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

**Monday 14th November 2016, 2.00 – 4.00 pm**

**Thurrock MIND 152 Bridge Road, Grays**

**Attendees:**

Ian Evans (chair)

Karen Haltham (minutes)

Leanne Edgell

Brian Martin

Harpal Kang

Sheila Auger

Anthony Auger

Mario

Corrine Williams

Katherine Kontis

Darren Kristensen

**Apologies:**

Toni Saliba, Alison Pettit

1. **Welcome and Introductions**

Ian welcomed everyone to the meeting and introductions were made.

1. **Minutes and Matters Arising from the Previous Forum Meeting**

The minutes were read and agreed as a correct record.

1. **Presentation and Group Discussion on the Thurrock Health and Wellbeing Strategy and Actions Plan – Goal D – Quality Care Centred around the person**

Darren Kristiansen went through the presentation (copy attached).

There are to be four new Healthy Living Centres within Thurrock where GPs, Nurses, wellbeing programmes will be under one roof.

Darren will give the feedback from this meeting to the action planners. It is planned that once all the feedback has been given from the 5 goals of the Health and Wellbeing Strategy an Annual Action Plan Report will be produced, this is planned for July 2017.

Feedback from discussion is attached.

1. **Coffee Break**
2. **Discussion and agreement of future Topics for the Forum and meetings for 2017 – including time and venue**

Those present agreed to the meetings taking place every three months instead of every two months, meetings could now be more focussed. It was also agreed for the meetings to take place at MIND, Bridge Road, Grays on the 2nd Monday of the month:

Monday 12th February 2017

Monday 14th May 2017

Monday 13th August 2017

Monday 12th November 2017

Poster can be displayed at MIND and SEPT

Suggested topics:

* Employment benefits
* Bills/finance
* Citizens Advice
* Housing
* Financial inclusion
* Income maximisation talks
* World of Work
* JobCentre Plus
* Transport
* Bus Routes

1. **Big Energy Saving Network – Free advice and help to Switch Energy Suppliers and Save Money**

Ian is now a Big Energy Saving Advisor, an appointment can be made with Ian, you would need to bring along details of your current supplier and provide current meter readings, you can then look at suitable tariffs, it takes 3 days to switch. Ian saved someone £300 per year last week.

**Any Other Business**

The next meeting will take place on Monday 12th February 2016 2.00 to 4.00 pm at Thurrock MIND, 152 Bridge Road, The Summerhouse, 1.30 pm for refreshments.