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



**Monday 8th May 2017 from 2pm to 4pm
At The Summer House, 152 Bridge Road,**

**Arrive from 1:30pm for refreshments 2.00 pm start**

**A G E N D A**

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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 and Feedback on the Thurrock Health & Well-Being Strategy & Action Plan – Goal E – Healthier for Longer.* | ***50 mins*** |
| *4. Coffee Break* | ***10 mins*** |
| ***5. Ideas for Peer Support Groups, followed by feedback*** | ***30 mins*** |
| ***6. Update & News from the Recovery College*** | ***15 mins*** |
| ***7. AOB Date of Next Meeting – Monday 8th May 2017 – 1:30pm - 4pm, at The Summer House, Thurrock Mind, 152 Bridge Road, Grays.******Future meeting dates:******Monday 14th August 2017******Monday 13th November 2017***  | ***5 mins*** |