

## Swale Mental Health Action Group

Meeting on Wednesday 27<sup>th</sup> June 2018, 2pm - 3.30pm  
At Swale House, East Street, Sittingbourne, ME10 3HT

Name	Organisation and Role
Jenny Solomon	Co-chair & Insight Healthcare
David Garrick	West Kent Mind (Minutes)
Paul Francis	SURF (Swale Service User Rep. Forum), Rethink Mental Illness
Dominic Quinn	Kent Enablement & Recovery Service (KERS) Worker
Nigel Martin	Sheppey Matters & Sheppey Healthy Living Centre
Lindsey Kennett	Carers Support Ashford, Shepway & Swale, MH Co-ordinator
Teresa Snowden	Porchlight Live Well Kent (LWK)
KB	SURF & Sanctuary Supported Housing client
Caroline Miller	Porchlight, Primary Care Community Link Worker
Cllr Tina Booth	Deputy Cabinet Member for Health, Wellbeing & Leisure
Sue Morris	Swale CMHT, Operational Lead for Social Care
Brian Clark	Carer

Apologies	Organisation
Lauren Alper	Porchlight
Kerry Newbury	Optivo Housing
Dawn Hughes	DWP
JSK	KMPT Expert by Experience Group
Sandra Bray	Swale Your Way
Claire Mansfield	KMPT
Naomi Hamilton	Swale CCG
Sarah Sales	Optivo Housing
Brenda Ducran	Sanctuary Supported Housing
Wendy Goodban	NELFT

### 1. Welcome, Introductions, Apologies and GDPR update

### 2. Minutes of last meeting - Approved without amendment.

### 3. Action Points

#### a) From Local MHAG:

**Jan.18-1:** *Teresa to feedback from Primary Care Interface (PCI) Meeting. Closed.* Teresa and Dominic explained that PCI meetings are organised by Kent Enablement & Recovery Services (KERS) for networking, advice and to discuss complex cases/needs. They occur every 2 months, alternating with MHAGs. Paul invited to attend the next PCI meeting.

**May.18-1:** *Resend Jenny's (new co-chair) bio to MHAG member. Completed*

**May.18-2:** *Naomi (DGS & Swale CCG) to update about training for GPs at next MHAG. Carry forward.* Naomi could not attend today's meeting.

There was discussion about similar MH awareness training for frontline GP staff that Naomi, Paul and Alan Heyes are involved with. **See section 7 for a written update.**

Brian raised issue of a local GP practice of 16,000 patients not having a Primary Care MH specialist, unlike practices in Sheppey. KB raised the issue of GPs leaving – numbers reducing.

**Action 1: Ask Alan if MH awareness training will affect PCMHS and GP issues.**

**May.18-3:** *David to obtain recently released Porchlight homelessness figures.*

Last year, Porchlight supported 834 people sleeping rough in Kent. The previous year, that figure was 707 and 5 years ago, it was just 148. **Ongoing.**

At the last meeting, Zoe (Swale Housing Options Officer) shared a link to homelessness statistics: <https://www.kent.gov.uk/about-the-council/information-and-data/Facts-and-figures-about-Kent/deprivation-and-poverty#tab-3> Data is also available for deprivation, poverty and unemployment on this page. **Action 2: Circulate homelessness information.**

**May.18-4:** *Steve Inett/ David to get clarity about help for those with MH problems in applying for blue badges. Completed.* As raised at the last meeting, help can be sought through contacting the Council, calling the Live Well Kent central number, or using the status of DWP benefits. The Blue Badge application form states that mobility is the central issue.

**May.18-5:** *Steve Inett/ David to enquire about support/guides for PIP assessments. Completed.* There are a number of sources of support suggested by Healthwatch Kent/MHAG members: [www.rethink.org/resources/p/personal-independence-payment-pip](http://www.rethink.org/resources/p/personal-independence-payment-pip) <https://www.scope.org.uk/support/disabled-people/money/pip/faqs> Disability Information and Advice Line (DIAL) on Freephone 0800 800 3333. Contact the advice and information Helpline via [www.rethink.org](http://www.rethink.org) For your local Citizens Advice service visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) Rethink's PDF is very useful and widely used. Teresa and Caroline advised that Porchlight's GP Link Service offers 1-1 support for PIP assessments: <https://www.porchlight.org.uk/primary-care-community-link-service-0> Interviewees can bring someone into the assessment for support.

b) **County MHAG response to local question:** No question was taken forward

#### 4. Service User & Carer Questions:

##### (a) Questions raised at the pre-meeting:

1. *Has funding for Carers groups been reduced?*

**Action 3: David to contact Carers Support CEO about funding for carers groups**

2. *What groups are there for carers who want to effect change?*

Lindsey advised that Carers Support is for carers to meet and talk, for companionship and peer support. Jenny raised that effecting change is the role of MHAGs. The current review of MHAGs and service user forums, by Engaging Kent, includes carers. Brian to ask the above question to Engaging Kent. Teresa advised that LWK are looking to engage carers more, including those who do not self-identify as a carer. KB – complicated to create change outside of SU forums.

**Action 4: David to contact Carers Support CEO about options for carers effecting change.**

Paul - Can take this issue to County MHAG, depending on response from CEO.

Lindsey mentioned that Carers Support run twice-yearly events to effect change. Brian's group, the East Kent Carers Council (EKCC), campaign for change e.g. write to CEO of KMPT.

3. *I am not happy with the response from the Crisis Team. What is their definition of crisis?*

Sue advised that someone in crisis is in actual danger of taking their own life. Before referring to Crisis Team, that person has to be seen, then there is lots of paperwork & assessments.

4. *For people in crisis, why are there no care coordinators at weekends and why is there variability in who you see?*

Sue advised that they should all be qualified and have an understanding. Jenny – contact Single Point of Access (SPoA) instead? Sue responded that SPoA assess over the phone. That info is sent to the CMHT each morning, for the referral meeting. If SPoA thinks there is a real crisis or if it is the weekend, they can refer to the Crisis Team. GPs use SPoA.

Paul advised that a review of urgent care services is being planned (e.g. hubs), which might answer questions above about the crisis team. See Naomi's written CCG update (agenda point 5.3) for further information. A representative from Swale CCG is speaking at SURF (Swale User Representative Forum) to update about this review.

**Action 5: Paul to share information from the talk about the urgent care services review.**

Teresa shared that Swale Your Way are starting a wellbeing café.

**Action 6: Ask Sandra Bray to talk to the group about the wellbeing café.**

**Action 7: Circulate information about this café.**

The move of MH Social Workers from KMPT to KCC was discussed.  
KB asked if there is a diagram of CCG structure and who holds which responsibilities.  
**Action 8: Ask Naomi if such a diagram exists.**

(b) **Questions going forward to County MHAG:** None taken forward.

## 5. Information Sharing:

1. Update from Engaging Kent about the current MHAG/ Service User Forum review:  
*Thank-you to all who attended the workshop on the 18th June in Lenham. We had a fantastic day with representatives from many service user groups, service users themselves, carers, KCC, CCG, KMPT, housing, voluntary services, mental health charities and more. We will be spending the next few weeks getting round the county to visit as many service user groups as possible to make sure that their voices are heard, especially those that were unable to attend the event. We will then be producing a report to help us together to take the next steps in shaping future services.*  
Email Eve with any feedback or questions: [eve@engagingkent.co.uk](mailto:eve@engagingkent.co.uk)
2. **County Update:** Please refer to the County draft minutes for full details of discussion, located at [www.westkentmind.org.uk/mental-health-action-groups](http://www.westkentmind.org.uk/mental-health-action-groups)
3. **Commissioners Reports:** All reports have been circulated and are located at [www.westkentmind.org.uk/mental-health-action-groups](http://www.westkentmind.org.uk/mental-health-action-groups)

### Swale CCG Update, Naomi:

Naomi could not attend this MHAG, but provided an update below. Full CCG update to follow.

- *Planning for a workshop between CCGs (K&M wide) and Healthwatch Kent for stakeholders re the mental health pathway (KMPT, IAPT, Live Well Kent). Planning to have a telecall between CCGs and HWK initially to plan next steps (date TBC) and then agree a date for the workshop, likely late July.*
- *MH STP workstream are leading on the development of a Quality Improvement review of the whole urgent and emergency MH pathway (adults and children). The review has not yet started as is just in a planning phase but would anticipate it commencing this summer*
- *Engaging Kent will have held their workshop on 18 June by the next MHAG and may have some initial feedback.*
- *Porchlight have launched the 'Be You Project' commissioned by DGS and Swale to provide help and advice for LGBT communities and young people. The website <https://thebeyouproject.co.uk/> provides further advice and information as well as details of support groups in DGS and Swale.*

**Action 9: Circulate <https://thebeyouproject.co.uk/> to the mailing list**

### Porchlight LWK update, Teresa:

- Porchlight have launched their innovation fund – Closing date for applications is 20<sup>th</sup> July.

**Action 10: Circulate information about LWK Porchlight innovation funds.**

- LWK have carried out a mapping of services in Swale, which will be out soon.

4. **Provider updates / new members:** Please send any electronic information or leaflets to the MHAG admin team who will be happy to circulate them to the mailing list.

### Swale Borough Council, Cllr Tina Booth:

- Tina asked for an update on the Frank Lloyd Unit for older adults in Sittingbourne.

**Action 11: Ask Naomi for information about the future of the Frank Lloyd Unit**

**SURF, Paul:** There is a SURF meeting tomorrow at 2pm. Eve from Engaging Kent will attend.

There was discussion about definitions of primary/secondary/tertiary MH services. Bit illusive – Primary Care Mental Health (PCMH) Specialists are Secondary. Sue advised that they are changing to a seamless service in October – will update at the next meeting.

Teresa advised that the 1.5 PCMH specialists in Swale will now be delivered by Invicta Health.

#### 6. Task and Finish Working Group

A possible topic is how to offer support to people who do not identify themselves as a service-user or carer. How to offer support without labelling people.

#### 7. MH Awareness Training for frontline GP staff update – Alan Heyes

See attached written update.

#### 8. Date of next meeting

5<sup>th</sup> September 2018, 2pm at Swale House, East Street, Sittingbourne, ME10 3HT.

Pre-meeting at 1.30pm for service users and carers only.

#### Action Table

No.	Action	Responsibility	Status
May.18-2	Update the group about training for GPs	Naomi	
May.18-3	Obtain recently-released Porchlight homelessness figures	David	
June.18-1	Ask Alan if MH awareness training will improve issues of PCMH availability and GPs leaving	David/Alan	
June.18-2	Circulate homelessness statistics	David	
June.18-3	Contact Carers Support CEO about funding for carers groups	David/	
June.18-4	Contact Carers Support CEO about options for carers effecting change	David/	
June.18-5	Share information from the talk about the urgent care services review	Paul/David	
June.18-6	Ask Sandra Bray to talk about the Swale Your Way Wellbeing Café	Sandra/David	
June.18-7	Circulate information about the SYW Wellbeing Café	Sandra/David	
June.18-8	Ask Naomi if a diagram of CCG structure exists	David/Naomi	
June.18-9	Circulate <a href="https://thebeyouproject.co.uk/">https://thebeyouproject.co.uk/</a>	David	
June.18-10	Circulate information about LWK Porchlight innovation funds	Teresa/David	
June.18-11	Ask Naomi for information about the future of the Frank Lloyd Unit	David/Naomi	

#### Administration :

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Minutes and supporting documents are posted on:

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

