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| **Thurrock Mental Health Service User  & Carer Forum** |



**Monday 14th November from 2pm to 4pm   
At 152 Bridge Rd, The Summer House**

**Arrive from 1:30pm for refreshments**

**Agenda**

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| **Item** | **Timing** |
| ***1. Welcome & Introductions*** | ***5 mins*** |
| ***2. Minutes & Matters arising from the previous Forum Meeting*** | ***5 mins*** |
| *3. Presentation & Groups Discussion on the Thurrock Health & Well-Being Strategy & Action Plan – Goal D – Quality Care Centred around the person:**Create four integrated healthy living centres;**When services are required, they are organised around the individual;**Put people in control of their own care; and**Provide high quality GP and hospital care to Thurrock.* | ***45 mins*** |
| *4. Coffee Break* | ***5 mins*** |
| ***5. Discussion and agreement of future Topics for the Forum meetings for 2017 – including time and venue*** | ***45 mins*** |
| ***6. Big Energy Saving Network – Free advice and help to Switch Energy Suppliers & Save Money*** | ***10 mins*** |
| ***AOB   Provisional Date of Next Meeting – Monday 9th January 2016 –1:30pm -4pm, Venue to be agreed by Forum members*** | ***5 mins*** |