

Dartford, Gravesham & Swanley Mental Health Action Group

Funded by



Meeting on Tuesday 14th November, 2017, 1pm – 2.30pm
Dartford Civic Centre, Home Gardens, Dartford, DA1 1DR

Name	Organisation and Role
Alan Heyes - Chair	County MHAG Chair, Mental Health Matters
Sue Sargeant - Minutes	West Kent Mind, MHAG Co-ordinator
Aileen Stalker	North Kent Mind Service User Representative, Peer Lead
Sara Hegarty	North Kent Mind
Angela Powis	Porchlight, Community Link Worker
Teresa Snowden	Porchlight, Development & Monitoring Officer
Raj Jhamat	Rethink Mental Illness, Mental Health Recovery Worker
Kirstie Wright	Insight Healthcare, CBT Therapist
Kashmir Powar	Dartford Borough Council
Caroline Potter-Edwards	DGS Clinical Commissioning Group, Commissioner
Keri David-Valentine	KMPT, Community Mental Health Team (CMHT)

APOLOGIES	ORGANISATION
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None given

1. Welcome, Introductions & Apologies

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

2. Minutes from last meeting – no amendments

3. Action Points

a) Local actions:

- 1. Circulate an email informing services users and carers that questions for the MHAG can be given in writing or by proxy.*
Completed, although no response has been received.
- 2. Ask MEGAN CIC to bring questions/ issues along to MHAGs and to promote MHAGs to service users.*
Completed, although no response has been received.

These two action points were aimed at encouraging more involvement from service users and carers. It was also suggested to advertise the MHAG meetings to GPs and at the Dartford Patient Participation Group (PPG).

ACTION 1: Caroline to include MHAG meeting details in the CCG weekly bulletin which goes out to GPs.

ACTION 2: Teresa to forward the details of the Dartford Patient Participation Group (PPG) to MHAG admin.

- 3. Look at a business case for peer support/befriending, including funding.*
See Task & Finish Group below.
- 4. Look at updating the 'Terms of Reference' for the DGS MHAG following the outcome of KCC's review*

Alan is speaking to Emma Hanson this week about the progress of the review and inviting her to attend the County MHAG on 13th December to give an update.

5. *Circulate leaflet for the new CYPMHS services.* Completed.
6. *Circulate the wellbeing network leaflet.* Completed.
7. *Circulate part-time vacancy from Caroline.* Date had expired.
8. *Gather data relevant to the DGS T&F group.* See Task & Finish group below.
9. *Circulate email about World Mental Health Day.* Date had expired.

b) **Question raised at County MHAG:** None raised.

4. Service User & Carer Questions

a) **Questions raised at the pre-meeting:** None raised.

b) **Questions going forward to County MHAG** (following discussions under County Update below):

- 1) How is the lack of suitable housing and the problems linked to it being addressed across Kent?
- 2) Highlight the Hero service, does this exist in other areas or could it?

5. Information Sharing:

1. **County Update:** Please refer to the County draft minutes for full details of discussion, located at www.westkentmind.org.uk/mental-health-action-groups

The question raised by the Dover Deal & Shepway MHAG around housing difficulties leading to residents remaining unnecessarily in supported housing, was discussed. There is an action point to contact Dover District Council to confirm whether changes can be made to the current Band B classification.

There was discussion in the group:

- The criteria that people have to meet is difficult, people out of Littlebrook might only get temporary accommodation.
- The Council can disagree with the interpretation of vulnerability from the Community Mental Health Team (CMHT), which can affect the urgency and the criteria.
- Cheaper private rental properties in Dartford attract people moving further out of London, ie from Bexley and Bromley, so lack of local availability puts pressure on housing.
- Housing is one of the highest areas of need for LWK and problems related to it have a knock on effect to other services.
- There are also problems with people staying in housing when they have problems with benefits, ie delays in payments due to needing more evidence for claims, appeals or being sanctioned. They may then present as homeless to the council

Kashmir mentioned the HERO (housing, energy and retraining options) service which is based in Sevenoaks but also needs promoting in the Dartford area.

The service offers complete and personalised advice, giving information and guidance on a range of issues including: Housing problems, Saving money on fuel bills, Debt or mortgage advice, Welfare benefits, Retraining and further education options, Getting back to work and Starting your own business.

Angela reported a positive response from someone who had received advice from this service about setting up their own business.

ACTION 3: Invite a council housing representative to give update on the current situation.

ACTION 4: Kashmir to invite a Hero officer to give a talk about housing and the services they offer.

ACTION 5: Providers are asked to forward any case studies for housing problems so they can be presented to the Housing/HERO representatives before the next meeting.

Kashmir also advised that the Health Inequalities Group (HIG) has an action plan for Dartford with targets, ie financial, housing. It is also really important to have mental health representation at the HIG.

ACTION 5: Sara to ensure someone from North Kent Mind attends the HIG meetings.

2. **Commissioners Reports:** All reports have been circulated and are located at www.westkentmind.org.uk/mental-health-action-groups

Caroline Potter-Edwards, DGS Clinical Commissioning Group (CCG):

Caroline is the Children's Commissioner. In addition to the report, she highlighted the Transformation Plan which has been developed across Kent, including Mind and Body Programmes in schools for one to one and peer group support for self harm and children at risk. Also, Therapy Partners have been commissioned to support young people in schools and to produce a video.

They are working with organisations across the county to best invest the money received. Here is the link for more information:

<https://www.dartfordgraveshamswanleyccg.nhs.uk/about-dgs/publications/plans-reports-strategies/>

LWK, Porchlight, Teresa:

- We have been encouraging people to keep the pressure off as Christmas approaches.
- We are now payment by results and have been developing some more efficient monitoring systems. Getting the impact measurements is really key.

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

CMHT, Keri: We have started using the Choice and Partnership Approach (CAPA) model of care across all 8 CHMTs in east and west Kent next Thursday which will then be implemented over the next year in all the CMHTs across Kent.

North Kent Mind, Sara: We continue to offer our employment service and also accept IAPT (Improving Access to Psychological Therapies) referrals.

Dartford Borough Council, Kashmir highlighted a number of programmes and will circulate the information separately:

- Why Weight Adult weight management programmes
- Health Walks - You can get a full overview of walks on www.dartford.gov.uk/walks or <http://www.walkingforhealth.org.uk>
- Don't Sit Get Fit is a free 12 week family based programme designed to help families become healthier and fitter.
- Dynamo's Family Weight Management Programmes
- Get Active aims to promote low cost physical activity opportunities across the borough. These are listed on the website www.dartford.gov.uk/getactive

She is keen to get referrals from GPs. Caroline mentioned that mental health had a slot at a recent PLT (Protected Learning Time) for GPs with LWK, NELFT and CYPMHS talking about their services. DXS is the referral system for GPs for Dartford Gravesham & Swanley and Caroline will also add information about these programmes to this system.

Teresa mentioned that LWK is about making every contact count. They have quite a high target rate so she would be interested to hear if referrals are being made to these courses.

ACTION 7: Kashmir to send information to Caroline to add to the bulletins for GPs and the DXS referral system.

4. Staff changes

Raj at Rethink mentioned they have been on recruitment drive with one new person recently started and possibly one other.

6. Task & Finish Group Update

Task: To collect and review data to determine gaps in social care provision, highlight levels of support needed, ie peer support groups, and suggest a funding stream.

Suggestions for gaps: Long term support including social group activities such as bowling.

A number of peer support services are currently available under LWK. These suggestions could be looked at around a longer term project and Teresa will see if this could also be option as part of the Community Wellbeing networks. It is important to ensure there is no replication of current provision.

Task & Finish Group members: Teresa, Alan, Angela and anyone else who is interested.

ACTION 8: Teresa to co-ordinate a meeting, mid January in Gravesend.

7. Vacant Co-Chair Position

Many thanks to Kirstie Wright, Insight Healthcare who put herself forward for the co-chair position and was voted in by the group.

8. Date of next meeting

The Reception team at the Dartford Civic Centre have asked for meeting organisers to provide an attendance sheet in advance. This would not be appropriate for the MHAG which is an open meeting and encourages people to turn up on the day.

The group discussed changing the venue to Gravesend again and also to a more convenient time of 2pm, with the hope of attracting more attendees. However, as housing representatives from Dartford Borough Council are able to attend in January, the venue will remain as Dartford for January.

The next meeting is scheduled for 23rd January, 2017 at **2pm** at Dartford Civic Centre, Home Gardens, Dartford, DA1 1DR.

Meeting finished at 2.10pm

Action Table

No.	Action	Responsibility	Status
1	Include MHAG meeting details in the CCG weekly bulletin which goes out to GPs.	Caroline	
2	Forward the details of the Dartford Patient Participation Group (PPG) to MHAG admin.	Teresa	
3	Invite a council housing representative to update on the current situation.	Kashmir	
4	Invite a Hero officer to give a talk about housing and the services they offer.	Kashmir	
5	Providers are asked to forward any case studies for housing problems so they can be presented to the Housing/HERO representatives before the next meeting.	All	
6	Ensure someone from North Kent Mind attends the HIG meetings.	Sara	
7	Send information to Caroline to add to the bulletins for GPs and the DXS referral system.	Kashmir	
8	Teresa to co-ordinate a Task & Finish Group meeting, mid January in Gravesend.		

Administration :

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Minutes and supporting documents are posted on:

<https://westkentmind.org.uk/mental-health-action-groups>

APPROVED