**Thurrock Coalition**

 **Thurrock Mental Health Service User & Carer Forum
Monday 12th September 2016, 2.00pm – 4.00pm
The Main Hall, The Beehive**

**Attendees:**

Harpal Kang – Thurrock MIND

Brian Martin – Thurrock MIND

Kathy Bouret – Thurrock MIND

Darren Kristiansen – Thurrock Council

Toni Saliba – Thurrock MIND

Renee Hepker – Inclusion Recovery College

Leanne Edgell – Thurrock MIND

Elizabeth Foster – Thurrock MIND

**Apologies:**
Alison Pettit, Andrea Valentine (HealthWatch) and Ian Evans

**1. Welcome and Introductions**

Leanne welcomed everyone to the meeting and introductions were made.

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

Minutes were agreed as a true record.

There were no Matters Arising.

**3. Presentation and Group Discussion on the Thurrock Health & Well-Being Strategy & Action Plan – Goal C – Better Emotional Health & Wellbeing.**

Darren Kristiansen gave a presentation to those present, a copy of the document was circulated along with the Background Information on the Thurrock Health and Well-Being Strategy document.

 Discussion Breakout Group Feedback:

 Group 1

Improve the identification and treatment of depression, particularly in high risk groups:

 How best to achieve it?

* Have a 24 hour local helpline for depressed people in crisis
* More people accessing therapy
* 1:1 and group monitoring successes
* Confidentiality essential
* Screen early – Doctors/nurses refer to helpline, family members to screen.
* Mental Health – raise awareness – universities, employers, colleges
* Localised call handlers – with social care background

Who can help achieve it?

* Community Agencies and Volunteers
* Recovery College – Inclusion
* NHS
* (see DERIC projects – relating to CECP)

Group 2

Reduce social isolation and loneliness

How best to achieve it?

* Get communities involved – a ‘phone a friend’ service where you can call and chat to someone for a while
* Look at transport – ways to get to activities – low cost
* A drop in – anyone can go in, food there, nice place with someone to facilitate
* Community hub/drop-in Grays – full day not just a few hours

Who can help to achieve it?

* Community – volunteer involvement
* Health Workers – Social Worker, LAC

What would need to be in place to meet the Goal?

* For living well at home programme – none of us had heard of it so to have publicised this better.
* Publicity of drop-in – let people know about it
* Online but not everyone have computers so make sure in newspaper or maybe as mail shot with council tax letter

Leanne thanked Darren for his presentation.

Darren and Kath left the meeting.

4. Coffee Break

5. **Discussion and agreeing the Terms of Reference of the Forum**

Leanne read through the New Terms of Reference with those present and were agreed.

6. **Election of Service User Representatives**

Toni is stepping down as the Forum representative.

Brian Martin nominated himself as the new lead representative, seconded by Toni Sabila.

No-one was nominated as deputy representative.

It is expected that the Lead Representative will lead for one year with a deputy to take over the lead after one year, ie giving the deputy time to get used to the role before becoming responsible.

Brian will meet with Leanne and Ian, everyone else to support Brian.

Any other feedback on the document to be brought to the next meeting in November 2016.

7. **Any Other Business**

 Renee

 Thurrock Recovery College Inclusion and MIND (not SEPT)

 Co-produced

Well-Being/communication/confidence/understanding anxiety/depression/mindfulness/food/mood

 After first term – creative photography

 Shared learning – staff/carer/service user

 This is very much in the development stage

 From January – board of steering groups

Renee happy to give email address out for any questions or thoughts

Leanne thanked Renee.

 Next meeting Monday 14th November 2016 2-4 pm at the Beehive.