

# Ashford Mental Health Action Group

Funded by



Meeting on Thursday 14<sup>th</sup> September, 2017, 2pm-3.30 pm  
At the Live It Well Centre, Canterbury Road, Ashford, Kent TN24 8QF

ATTENDEE NAME	ORGANISATION & ROLE
Annie Jeffrey	Co-Chair Ashford MHAG
Sue Sargeant	West Kent Mind
Jenny Solomon	Insight Healthcare
Leonie Down	KMPT Acute Services
Liz Bailey	Shaw Trust Live Well Kent, Programme Lead
Colette Chaffey	Shaw Trust Live Well Kent, Navigator Manager
Scott Joiner	Shaw Trust Live Well Kent, Development & Network Manager
JB	SpeakUp CIC Service user
TL	SpeakUp CIC Service user
Lindsay Topham	Shaw Trust Live Well Kent, Network Development Manager
Ali Marsh	Think Action, Ops Manager

APOLOGIES	ORGANISATION
Carol Boorman	Ashford and Canterbury & Coastal CCG
Graham Tarrant	Ashford & Tenterden Umbrella Centre, Trustee
Lorna Henderson	Ashford Community Mental Health Team
Amanda Godley	Co-Chair Ashford MHAG/SpeakUp CIC
Murray Walker	Speak Up CIC Service User
Sue Revell	West Kent Mind

## 1. Welcome, Introductions & Apologies

The Chair welcomed the group and apologies were noted as above.

## 2. Minutes of last meeting – Approved with the following amendment:

P5, KMPT Acute Services, Leonie. Delete “particularly around the Occupational Therapy services”.

## 3. Action Points

### a) From Ashford MHAG:

- 1) Lorna Henderson to give an update on the Ashford Community Mental Health Team (CMHT). Lorna sent her apologies for not being present but will be at the next meeting. She commented that Ashford CMHT is in a much better position and sent the following update:

#### Staffing:

- We have new staff members, X3 new Social Workers have been appointed and 2 have already commenced work with the 3<sup>rd</sup> starting at the end of September.
- A new Team Leader from Social services has been recruited and will be starting in the next couple of months.
- We are advertising for a new Band 5 CPN.
- We have a New Health STR Worker and another one starting at the end of the month.
- We have secured a part time Vocational Worker to work with service users to enable them to get back to work, we are awaiting a start date

- I have also agreed for a locum Occupational Therapist to work with service users on their recovery.

**New Model being implemented:**

The Community Recovery service Line has changed its name to Community Recovery Care Group. Younger Adult services are implementing a new Model of care called CAPA which is the Choice and Partnership Approach and this will be implemented over a period of 1 year. We have a launch date for the 28<sup>th</sup> September and this will improve services and service user experience of accessing secondary care.

- b) **Response to question taken to County MHAG:** (See County minutes for further discussions <https://westkentmind.org.uk/mental-health-action-groups/mhag-county>)

None taken

#### 4. Service User and Carer Questions

a) **Raised at today's pre-meeting:**

- 1) IT. A peer led IT group runs at the Live It Well Centre in Ashford on Wednesdays from 10-12 and 1-3. TL asked whether there are any other groups in the area. Jenny mentioned that the JobCentre and Housing Association have employability meetings every 3 months. She will follow up to ask what is available.

**ACTION 1: Jenny to feedback about IT training.**

- 2) JB voiced concern that local talent is not being used for local services. Organisations from outside of the area are running groups and activities.
- 3) The Wellbeing café is run by Maidstone & Mid Kent Mind, open on Friday & Sat evenings and has just started on Wednesdays too. It is a drop in funded by the CCG as a place for people to go out of hours and they are monitoring the impact it has in attendance at A&E. It is an excellent environment however JB was concerned that other local organisations, such as the Samaritans, or service users may not be aware of it.

**ACTION 2: Invite Maidstone & MidKent Mind to give an update on the Ashford Wellbeing Cafe**

- 4) JB suggested there was a need for a 'Health' café in Ashford. Lots of people need somewhere to go during the day to socialize, engage and get support and answers to problems.
- 5) JB brought up transport difficulties; cost and inconvenience (2 bus journeys) of getting to the Live It Well Centre or the William Harvey. Liz explained that travel expenses are available for service users or carers to attend the MHAGs.
- 6) Are there any music groups available? JB mentioned someone who wanted to engage but nothing was available. Scott is researching music opportunities and will follow up with JB.
- 7) TL had positive feedback about SpeakUp's support group, Writer's Block, which focussed on writing poems for World Mental Health Day.

Scott and Liz met with Maggie and Amanda from SpeakUp CIC yesterday and have taken on board points raised by them. They will be going to the forum to talk about what is happening locally and how communication channels can be improved. They are also in the process of developing Terms of Reference for the forum detailing how to raise issues and what happens to them.

- b) **Going forward to County:** None raised

## 5. MHAG and Service User Forum review update

An update from Emma Hanson has been circulated explaining the plan to re-use the money committed to historic grants to the MHAGs and Mental Health Service User Forums to re-commission a new service offer through 3 key areas: Providing Peer Support, Supporting Service Improvement and Informing Future Commissioning Intentions. KCC & CCG commissioners will be gathering information and taking advice from people and she mentioned at the County MHAG that she was hoping to get a new service spec out by the end of October.

We would encourage people to take Emma up on her offer of inviting her to come to their groups. In the meantime we have circulated a MHAG survey to get some feedback of our own and asking people to complete this at the meeting or online by 30<sup>th</sup> September 2017.

Annie asked for any comments on the MHAGs as they have changed since they first started as Local Planning & Monitoring Groups.

Discussions were had around:

- The importance of building relationships and trust and breaking down the feeling of “them and us”.
- Encouraging more service users to attend the MHAGs so they feel less intimidating.
- Services being service user led rather than “from the top down”.
- Hearing people’s views and helping people to find out what is going on in the area.
- Raising issues on behalf of people who can’t attend meetings.

Leonie mentioned that new objectives at KMPT are to work in partnership.

The Tank café, Ashford Umbrella Centre or Christian Fellowship were suggested as alternative meeting venues to attract more service users.

**ACTION 3: Look at alternative venues for the Ashford MHAG.**

## 6. Information Sharing:

1. **County MHAG Update:** Please see the County MHAG minutes which were circulated before the meeting for full details. The minutes and local questions are all available at <https://westkentmind.org.uk/mental-health-action-groups/mhag-county>
2. **Commissioners’ Reports:** These been circulated and are also available on the West Kent Mind website <https://westkentmind.org.uk/mental-health-action-groups/mhag-ashford>
  - a) **Ashford CCG Commissioners’ Report, Carol Boorman:**
  - b) **Live Well Kent, Liz Bailey:** Live Well Kent has produced locality directories giving details of their Core Programmes, Peer-Led Programmes and Social Support and this is published on [www.livewellkent.org.uk](http://www.livewellkent.org.uk)

Scott is the new Network Development Manager who will be looking at services and gaps to commission other services going forward. The Ashford Directory shows courses and groups funded in Ashford. Since May there has been a real change and the building is now well used with something going on most days and a number of services present: IAPT, Kent Enablement Recovery Service (KERS), CMHT, primary care social work and navigator teams. In October there will be a new volunteers’ manager as we are hoping to get up to 50 volunteers, running groups and supporting people 1 to 1.

Colette talked about the March Wood project which they have commissioned, based in woodland in between Great Chart and Bethestone. Conversations are facilitated by Mark in the woods, around a camp fire. It is having a huge impact on clients. We also commissioned

art therapy groups in Canterbury and Ashford which culminated in an exhibition at the Beaney where clients sold framed work.

### 3. Provider Service Update/New Members:

**ThinkAction, Ali:** Our IAPT service is still open for self or GP referrals. Assessment determines what treatment is given.

**KMPT Acute Services, Leonie:** Gerry, a Peer Support Worker started working on the wards at St Martin's Hospital in May and also co-facilitates the mental health awareness group. Service users and carers wanted more information about what mental health so our weekly group focusses on 5 key topics and includes carers. There is also a discussion group for patients and a support group for carers, for people in hospital at the moment. SpeakUp CIC comes in to talk to patients to encourage them to get involved with their groups. KMPT want to work in partnership in a much better way going forward. This is about being open with 3rd sector providers and service users and carers.

**Insight Healthcare, Jenny:** Our IAPT service takes people in East Kent from 17 upwards (other areas from 18). Operating out of Live It Well Centre and Gateway offering face to face Cognitive Behavioural Therapy (CBT) and Counselling.

**Annie** mentioned the East Kent Commissioning Team's workshops for alternative places of safety in Kent which includes looking at places where people with drug and alcohol problems can be kept safe before seeing if mental health services are needed. The date of the Ashford workshop is to be confirmed but will be in October.

### 7. Task & Finish Group

A new working group needs to be decided on. Please email the MHAG admin team with any suggestions.

### 8. Date of next meeting

9<sup>th</sup> November, 2017, 2pm - 3.30pm. Venue to be agreed.

Meeting finished at 3.30 pm

### Action Table

Action No.	Action Point	Responsibility	Status
1	Feedback about IT training.	Jenny Solomon	Information passed on.
2	Invite Maidstone & MidKent Mind to give an update on the Ashford Wellbeing Cafe	Sue Sargeant	Email sent 17/10/17
3	Look at alternative venues for the Ashford MHAG.	Sue Sargeant	Ongoing

### Administration :

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Minutes posted on: <https://westkentmind.org.uk/mental-health-action-groups/mhag-ashford>