

Maidstone Weald Mental Health Action Group (MHAG)

Meeting on 15th March, 2018 at 2pm

At Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone, ME14 1HH

PRESENT	ORGANISATION
Lizzie Lowrey - Chair	Involve, Volunteering & Engagement Manager/Co-Chair Maidstone MHAG
Sue Sargeant - Minutes	West Kent Mind, MHAG Co-ordinator
Zara Hamid	Involve Kent, Volunteering & Engagement Officer
Steve Bennett	KCC Primary Care Social Work Service
Andy Wood	KCC Kent Enablement Recovery Service (KERS)
Adrian Croucher	KCC Kent Enablement Recovery Service (KERS)
Adam Crick	KMPT, Priority House Peer Support Worker
Rachel Johnson	KMPT, Priority House Job Taster
Sarah Wheel	Kent, Surrey and Sussex Community Rehabilitation Company (KSSCRC)
Steve Sargeant	MCCH Wellbeing facilitator
Annick Guirate	Phoenix Support, General Manager
Margaret Bell	Samaritans (Outreach)
Scott Joiner	Shaw Trust Live Well Kent, Network Development Manager
Shaun Neaves	Stonham part of Homegroup
Ali Marsh	ThinkAction/Co-Chair Maidstone MHAG
Zena Watson	West Kent CCG, Mental Health Commissioning Manager

APOLOGIES	ORGANISATION
Maureen Belcher	Involve Carers
Phil Davis	DEA, Jobcentre Plus
Lindsay Prestage	KCC, Libraries, Business Development Officer
Heidi Bunting	Maidstone & Mid Kent Mind
Heidi Adamson	leso Health

1. Welcome Introductions & Apologies

The Chair welcomed the group and apologies were noted.

2. Minutes from the last meeting were approved with no amendments.

3. Action Points

- a) From previous Maidstone Weald MHAG: There were no previous action points.
- b) Response to question taken to County MHAG: None taken

5. Service User & Carer Questions

- a) From the pre-meeting: No questions
- b) Take to County: None

6. Information Sharing

1. **County Mental Health Action Group Update** – The County MHAG minutes and local questions are all available at <https://westkentmind.org.uk/mental-health-action-groups/mhag-county>
2. **Commissioners Reports:** The reports have been circulated separately and are also available at <https://westkentmind.org.uk/mental-health-action-groups/mhag-maidstone-weald>

a) West Kent Clinical Commissioning Group (CCG), Zena Watson:

A Protected Learning Time (PLT) event was held in Tunbridge Wells last week with a mental health theme. It was attended by 60 GPs and 100 practice staff and included presentations by West Kent Mind, Live Well Kent, Thinkaction and the Alzheimers Association. Really good feedback was received and it is being replicated in Maidstone in June.

One of the roles of the Sustainability & Transformation Plan (STP) is to commission and provide services on a Kent and Medway footprint rather than more locally and streamlining services with CCGs working together. 8 CCGs are currently providing provision locally so there have been some differences. Examples are the Kent & Medway Eating Disorder Service (EDS) and the Children's and Young People's Mental Health Service (CYPMHS) provided by NELFT. This applies to all services, ie there is currently a stroke consultation to offer centres of excellence for care rather than all hospitals doing a little bit.

b) Live Well Kent (LWK), Scott Joiner:

- Putting out 4 tenders across Ashford, Canterbury & Coastal and West Kent for projects which have been piloted for money management, bereavement and loss, art therapy and natural environment.
- In the next 6 weeks tenders for a young people's service and carers will be available under the Innovaton Fund with funding by KCC being matched by LWK. Closing date 13th April.
- Provider network has been doubled in the last 6 months.
- We are holding an open day in 18th May, Maidstone Village (for network, providers, press, CCGs and service user to trial what is on offer, ie, art therapy. Transport will be available from Maidstone East for service users.

The service is free and we encourage people to use different services across the county. Our goal is to help people to feel closer to their community and other people.

3. Service Update/Introduction for new members

Stonham, Shaun: We have 7 self contained flats in Maidstone with a possible vacancy available in the next month or so.

Involve Kent, Zara has been in post for 1 week running the the craft sessions and lots of the wellbeing activities, including the new allotment project.

Samaritans, Margaret: National charity with 201 local branches including 6 in Kent.

It is a misconception that we are only for people who are suicidal; this only represents 15-20% of calls. We don't give advice but we are on the phone 24-7, 365 day a year to listen. All numbers are connected so you won't necessarily get someone local although we have an office in Gresham Street for personal callers. We work closely with KMPT who give out our number and are number and are always happy to come out to talk to any groups or organisations.

KMPT Peer Support Worker, Adam works at Priority House across 2 acute wards and the 3rd one should be up and running in the summer. He wants to do more outreach upon discharge for patients and gather information about current and new services in the community to offer to their service users.

KERS team should be able to help with discharge from wards.

ACTION 1: Sue to circulate previous discharge pack for Lizzie to co-ordinate updating.

Phoenix Support, Annick: We support people in the community with mental health needs and learning disabilities. We have 13 accommodations; 8 are self contained flats and the rest are shared living, and currently have 4 vacancies. Referrals are from Priority House and the learning disability team. Previous difficulties with housing people were due to shortage of housing or applicants not being in Maidstone for 2 years. The Council has now changed the rules from January so that 2 years is no longer needed if people register with a charity, ie MADM, and that has given us easier access for people moving on which is working really well.

KERS, Andy: The team is very busy, working in secondary and primary care with people with mental health problems aged 18-65, helping with social issues, ie housing, work, debt management. The service is offered for up to 12 weeks and is task focussed before being signposted on. People can be referred back to a different task and will be seen as often as is needed.

Primary Care Social Work Service (PCSWS), Steve: The new advanced KERS service comes under the same management as the PCSC. The early discharge planning team started in April, consisting of social workers, care managers and KERS workers. The team works with the 3 mental health units in Kent to assess social care needs in a pro-active way by identifying eligible social care needs when someone is admitted so it can be worked on as part of their treatment in hospital.

KSSCRC, Sarah is a probation service officer working with low to medium risk of serious harm offenders. She is coming across lots of mental health and drug & alcohol issues and is looking to signpost service users. They run one stop shop sessions giving service users the opportunity to meet relevant organisations, including MADM and the JobCentre but would like to link up with other organisations.

Mcch, Steve: The Wellbeing Programme is part of the Live Well Kent service and is being rolled out for the next financial year. It consists of wellbeing and solution focussed sessions each running over two 5 hour days as this has been found to show more progression than the previous 6 week courses. The wellbeing sessions cover the 6 ways to wellbeing while the solution focussed sessions are designed for people with mental health problems who struggle to move on with their lives, helping them to look for strategies to move on in a positive way.

It is possible to sign up for one or both programmes and people tend to run from the wellbeing onto the next course. There is an opportunity at the end of the sessions for one to one time. An individual can self refer to mcch or sign up to LWK and the navigator will refer them.

Thinkaction, Ali: An official launch event for this new West Kent Service is on 11th April. The waiting lists are gradually going down and we are working towards clinical need led sessions rather than the set 6 session model being offered by previous providers. We are also working on support for long term physical health conditions as part of the 5 year forward plan delivering services working in physical health hubs. We also have additional rooms at the Maidstone Community Support Centre, Maidstone House and at The Stroke Centre

We are a primary care service working closely with secondary care services and primary care mental health nurses. We have set inclusion criteria but are open to people with a diagnosis under the CMHT as long as they are able to keep themselves safe between treatments.

8. Task & Finish Group

- 1) Lizzie confirmed that the next date for the Maidstone Service Provider Networking meeting is Tuesday 17th April, 2018, from 9am to 10am at The Involve Shop, Ground Floor, The Mall (Chequers Centre), Pads Hill Maidstone, ME15 6AT.

This meeting is for any organisation who provides a service and support to people living in the Maidstone area and who would like to network with other organisations, share information and generally create more awareness about their service and how to refer.

ACTION: Sue to send a reminder for this meeting.

2) Discharge pack, website update - Lizzie/Scott.

Lizzie will be gathering feedback from providers to update the current outdated Maidstone Weald discharge pack.

Live Well Kent are funding an online directory and community asset base in the final stages of development which is hosted on Porchlight's website. It will give the option to select by type of group and area.

9. Date of next meeting

17th May, 2018, 2pm at Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone ME14 1HH.

The meeting finished at 2.56pm

ACTION TABLE

Action No.	Action Point	Responsibility	Status
1	Circulate previous discharge pack for Lizzie to co-ordinate updating.	Sue Sargeant	Completed
2	Send a reminder for the April Provider Networking meeting.	Sue Sargeant	Completed

Administration :

Phone: 01732 744950

Email: mhag@westkentmind.org.uk

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

