

Thanet Mental Health Action Group



Meeting on Tuesday 9th May, 2017, 11am-12.30 pm
 At The Beacon, Manston Road, Ramsgate, CT12 6NT

Attendee Name	Organisation & Role
David Rowden - Chair	Speak Up CIC/MHAG Co-Chair
Sue Sargeant - Minutes	West Kent Mind
Brian Heard	SpeakUp CIC/MHAG Co-Chair
HM	SpeakUp CIC service user
GP	Carer
LK	Carer
Mark Burkin	Take Off
Tony March	DWP Partnership Manager
Joy Brown	DWP Disability Employment Advisor
Vicki Radford	DWP Disability Employment Advisor
Annette Wolujewicz	Porchlight Community Link Worker
Leigh Knell	SEK Community Connector
Janine Ross	SEK Project Navigator
Kelly Williams	KMPT, Liaison Psychiatry Service, QEQM
Linda Stocker	Garden Gate Project
Lorraine Kent	Richmond Fellowship, Team leader
Jenny Solomon	Insight Healthcare
Angela Shaw	Thinkaction IAPT, Team leader
Maree Rogers	Centra Supported Housing officer
Lorraine Kay	Centra Supported Housing officer
Sue Thomson	Aspirations Care, Service Manager Thanet & Canterbury
Alana Coia	Rethink Thanet Way Employment Service, Senior Mental Health Recovery & Employment Specialist
Hannah Roost	KCC, Primary Care Social Work Service, Social Worker
Julia Hargreaves	Porchlight Live Well Kent
Leonie Down	KMPT Acute Services
Rebecca Lewis	Children's & Young People's Mental Health Services

Apologies	Organisation
Christina Atkins	Dover Counselling Service
Angie Wiggins	Dover Counselling Service
Gillian Taylor	Porchlight Live Well Kent

1. Welcome, Introductions & Apologies

The Chair welcomed the group and apologies were noted as above.
 David read out the Values and Codes of Conduct from the TORs.

2. Approve minutes from last meeting – Approved without amendment

3. Action Points:

- (a) From the last meeting:
 Sharon Gerrard was not at the meeting to answer **action points 1-4** from the last meeting so they remain on the action table below. The group appreciated that there has been regular

attendance from the Community Mental Health Team (CMHT) but stressed the importance of a representative if the designated person is not available.

ACTION 5: Discuss with Sharon Buxton how we can facilitate regular attendance by CMHT representatives.

- (a) Action raised at County MHAG on behalf of Thanet.
None raised

4. Service User and Carer Questions

a) Raised today:

1. There used to be a carers' champion at the Beacon, Tom, but there has been no information available on whether there will be a replacement.

ACTION 6: Sharon Gerrard to confirm who the carers' champion replacement will be.

2. Is it possible for an overdue depot injection to be flagged up and the service user contacted to arrange another appointment? The depot clinic day is a Tuesday and if someone is unable to attend, ie if a carer is sick, it has been difficult to arrange for an injection on another day.

ACTION 7: Sharon Gerrard to follow up on procedure for overdue depot injections.

3. The understanding is that members of the Community Mental Health Team (CMHT) with a KMPT work phone should make that number available to service users and carers, however this does not appear to be the case.

ACTION 8: Sharon Gerrard to confirm whether work mobile phone numbers should be given out.

4. There have been concerns about people with mental health issues getting into debt. The particular situation discussed involved exploitation however the following advice was also given:

- Gov.uk has a money manager advice service with a money planner and hints about saving money, to support people going onto universal service.
- Christians Against Poverty take away all the paperwork and contact organisations for you and work out how much a month is needed.

(b) No question identified to go forward to County MHAG.

5. Information Sharing:

1. **County Update:** Please refer to the County draft minutes for full details of discussion, available on the Live It Well website on this link <http://www.liveitwell.org.uk/your-community/county-mental-health-action-group/>

David highlighted the following:

- Andy Oldfield, South Kent Coast CCG reported on their successful bid for transformation funds to extend psychiatric liaison to 24/7 at Queen Elizabeth Queen Mary Hospital.
- Andy also advised of the successful bid for IAPT (Improving Access to Psychological Therapies) for people suffering from long term conditions, Steps 1-3.
- DWP's update – see Provider Update below.
- The draft terms of reference were felt to be a good starting point but were not approved at the County MHAG as KCC are now planning re review the MHAGs. It is clear that they serve a purpose as there is excellent engagement from a variety of organisations but are they really action groups? The intention is to have some workshops to invite

everyone to contribute to how they should look going forward. These may take place instead of the July meetings but details will follow when available.

2. **Commissioners Reports:** All reports have been circulated and can be found on this link on the Live It Well website: <http://www.liveitwell.org.uk/localnews/thanet/#MHAGInformation>.

Thanet CCG Commissioner – Fay Gooderson: Not available.

Live Well Kent Update – Julia Hargreaves:

- The first year of the service was busy, particularly the first 3 to 6 months with people moving over to the service.
- Facts and figures, key successes and developments for 2017-18 are in the report.
- The need to promote employability as part of recovery will focus on the journey to employments and not about a certain number of hours.
- Julia also highlighted the new peer support, SpAce Project, which is a weekly art group, based at The Pharmacy Gallery in Margate on Saturdays and Sundays and managed by the Pipeline Youth Initiative. This is for referral only and will work with people who are about to transition out of secondary care.

More information is available at:

<http://aspirationscentre.co.uk/aspiration-courses/space-project/>

3. **Provider Service Update/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.

DWP Partnership Manager, Tony March. Not able to discuss much due to purdah (the pre-election period in the UK, specifically the time between an announced election and the final election results). We are preparing ourselves for the Universal Credit full service which is starting from 19/7/2017. The live service currently delivered is for single claims, however this will change to 6 current claims being incorporated into one universal credit, except if a person has more than 2 children in which case they will carry on with legacy benefits until November 2018. Universal Credit is for in or out of work benefits up to the age of 64 so pensions are not affected.

Question: Will vulnerable people be getting letters to explain this change?

Response: This is currently for new claimants only so this will be explained when they first claim. The Gateway will also provide an assisted service.

DWP Disability Employment Advisers, Vicky and Joy: All the work coaches now have to work with people with disabilities so Disability Employment Advisers are now upskilling colleagues on disability services for both physical and mental health and are going out to the community to find people already providing services and also looking at any gaps in services to refer to. The Dynamic Purchasing System (DPS) is available to encourage people to bid for money to provide services. We are also looking to work with GP surgeries and mental health professionals to find out how to support people who are coming to us, ie for learning disabilities we are developing cards to indicate they may need things explained slowly or twice.

ACTION 9: Sue to provide DWP with Community Mental Health Team contacts and introduction

Speakup CIC, Brian. We are looking for new members for our bi polar group which runs on 1st Thursday of the month 1pm-3pm at the Media Centre. Please send any new people via Maggie Gallant at Maggie@speakupcic.co.uk who will carry out risk assessments.

Take off, Mark. A new Thanet Explorers group is starting on Wednesdays, fortnightly, from 3am to 5pm with crazy golf in Westbrook then chips in Margate! The service users will decide on activities. There is also a new weekly allotment group on Sundays in Margate.

Porchlight Live Well Kent, Annette. We have a health & wellbeing inclusion service at RBLI, 99 Victoria Road, Margate with a drop in from 2pm-4pm every Thursday.

SEK, Leigh and Janine. We support people with long term health disabilities into activities/employment at Mill Lane in Margate. The service is by referral.

Garden Gate, Linda. Using money from the innovation grant to run activities this year and into 2018, our programme is based on the power of activity and reconnection to communities. The first 8 weeks' activity is at the Garden Gate or in the community. The activity is revisited at end of each session to see what worked. After 8 weeks the participant can choose the garden or craft room. Criteria is primary care to prevent people going into secondary care or for people just out of secondary care. Self referral or through a care co-ordinator. Linda is happy to come and speak to services. There are 4 open days per year with the next one in June. 22nd July is our annual music event. £5 to buy a ticket now, more expensive on the day.

Richmond Fellowship, Lorraine. Through Kent Live Well's Innovation Fund and in conjunction with the Turner Contemporary, Richmond Fellowship's Thanet Community Service has 13 people meeting with the artist putting on an exhibition, this group is supported by 2 peer mentors, trained through the service's Peer Mentors programme.

Insight, Jenny. We are one of the IAPT (Improving Access to Psychological Therapies) providers, supporting people with common mental health problems, face to face or by telephone. Self referral.

ThinkAction, Angela. We are another IAPT provider in the area, mainly in Margate but also working across a number of GP surgeries. We represent Step 2-3 and Secondary services support at Step 4.

Centra Housing, Maree and Lorraine. We support vulnerable homeless people with a local connection to Thanet and accept self or other referrals for age 16 and up. We also have assured shorthold tenancies for 2 years for potentially homeless with mental health issues. We offer an assured lifelong service too but spaces are infrequent.

Aspirations, Sue. We support people in the community with mental health needs and learning disability and continue to take referrals.

Rethink, Alana. We have another member of staff starting full time in the next month and are currently in talks with Live Well Kent about a job club.

KMPT Acute Services, Leonie. We are working hard to improve relationships and support with carers and family members and have been accredited with a gold star for Triangle of Care. There are ongoing groups available at St Martin's for carers and a Moving on Group which has a 10-15 minute slot talking to patients about how to link in with services, primarily secondary care. We are always looking for speakers. The next one is a mental health awareness group and we are looking for people with lived experience to help run these groups.

Speakup CIC, David. The Windmill community garden offers a weekly Wellbeing Group at the allotments in Dane Valley, through referral – contact David or Lorna at lorna.kane@surestartmillmead.org.uk

Children & Young People' Mental Health Services, Rebecca. The current contract is ending on 31st August with the new contract being awarded to start on 1st September and families will be contacted in due course with confirmation of the provider. A new family therapist is starting in August and we are working closely with the Beacon to strengthen links between the services. People can start the transition path at 17½ years. We would appreciate receiving any feedback about any difficulties people have encountered.

4. Staff changes

Primary Care Social Work Service, Hannah. Holly Warner is going on maternity leave and we have a new social care worker starting, Alice.

Porchlight: Julia is moving to a new role within Porchlight and they are waiting to recruit a new person.

6. Working Group

1. Crisis Café. This is making slow progress and is ongoing.
2. David to arrange a separate meeting with the Beacon/KMPT to address some of the issues that are being raised regularly at the MHAGs.

7. Date of next meeting

12th September, 2017, 11am at the Richmond Fellowship, 17 St John's Road, Margate, Kent CT9 1LU.

Meeting finished at 12.18pm

PLEASE NOTE THE JULY MEETING HAS BEEN CANCELLED DUE TO THE MHAG REVIEW

Action Table

No.	Action from March MHAG	Responsibility	Status
1	Follow up need to Carers' Assessments/Support plan for transfer of client to primary care	Sharon Gerrard	
2	Take comments back and discuss with team re the poster at depot clinic about the right to choose.	Sharon Gerrard	
3	Feedback plans for Carers Group	Sharon Gerrard	
4	Look at ways for GPs to improve support to Carers.	Sharon Gerrard	
No.	Action from May MHAG	Responsibility	Status
5	Discuss how we can facilitate regular attendance by CMHT representatives.	Sharon Buxton/ David Rowden	Completed
6	Confirm who the carers' champion replacement will be.	Sharon Gerrard	Completed
7	Follow up on procedure for overdue depot injections.	Sharon Gerrard	Completed
8	Confirm whether work mobile phone numbers should be given out.	Sharon Gerrard	Completed
9	Provide DWP with Community Mental Health Team contacts and introduction	Sue Sargeant	Completed

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

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