

South West Kent Mental Health Action Group



Meeting on Thursday 23rd March, 2017, 12.30pm to 2pm
 Angel Centre, Angel Lane, Tonbridge, Kent TN9 1SF

PRESENT	ORGANISATION
James de Pury - Chair	IESO Digital Health
Sue Sargeant - minutes	West Kent Mind
Amy Hawkins	Carers First
Debbie Ide	Carers First
Maria Salam	Greensands Richmond Fellowship
Sophie Gordon	Insight Healthcare, PWP
Natasha Mikula	KMPT IAPT
Debi Simpson	KMPT, Senior OT, SWK MHS
Ian Walker	Mind in Motion
JT	Reachout service user
Linda Riley	Service Users Involvement Group (SUIG)
Lindsay Topham	Shaw Trust Live Well Kent, Network Development Manager
Alison Skulczuk	Tunbridge Wells Mental Health Resource (TWMHR)
SM	West Kent Mind service user
Sue Revell	West Kent Mind

APOLOGIES	ORGANISATION
Phil Davis	DWP Disability Employment Advisor
Heidi Adamson	IESO
Jenny Solomon	Insight Healthcare
Ellie Thomas	KCC Kent Libraries
Jill Grainger	Reachout Co-ordinator
Stephanie Warner	ThinkAction
Ali Marsh	ThinkAction

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:

Page 5, Service Provider Update, Insight Healthcare: Natasha advised that KMPT do provide EDMR (Eye movement desensitization and reprocessing) but there is a limited resource at both Primary and Secondary Care levels. KMPT Primary Care Psychological Therapy Service has one practitioner working from Sevenoaks and Maidstone who offers supervised treatment to a select caseload who have been assessed as appropriate for this approach and there is one therapist in the Secondary Care Psychological Therapies team who is trained but for whom the waiting times are longer.

3. West Kent Mind Walking/Running Group 'Mind in Motion', Sue Revell and Ian Walker

This community project was set up in conjunction with Ian, as a runner, and other members of the community around 8 to 10 months ago to encourage people to get more fresh air and fitness. It grew out

of an existing indoor sports group and is run by Ian and David. It is a free service which meets every other Tuesday at 11am at the Vine Baptist Church in Sevenoaks.

Ian started running 6 years ago and has become a running coach to encourage other people to run although most people in the group are walkers. This is a mixed ability group for both men and women and he wants to offer this to all members of the public to help integrate people with mental health problems. Anyone interested should contact Sue Revell at West Kent Mind on sue.revell@westkentmind.org.uk

If there is demand, they can think about other areas such as Tonbridge and Tunbridge Wells and Ian can be contacted at ianwalker@me.com

4. Action Points

a) From South West Kent MHAG: None

Response to question taken to County MHAG: See County minutes for further discussions <http://www.liveitwell.org.uk/your-community/county-mental-health-action-group/>)

Large numbers being discharged from Secondary care to Primary care with only 4 Primary Care Mental Health workers to cover all of West Kent. Is Primary care ready for this and set up?

Response from Angus Gartshore: KMPT have been working closely with West Kent CCG to ensure that discharge from secondary care is being appropriately managed, KMPT has agreed with the CCG about a managed discharge process (i.e. not all at once). KMPT is also working closely with the CCG about expanding the primary care service.

Debbie confirmed that CMHT in South West Kent have identified a number of people who are not actively being worked with and who will be looked at by consultants to consider whether they are suitable for discharge. OTs are leading a 20 week program to work with them on transition. They would not discharge people unless something is available for them and they can always come back without going through the assessment process again. The intention ultimately is that people with psychosis, dysfunctional bipolar and personality disorder will be the core of secondary services and everything else will migrate back to primary care. There is also a proposal for OTs to go into primary care. There are about 600 people on the books at Highlands House.

Linda was informed at a SUIG meeting that people were ready to be discharged but limited by the number of primary care nurses available. What additional primary care resources will be available for the new service in April 2017? Will there be additional mental health nurses?

ACTION 1: Ask David Chesover, West Kent CCG to give an update at the next meeting

5. Service User and Carer Questions

a) Raised at today's pre-meeting:

- 1) See above re new primary care
- 2) NEXT Meeting – 5 year forward view plans for an update – CCG – Dave Holman

b) Take to County: None

6. Review new Draft Terms of Reference

The Swale MHAG had a workshop to look at the Terms of Reference (TOR) for their group and presented this at the County meeting. Their new draft TORs ask for a signed commitment from organisations to attend the meetings regularly, as well as changing Working Groups to Task & Finish Groups and introducing Success and Learning items twice a year to the agenda to look at what has been achieved.

The group noted a number of organisations that are missing for the SWK MHAG such as the Borough Council, police, ambulance service, social services, housing. It was confirmed that children's, adolescents' and older people's mental health services are also welcome to attend the meeting.

ACTION 2: Contacts to be invited to the meeting to be sent to MHAG Admin team.

The TORs have been circulated to all local MHAGs to comment and feedback with a view to all groups adopting the new TORs. Any comments should be forwarded to the Admin team before the next County MHAG on 19th April, 2017.

ACTION 3: Any comments on the draft TORs to be forwarded to mhag@westkentmind.org.uk before the April County Meeting.

ACTION 4: All organisations involved in the SWK MHAG to send name and contact details of the person responsible for ensuring attendance.

7. Information Sharing:

1. County MHAG Update:

The minutes and local questions are all available at <http://www.liveitwell.org.uk/your-community/county-mental-health-action-group/>

Liz Bailey talked about locality group being set up to work with the different primary care teams to prevent duplication and repeat assessments. KERS team are going to start working in their buildings.

2. Commissioners' Reports: These have been circulated before the meeting and are available on the Live It Well website <http://www.liveitwell.org.uk/local-news/ashford/#MHAGInformation>

a) **Sue Scamell, KCC** – Shaw Trust now provide an update on behalf of Kent County Council. However, Sue is always happy for any queries to be emailed directly to her on sue.scamell@kent.gov.uk

b) **West Kent CCG Commissioners' Report.** See link above for full details.

Funding has been agreed for a 6 month pilot of two crisis café's in Tonbridge and Maidstone. The Solace Café will be located at the West Kent Mind Wellbeing Centre in Tonbridge and be open on Thursdays from 5pm to 9pm and Sundays from 5pm to 9pm from 20th April.

Q Will there be clinicians at the café?

Q How can people access the service, is it by referral only?

Q If by referral then how will that work for someone in crisis?

Q How is this being advertised in the community?

Q How does the funding from the CCG for projects such as the crisis café work?

A The CCG will identify a need and carry out an evaluation. The CCG can be approached with a suggestions and a business case can be developed.

Jacque Pryke sent apologies which were received after the meeting.

3. Provider Service Update/New Members:

Shaw Trust Live Well Kent Report, Lindsay: We have now finished the tier 3 procurement process and funding decisions have been made. 12 different providers have been commissioned to provide services across whole of 2 lots; South West Kent & Maidstone, Canterbury & Ashford. We will be

able to advertise the new provision officially from first 2 weeks of April and will give an update at the next MHAG. There will be more provision in Tonbridge following the collection of data on clients' needs.

Richmond Fellowship: Maria is the new manager at Greensands in Sevenoaks which is a 15 bed unit supporting people with mental health and substance abuse problems. They also provide floating support for Tonbridge and Malling and additional clients housed in other areas.

TWMHR, Alison: We are running informal peer support groups for 13-19 year olds, facilitated by a youth worker, at the Tunbridge Wells Youth Hub from 4-6pm and the Eden Centre in Edenbridge from 5-6.30pm. The youth group in Tunbridge Wells is going really well with up to 5 people per week but Edenbridge is quite slow with only 1 or 2.

ACTION 5: Alison to send leaflet for circulation.

West Kent Mind, Sue Revell: Every month the Skiffle group has a gig at a care home for elderly which is really well received.

SWK Mental Health Service, Debi: Happy to talk to anyone about concerns for secondary care service users returning to primary care services.

8. Working Group

Impact of caring on carers own mental health and support available.

Linda has been trying to gather some stats from carers' assessment records. – Debbie Ide to follow up. Natasha said that KMPT have set up a family support service at Highlands House to support people who have a relative in the service, the Deputy Manager is Jenny Gray.

9. Co-chair vacancy

Many thanks to James de Pury who is now stepping down as temporary co-chair. Jenny Solomon was voted in, which still leaves one vacant position. It is really important to have two regular co-chairs who can represent South West Kent at the County MHAG and keep the group updated about what is discussed there. Anyone interested should contact mhaa@westkentmind.org.uk for more information.

10. Date of next meeting

Following consultation with the group on the location and timing of the meetings it was decided to keep the current 5 locations but to monitor attendance. **The timing of the meetings will be changed to 2pm-3.30pm.**

The next meeting will be on 25th May, 2017 at The Camden Centre, Market Square, Royal Victoria Place, Royal Tunbridge Wells, Kent TN1 2SW from **2pm-3.30pm.**

Meeting finished at 2pm

Action Table

Action No.	Action Point	Responsibility	Status
1	Ask David Chesover, West Kent CCG to give an update on new primary care at the next meeting	Sue	Awaiting response

2	Contacts to be invited to the meeting to be sent to MHAG Admin team.	All	
3	Any comments on the draft TORs to be forwarded to mhag@westkentmind.org.uk before the April County Meeting.	All	
4	All organisations involved in the SWK MHAG to send name and contact details of the person responsible for ensuring attendance.	All	
5	Alison to send leaflet re youth groups for circulation.	Alison	Completed

Administration :

Phone: 01732 744950

Email: mhag@westkentmind.org.uk



Minutes posted on: <http://www.liveitwell.org.uk/local-news/west-kent>

APPROVED