

South West Kent Mental Health Action Group

Funded by



Meeting on Thursday 28th September, 2017, 2pm to 3.30pm
Sevenoaks Community Centre, Cramptons Road, Sevenoaks, Kent TN14 5DN

PRESENT	ORGANISATION
Jenny Solomon - Chair	Insight Healthcare
Sue Sargeant - Minutes	West Kent Mind
Phil Davis	DWP Disability Employment Advisor
JT	Hub service user
Megan Setterfield	KMPT, Clinical Researcher
Jane Cannam	RBLI
Alison Skulczuk	Tunbridge Wells Mental Health Resource (TWMHR)
Jill Grainger	Tunbridge Wells Mental Health Resource (TWMHR) Reachout Co-ordinator
Linda Riley	Service Users Involvement Group (SUIG)

APOLOGIES	ORGANISATION
Liz Bailey	Shaw Trust Live Well Kent
Ali Marsh	ThinkAction, IAPT
Pat Morgan	KMPT
Debbie Ide	Carers First
	West Kent CCG

1. Welcome, Introductions & Apologies

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

2. RBLI's new social prescribing programme – Jane Cannam

Royal British Legion Industries (RBLI) supports ex-service men and women and the military and runs various employability programmes such as 'Building better opportunities' and 'Let's get working'. These are based on a social prescribing model, are open to anyone with a long term health condition and are funded for 3 years by the European Social Fund and Big Lottery as part of a research project to prove that social prescribing works. GPs are encouraged to link in with this so that someone with a health condition could receive medication and signposting to this project. RBLI offers support with a 1-1 advisor to find out where people are at and allows them to make their own goals and journey and look at steps to get there such as voluntary work or work trials. £400 to £500 is available per participant to spend on vocational training and development or courses, examples are Thai Chi and Level 4 counselling course.

There is also in house training on health & wellbeing, putting together a CV, preparing for interviews and signposting to community projects. If you have service users who might be interested (age 16 or over) who are economically inactive or unemployed please let them know about this project. Referrals through a GP are the preferred route although it is possible through other services.

Phil added that Disability Employment Advisors have linked in with this and are having their next team meeting at RBLI's factory in Aylesford.

The group asked Jane to come back and share case studies.

ACTION 1: Jane to send electronic information for circulation.

3. Caring for Carers (C4C) Study – Megan Setterfield

The KMPT clinical research team conducts many studies into mental health conditions. In the last year more carers' studies have been introduced as well as the previous service user studies. Brighton and Sussex Medical School is sponsoring this pilot study which aims to determine whether a writing therapy called Positive Written Disclosure (PWD) is effective in improving the health and wellbeing of older adult caregivers of people with psychosis. This pilot trial will determine whether the intervention shows promise and consequently whether a definitive trial is justified.

There will be a baseline assessment and people will be randomly allocated to 3 groups:

- Positive Written Disclosure group - writing about a positive memory for 20 minutes a day for 3 consecutive days
- Writing control task group - writing about a neutral image for 20 minutes a day for 3 consecutive days
- Non-writing control group

This study is funded by an older adult charity and will be for over 50 year olds. This generation tends to have pressures from parents and children and is also appropriate as psychosis is often identified in the twenties.

Information has been circulated and is also available at <https://westkentmind.org.uk/mental-health-action-groups/mhag-south-west-kent>

The group provided Megan with some suggestions for carers' contacts.

4. Minutes of last meeting – approved with the following amendment:

Page 4, DWP. If someone has had their car taken from them because they no longer get the high rate mobility allowance, the customer should contact the mobility scheme as up to £2000 may be available to them. Access to work may pay travel costs to attend work and to allow customers to work. The maximum they will pay out per customer is £42,100 per annum, and this is paid as and when it is required. It is not paid to the claimant.

5. Action Points

a) From March 2017 South West Kent MHAG:

Action No.	Action Point	Status
	From March	
1	Ask David Chesover, West Kent CCG to give an update on new primary care at the next meeting	David has been invited to November meeting
	From May	
1	Forward a West Kent Mind volunteer poster for circulation.	Completed

b) Response to question taken to County MHAG: None taken

6. Service User and Carer Questions

a) Raised at today's pre-meeting:

- 1) JT wanted to understand what the Sustainability & Transformation Plan (STP) is all about.

There are Kent & Medway meetings coming up in Maidstone and Tonbridge and it was suggested he attends if he is able.

Jenny explained that KMPT and the Clinical Commissioning Groups (CCGs) are looking at ways to decongest hospitals and have more services that are accessible in the community with more regularly needed services available locally. This is already happening in Edenbridge and Jill added that she hoped more rural villages like Hawkhurst and Cranbrook were included. There is also work around trying to reduce bed blocking which is stopping people from getting operations. For mental health services, acute care is too full and GP services are struggling to cope, so current resources are being redeployed to work more efficiently. There is also a move towards stepped care, starting with the least intervention and stepping up and likewise when discharge from hospital, stepping down through services.

ACTION 2: Jenny to forward information to James about the STP meetings.

2) What is happening with the 5 Year Forward View?

ACTION 3: Ask David Chesover to update on this when he comes to the next meeting.

b) Take to County: None

7. 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 recommission 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 30th September 2017.

TWMHR confirmed that service user forum funding will be until 31st March. Jill attended a meeting in July with KCC who advised that they have employed a navigator who will be attending groups. The Reachout service users are keen for KCC to come to them but have been unsuccessful so far. KCC are currently under pressure with other services being reviewed, including older people's services. Service users have been left hanging since July with the uncertainty of what is happening. Reachout is only KCC grant funded project at TWMHR.

The group discussed how to get more service users attending.

- Jill mentioned that they don't like travelling to different locations and prefer to send on service user representative to their local meeting.
- Some are also going to SUIG meetings and are getting their points across there.

8. Information Sharing:

1. County MHAG Update:

The minutes and local questions are all available at <https://westkentmind.org.uk/mental-health-action-groups/mhag-county>

2. Commissioners Reports: These reports were circulated separately and are also available

<https://westkentmind.org.uk/mental-health-action-groups/mhag-south-west-kent>

a) West Kent CCG

There is an update to the report about the Solace Café in Tonbridge which is being funded for a further six months. The café provides a safe and non-judgemental environment for people to meet others with similar problems, and to access mental health support and advice from peers and professionals. It is open on Thursday and Saturday evenings, from 5pm – 9pm (last entry 8:45pm).

Sue read out further comments from West Kent Mind, “Lots of people have been attending. We still haven’t received any referrals from the police but we are trying to build working relationships with them. We are receiving very positive outcomes and hope it will continue beyond the six months.”

b) Live Well Kent

3. Provider Service Update/New Members:

TWMHR, Alison: We have received funding from the Kent Police Commissioning Fund to run a project for 6 months to help people who are close to crisis. The Serenity Café will be open at the Hub in Tunbridge Wells on Friday from 6pm to 9pm and Sunday 3pm to 6pm (to complement the timings of the Tonbridge Solace Café). There will not be a clinician but there will be signposting.

TWMHR’s Assert project is part of Kent Advocacy. If anyone would like an advocacy awareness talk please contact Carol Sommerville on carols@twmhr.org.uk

Reachout, Jill: Lorraine runs Maidstone United football teams for disability and mental health. There are 14 separate teams for 5 to 55 year olds for men, ladies and juniors. There is also a walking team for over 55 year olds. Jill is working in partnership with a new project to provide 6 week training courses for self esteem, anger management etc subject to successful funding applications.

The Sevenoaks Reachout group was in the evening but numbers have depleted so Jill is looking to run a new daytime group in Sevenoaks or Paddock Wood. The Cranbrook and Hawkhurst peer support group and service user forum are being combined to meet in Hawkhurst which frees up time and resources to perhaps have a social event once a month, ie bowling, cinema, walking group.

DWP, Phil: There was a Community Care Day at the JobCentre in Tonbridge on Tuesday. A number of organisations attended including Shaw Trust, Compaid, RBLI, Domestic Abuse Volunteer Support Services (DAVSS), Porchlight and West Kent Mind. One of the busiest stands was Carers First. The JobCentre would like to run a monthly event to deal with homelessness, debt management etc.

Sue mentioned the PATH (Preventing Actual and Threatened Homelessness) project which involves eight charities supporting people who are homeless or at risk of being made homeless.

ACTION 4: Circulate information about the PATH project

Phil also wanted to make people aware of the free CGL (Change Grow Live) alcohol awareness sessions in Maidstone which he recently attended.

ACTION 5: Phil to forward information about the CGL sessions.

RBLI, Jane: We have a partnership day on 26th October at Bridge House in Tonbridge.

SUIG, Linda: There is a Psychiatrist hotline for GPs to call for medication and mental health advice. Highlands House sent a questionnaire to GPs to find out who knew about the hotline and also the Primary Care Mental Health Specialist (PCMHS) service. 45% of GPs responded and while a lot knew about the hotline, not many knew about the PCMHS, what it was, who the nurses were and what they could do. SUIG are going to look at how to educate the GPs.

Sue mentioned that the Swale MHAG were taking forward similar questions to the County MHAG and asked whether Linda could share the questionnaire and results.

ACTION 6: Contact Pat Morgan at Highlands House re sharing of GP questionnaire and results.

Insight, Jenny: We will no longer be providing an IAPT service in West Kent from 1st December 2017 as we were not successful in the bid to be lead provider. Thinkaction will be providing this service. We are still taking referrals but are giving people a choice to go to Thinkaction now.

9. Task & Finish Group

None decided.

10. Vacant co-chair positions

Jenny has stepped down as co-chair. The MHAG would like to thank her for her involvement in the group both as co-chair and member. This now leaves the MHAG without a chair as there are 2 vacant co-chair positions. Information about this role has been circulated to the mailing list and would anyone interested please contact the admin team at mhag@westkentmind.org.uk

11. Date of next meeting

23rd November, 2017 at **2pm** at Royal British Legion, Royal Unity Hall, High Street, Hawkhurst, TN18 4AG

Meeting finished at 3.43pm

Action Table

Action No.	Action Point	Responsibility	Status
1	Forward electronic information about RBLI for circulation.	Jane Cannam	
2	Forward information to James about the STP meetings.	Jenny Solomon	Completed
3	Provide an update on the 5 Year Forward.	David Chesover	
4	Circulate information about the PATH project	Sue Sargeant	
5	Forward information about the CGL sessions.	Phil Davis	Completed
6	Contact Pat Morgan at Highlands House re sharing of GP questionnaire and results.	Linda Riley	

Administration :

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