**Thurrock Mental Health Forum for Individuals, Families and Carers**



**Monday 13th February, 2.00 – 4.00 pm**

**Thurrock Mind 152 Bridge Road, Grays**

**Attendees:**

Ian Evans (chair)

Karen Haltham (minutes)

Leanne Edgell

David Hallissey

Julie Wright

Ann Kerin

Cheryl McCabe

Harpal Kang

Sheila Auger

Anthony Auger

Christine Ellisdon

**Apologies:**

Toni Saliba

1. **Welcome and Introductions**

Ian welcomed everyone to the meeting.

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

The minutes were read and agreed as a correct record.

Matters Arising:

Future meeting dates:

Monday 8th May 2017

 Monday 14th August 2017

 Monday 13th November 2017

 Suggested topics for future meetings:

* Financial inclusion team to look at current income, what you can do to maximise it – team based in Council Offices, **ACTION: Ian to contact Ian White to invite to a meeting later in the year**
* Big Energy Saving – Ian has supported 72 people, 35 1-2-1, can make appointment to see Ian Monday – Friday 9 - 5 pm until end of March, let your friends and family know.

Suggested places to publicise the meetings to encourage more Service Users to attend:

* ID13.org Community Website
* Social Community Events in Thurrock
* Thurrock Adult Community College
* Thurrock Gazette
* Grays Hall Outpatients (week before meeting)
* Anthony Piplar – ACTION: Ian to send flyer to Anthony
* GPs/Pharmacists
* Carers/Course – Stephen Rabbits SEPT – he co-ordinates
* Darren updates the Community Forum Notice Boards.
1. **Presentation and Group Discussion on the Thurrock Health and Wellbeing Strategy and Actions Plan – Goal E – Healthier for Longer**

Unfortunately Darren is on a course today, therefore Ian went through the presentation with those present. The presentation will be circulated along with the minutes. **ACTION: Karen**

Two breakout groups were formed and discussed:

* A greater proportion of our population will be healthier weight, and
* More cancers will be prevented, identified early and treated better.

The feedback from these two groups will be forwarded to Darren and circulated along with the minutes.

Goal E is the last goal, and when all goals have been discussed with the Partnership Boards a Report will be written including all feedback. The Report will then be presented at a meeting along with the Thurrock Disability Partnership Board and Older Peoples’ Parliament, this meeting is likely to take place summer 2017.

1. **Coffee Break**
2. **Ideas for Peer Support Groups, followed by feedback**

Suggested groups for those who have gone through or going through mental health issues:

* Quiz
* Swimming
* Family Days
* Days Out

There are a couple of groups run by Cariads.

Sheila reported Marie no longer co-ordinates the Carers Group and they have to become more independent, Sheila stated the group still needs professional support but without it she feels the group will die off as group members were not wanting to take responsibility for venues, keys etc. The room at Hardie Park Café was suggested as a possible future venue.

1. **Update and News from the Recovery College**

Working in close Partnership with Thurrock Mind, launched 10th October 2016, 12 sessions – need to advertise more.

Inclusion could attend an Occupational Therapists group meeting to discuss what they do and to raise awareness.

TDN (Thurrock Diversity Network) AGM 16th February 2017 at the Beehive 6 – 8 pm. There will be a Questions and Answers on recent wheelchair user bus priority case Paulley v First Group PLC and its implications for local providers on the closing of the railway crossing at Grays, an underpass will be built as part of regeneration plans for Grays.

1. **Any Other Business**

Suicide Prevention – time has passed since Public Health were leading. There is a two set strategy in place for Essex and Southend, Thurrock needs its own action plan, still fighting for this

The next meeting will take place on Monday 8th May 2017 2.00 pm to 4.00 pm at Thurrock Mind, 152 Bridge Road, The Summerhouse, 1.30 pm for refreshments.