

South West Kent Mental Health Action Group

Meeting on Thursday 19th July, 2018, 2pm to 3.30pm
Sevenoaks Community Centre, Cramptons Rd, Sevenoaks, TN14 5DN

Funded by



PRESENT	ORGANISATION
Ali Marsh, Chair	ThinkAction/Co-Chair Maidstone MHAG
Sue Sargeant, Minutes	West Kent Mind, MHAG Co-ordinator
Ginny Swaffer	Crossways Community, Culverdale, Manager
Phil Davis	Jobcentre Plus, Disability Employment Advisor
Scott Joiner	Shaw Trust Live Well Kent, Network Development Manager
Lorna Mullings	National Probation Service, Offender Manager PSO
Jane Cannam	RBLI
SD	Reachout service user, Edenbridge
JC	Reachout service user, Edenbridge
JT	Service user
JP	Service user
Alison Skulczuk	Tunbridge Wells Mental Health Resource (TWMHR), Finance and Business Development

APOLOGIES	ORGANISATION
Andrew Holmes	DWP
Heidi Adamson	leso Digital Health
LR	Service Users Involvement Group (SUIG)
Jill Grainger	Tunbridge Wells Mental Health Resource (TWMHR) Reachout Co-ordinator
Zoe Elliot	UKPC Group
Ali Watson	West Kent Clinical Commissioning Group (CCG)

1. Welcome, Introductions, Apologies & GDPR update

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

Sue outlined the changes to the way that West Kent Mind collects and stores personal data for the Mental Health Action Groups (MHAGs) in line with the new General Data Protection Regulations (GDPR):

- Going forward there will be 2 mailing lists.
- As a member, anyone attending a meeting or asking to join the MHAG, will be automatically added to the meeting mailing list to receive information about the meetings and relevant documents.
- Anyone wishing to receive our information sharing emails should tick the appropriate column on the attendance sheet or email a request to mhag@westkentmind.org.uk
- No action is needed for anyone currently receiving the information sharing emails from us.
- Draft minutes circulated to attendees for comment will contain full names and email addresses, however email addresses will be removed, and the names of service users and carers anonymised (unless otherwise requested) when the minutes are circulated to the wider mailing list and posted on the West Kent Mind website.

Further information about our privacy policy is available at:

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

2. Royal British Legion Industries, Jane Cannam

Jane gave an update on the “Lets get working” project funded by the Big Lottery and European Social Fund to test the potential for long term ill or disabled patients to gain social, economic and clinical benefits through being helped into work.

This social prescribing project has been running for 1 year and has got some good result. We have received referrals from doctors, GP surgeries and other supporting organisations but we are still looking for participants. It does not affect benefits and it is purely voluntary.

A wide range of practical support is offered including:

- Skills development through qualifications
- Practical help to overcome barriers like transport, care, communications or access
- Funding for aids and adaptation
- Work experience and placements
- Social, peer and mentor support

Further information can be found at www.sussexcommunity.org.uk or by contacting letsgetworking@sussexcommunity.org.uk or 01622 795945.

4. Minutes of last meeting – approved without amendment:

5. Action Points

a) From South West Kent MHAG:

May 18-1: *Circulate the questions and answers from Lynn Spicer’s talk about the PCMH service. Amendment needs to be made to 18-65 service reference before circulation. Pending.*

May 18-2: *Follow up with Dave Holman, Head of mental health commissioning, on whether there are any plans to expand the age criteria for the Primary Care Mental Health (PCMH) service and what support is available for over 65’s.*

See response to County Question below. **Completed.**

May 18-3: *Invite Andrew Holmes to give a presentation on Universal Credit at a future meeting. Postponed to September. Completed.*

Phil provided some information in ‘Provider update’ below.

b) Response to question taken to County MHAG:

The PCMH service is only for 16 to 65 year olds and does not cover older adults. What additional support is available for over 65s? Is it the same across the County?

Hilary Johnson confirmed that Porchlight is contracted by DGS and Swale CCGs to commission the PCMH service in those areas and it is or age 16 and over.

Vicky Stevens, Deputy Chief Operating Officer, KMPT confirmed that there is work going on around service for older adults. Access to the PCMH service is based on the level of need, not age and someone over 65 would be able to access that service if appropriate. She will update more on the changes at the next County MHAG in August.

4. Service User and Carer Questions

a) Raised at today’s pre-meeting: None

b) Take to County: None

5. Information Sharing:

1. Engaging Kent workshop update

Message from Sue Alder: "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."

2. County MHAG Update:

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

Ali highlighted:

- Vincent Badu's presentation about KMPT and emergency services
- Work being done to ensure that everyone has a Care Plan.

3. 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:

b) Live Well Kent (LWK), Scott Joiner talked about the wide range of services they are offering across all their areas:

- New services are up and running including those for bereavement and loss, money management and art therapy.
- The Money Management service is being run through the Citizen's Advice Bureau (CAB). There is a drop in clinic for 1 to 1 help or workshops covering budgeting, bills, borrowing, banking and boosting income.
- Looking for someone to deliver social media/IT course to cover fraud and scams, this has already been run in Canterbury.
- Bore Place has clients age 17 to 24 working on site on their farm.
- Latest leaflet is at the printers and website offering a service directory is in its final stages.
- Innovation Fund will be focussing on services for young people and carers.

ACTION 1: Invite CAB to come to next meeting.

In addition to the report the following information is available in the Sonas newsletter about the Live Well Kent service: http://shaw-trust.co.uk/shaw_trust/lz.aspx?p1=MZIDU0MzJTMDI%3d-&CC=&p=36:

West Kent CCG is launching a GP care navigation programme, where GP reception staff are being trained in offering alternative services to patients who phone in wanting a GP appointment. This service has already been rolled out in the north of England and has proven to reduce the demands on GP time and unnecessary appointments. It provides the patient with a wider choice of services to meet their needs.

Live Well Kent, along with Community Pharmacy, Age Well Kent, One You Kent and IAPT services are part of phase one of the roll-out and we have been involved in delivering training to all the GP reception staff over a wide geographical area. The upshot of this is that we will be

able to work closely with our GP colleagues, and patients will be directed to Live Well Kent without necessarily having to see their GP first.

Ali confirmed that Thinkaction have been involved with this and 6 training days have been completed for frontline GP practice staff to be able to signpost people to a self referral routh for other services.

Scott added that 400 people have been trained. The buy in from GP staff has been really good and LWK has already started to receive referrals. This has been a great opportunity to free up GP appointments although people are still able to meet with their GP if they would prefer. LWK have community navigators aligned to each GP surgery.

3. Provider Service Update/New Members:

National Probation Service, Lorna is really keen to hear more about services so that she is able to signpost clients. The group were able to give some helpful information.

Jobcentre Plus, Phil confirmed that new customers will go onto Universal Credit from 16th November 2018. Existing Employment Support Allowance (ESA) and Jobseekers Allowance (JSA) customers would only be put on if there was a change of circumstance. PIP stays completely separate. The form for making changes is online but people can come in to get help completing it. Money earned before losing benefits is less under universal credit than for ESA permitted work (earnings under Universal Credit are customer dependant so may vary, although it is in the £300 a month region.) Universal credit claims are currently closed if 2 pay packets are received in one month. This is being addressed. Staff are currently undergoing training. Benefit claims are taking 3.5/4 weeks.

There was discussion about help for hoarding. IAPT can deliver the therapeutic side but don't have capacity to work in people's homes. Live Well Kent have housing officers who can help with this. West Kent Mind have a new hoarding project for Sevenoaks. Peabody housing are doing some hoarding support in Tunbridge Wells.

Reachout, JC took part in The Big Community Sing at the Stag Theatre in Sevenoaks in aid of local mental health services. It was a really good evening with 12 choirs including a school choir.

Crossways Community, Jinny: We provide accommodation in Tunbridge Wells for adults with mental health problems. We have a new project at the top of Camden Road which includes flats (opening in September) and a ground floor community café called 'The Kitchen Table'. We are looking to create an atmosphere where people can just be and have conversations (like we do at our own kitchen tables) and will offer signposting. The plan is to have other relevant organisations there at certain points throughout the week for people to access their services too. We are looking to open the café in October / November.

Tunbridge Wells Mental Health Resource (TWMHR), Alison: We have received more funding from the Police Commissioning Fund to continue running the Serenity Café on Sunday afternoons and Friday evenings. We are looking to recruit and will send information about the posts when available. We run activities under the Live Well Kent banner, including an art therapy group in the TN2 centre, but have a range of other activities/groups too.

ThinkAction, Ali: We continue to manage our waiting lists. We are starting a sleep management group in Sevenoaks. We also have several groups in Maidstone and are expanding into Tonbridge, Tunbridge Wells and Sevenoaks. In September we are trialling a pilot for a Cognitive Behavioural Therapy (CBT) skills webinar.

6. Task & Finish Group

None agreed.

7. Vacant co-chair positions

Phil Davis confirmed, subsequent to the meeting, that he would be willing to co-chair and will be voted in at the next meeting. There is still one vacant co-chair position.

The role is heavily support by the admin team and involves chairing the bi-monthly South West Kent MHAGs and also attending the bi-monthly County MHAGs in Maidstone, which are a great opportunity to hear first hand what is happening in Kent and to talk directly to decision makers. If there are 2 co-chairs then this responsibility can be shared. If anyone is interested please contact the admin team at mhag@westkentmind.org.uk

8. Date of next meeting

27th September, 2018 at 2pm at Royal British Legion, Royal Unity Hall, High Street, Hawkhurst TN18 4AG.

Meeting finished at 3.09pm

Action Table

Action No.	Action Point	Responsibility	Status
Jul 18-1	Invite CAB to come to next meeting.	Sue S	Completed

Administration :

Phone: 01732 744950

Email: mhag@westkentmind.org.uk



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