being discussed at the operational Mental Health Group which is attended by the local authority, SEPT, Inclusion Thurrock, etc.
* The £1.00 contribution for People’s Space is being reviewed as some users believe it should be free and there’s also the possibility that the charge will stop people from attending.
* There is to be a Suicide Prevention Workshop which will be an opportunity for people to share their experience of accessing support when in crisis, if anybody would like to attend, let Wendy Robertson know.
* Change to previous minutes: A service user’s bad experience when requesting safe haven to go when in crisis was at Basildon Hospital rather than Southend Hospital.

**Presentation and Discussion re SSSFT, Inclusion Thurrock and recovery College**

Presentation from Paul Bagot, Inclusion Thurrock

Inclusion Thurrock launched 01/04/2016, handover from SEPT currently being undertaken, including the client waiting list. Working with partners to meet the needs of the community, avoid duplication and plug the gaps in services. Currently recruiting for some posts and some premises are in place across Thurrock.

The Recovery College will run courses and sessions regarding coping mechanisms and mental health issues. It is intended that Recovery College will provide varied services which will evolve over time with feedback and requests.

Four taster courses have been scheduled to start from July and will be delivered by both professionals and peers who will share their experiences.

There will be a link to GPs to provide 2-way feedback and information.

Contact Details:

Inclusionthurrock@sssft.nhs.uk

Phone: 01375659959

Questions and comments followed the presentation:

It was suggested that a 24/7 help line where people could speak to a person if they needed help. Out of Hours seems to be a real problem

It was also mentioned that more privacy in A&E would be welcome. If someone goes there in crisis they can often be accompanied by police officers and distress/anxiety can be increased in individuals with a feeling that everyone is looking at them.

Concern was also voiced over a lack of aftercare or winding down after training. Quite often the service user is cut-off following training, etc. PB advised that IAPT is looking to provide Step Up and Step Down Treatment, depending on the place that the client is at.

**Discussion & Breakout Groups**

The topics discussed:

* What helps You?
* What skills could be passed on?
* What does “peer produced” mean to you?
* What does “co-production” mean to you?

Details and results of discussion can be found in the attached appendix.

**AOB**

J was invited to share a poem that she had written.

WR thanked everyone for attending and participating.

**Date of Next Meeting**

Monday 11th July 2016, Main Hall, the Beehive, 2:00pm-4:00pm

Summary of Points Raised by the Breakout Groups May 2016

1. What helps you?

Sign posting to other services and providers once a course or sessions have completed.

The monthly Bi-Polar group

Light touch course for family and friends to give them a better awareness of mental health issues and that they are ongoing and can’t necessarily be cured.

24/7 Helpline

Have some focus on support before crisis sets in.

Access to physical exercise, could be walking in a group or the gym

Mindfulness

Pilates

Relaxation techniques

Group activities such as swimming, the cinema, bowling, dog walking, beauty therapy, fishing etc.

IT Support, computer access, Emails, etc.

Communication

Volunteering – sign posting to groups

Support groups to combat loneliness

Coping mechanisms and strategies.

1. What skills could be passed on?

Coping strategies that work for other clients/users/peers

Passing on methods and techniques that work.

Building support networks of peers, professionals, etc.

There needs to be training for Peer Support so that a framework and boundaries are set.

Building self-esteem and confidence.

1. What does “Peer Produced” mean to you?

Led and produced by users of the services and passes on their personal experiences.

Shared interests can be passed on by peers, e.g. music, art, etc.

In theory a good idea, but in practise it will be down to individuals if the topic is a success. There would need to be support for the Peers to help make it a success.

1. What does “Co-production” mean to you?

These are activities that are jointly “owned” by peers and professionals and there should be 50/50 responsibility.

Peers and/or professionals can come up with the ideas and once an idea is out there will need to be support and collaboration.

Payment for peers undertaking joint sessions with Professionals at the Recovery College, could impact benefits if taken in cash, consideration to be given to giving payment in gift vouchers.