

Thanet Mental Health Action Group

Meeting on Tuesday 12th September, 2017, 11am-12.30 pm
At Richmond Fellowship, 17 St Johns Road, Margate, CT9 1LU

Attendee Name	Organisation & Role
David Rowden	Speak Up CIC (MHAG co-chair)
David Garrick	West Kent Mind (MHAG minutes)
LK	Carer
GP	Carer
Linda Stocker	Garden Gate Project
Emily Fisher-Smith	RBLI
Rebecca Keeler	Rethink
Georgina Bush	Rethink
Michael Harden	Richmond Fellowship
Fiona Tapley	LWK Porchlight, Development & Monitoring Officer
Mark Burkin	TakeOff, services in Thanet
Christine Atkin	Dover Counselling Centre
Teresa Norton	Carers Support

Apologies	Organisation
Joy Brown	DWP
Anthony March	DWP
Sharon Buxton	Thanet CMHT
Sharon Gerrard	Thanet CMHT
Philippa Eagleson	Avondale Care
Linda Ranger	Addaction
Jenny Solomon	Insight Healthcare
Hannah Roost	Primary Care Social Worker
Lorraine Kent	Richmond Fellowship

1. Welcome, Introductions & Apologies

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

2. Approve minutes from last meeting – Approved without amendment

Linda raised the issue of access to personal health budgets, which were discussed at the previous meeting. David R agreed that the CCG should be asked about this.

ACTION 1: Confirm how to access Personal Health Budgets.

3. Action Points:

(a) Local Actions:

From March MHAG:

Due to leave, a meeting clash and temporary staff shortages, no one from Thanet CMHT (The Beacon, Ramsgate) was available to update the group on actions from the March MHAG. The CMHT said that they would ensure that these action points are addressed:

No.	Action from March MHAG	Responsibility
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

From May MHAG:

On 13th June, Sharon Buxton from The CMHT provided written responses to action points from the May MHAG, which were read out by David G:

ACTION 1: Discuss with Sharon Buxton how we can facilitate regular attendance by CMHT representatives.

"Sharon Buxton to ensure there is representation for each meeting, there will be a rota for each senior to attend, including myself when I am not at service manager meetings. The first one being November 2017."

- It was acknowledged that it is valuable for someone from The CMHT to attend MHAG meetings. Ways forward were discussed, including changing the day/time of the meeting so that it no longer clashes with a meeting at The CMHT, only requiring attendance for a section of the MHAG and requesting a written update if no one can attend.

ACTION 2: Confirm if there is a more suitable time/day for the MHAG meeting.

ACTION 2: Sharon Gerrard to confirm who the carers' champion replacement will be.

(Victoria Flynn has since been appointed as the carer's champion.)

ACTION 3: Sharon Gerrard to follow up on procedure for overdue depot injections.

"We do have a medication policy, which we follow closely.

For people who have not received their depot – we make contact with the client and ask if they are able to visit the Beacon or another site local to them where depots are administered. We also do home visits, but do prefer a clinical environment to dispense. as we have doctors on site and medical equipment. The dispensing of depots depends on the client and their wishes, but we do need to take into consider risk for both the client and staff. If a client constantly misses their depot, the care coordinator is informed to follow up to monitor the clients well-being and their doctor will be informed."

- Both LK and GP said that the procedure for overdue depot injections was not working. LK reported significant issues with contacting/being contacted by staff and staff availability for depot injections, including when on site and assured that staff would be available. GP suggested that there should be a surplus of nurses and LK said that there should always be someone on duty. During the discussion, it was noted that the CMHT staff are good people who are all working very hard. David R suggested taking the issue of staffing to the County MHAG.

County MHAG Question: See 4b.

ACTION 4: Sharon Gerrard to confirm whether work mobile phone numbers should be given out.

"I can confirm, mobile number should be given out. Our new telephone system will allow the switchboard operator to transfer incoming calls to an external mobile number."

- David R asked that individuals should feed back to Sharon if mobile numbers are not being given out and to mention specifics. GP added that texting can be helpful for providing nurses with information (from carers) if the nurse is busy.

(b) Question raised at County MHAG: There were no questions raised from any of the eight local MHAGs at the county meeting. This is very positive and shows that queries are being responded to by local services.

4. Service User and Carer Questions

(a) Questions raised at the pre-meeting: None

(b) Questions going forward to County MHAG:

"What is being done about staffing issues surrounding depot injections at Thanet CMHT?"

5. MHAG and Service User Forum review update

David R summarised the email circulated by Emma Hanson from Kent County Council (KCC) regarding the MHAG and Service User Forum review and added that a draft service specification will be released at the end of October. David G informed the group that West Kent Mind are conducting an MHAG survey to gather useful feedback for the review.

6. Information Sharing:

1. **County Update:** Please refer to the County draft minutes for full details of discussion, located at www.westkentmind.org.uk/mental-health-action-groups
2. **Commissioners Reports:** All reports have been circulated and are located at www.westkentmind.org.uk/mental-health-action-groups

Thanet CCG Commissioner – Fay Gooderson: Report not available.

Live Well Kent Porchlight, Fiona: Fiona talked the group through the circulated LWK Porchlight update for September 2017. Additional information:

- 'MECC' refers to 'Making Every Contact Count'. This involves starting a conversation with people about their health (smoking, obesity, etc), who may originally have come to you about e.g. a housing issue. It aims to raise awareness of health issues and to get people to think about their health.
- GP noted that healthy eating is often not possible for those with mental health problems and mentioned, as examples, ATOS, Personal Independence Payments, a reduction in payments when reassessed and the uncertainty of the outcome on appeal.
- Fiona highlighted that Porchlight are working to increase the number of under 25s who use their services, through innovation grants.
- Porchlight are always looking for feedback on the Live Well Kent website.
- 'Prevent' refers to new training in identifying radicalization.

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.

Take Off, Mark: In response to a question, Mark said that service users can apply to be peer workers on Take Off's new website or by email. Fiona added that this can also be done through the LWK central referral line.

A mindfulness group is starting on Friday mornings at Cliff's café. The Summer outdoor group will change to a cinema club over the Autumn/Winter, every other Wednesday from 3pm-5pm at Dreamlands. Anyone can come along to groups and peer support is not time-limited. There is currently an art group running at Cliff's as well as 'chat and coffee' at Vinylhead in Ramsgate. Take Off can cover most costs and the groups are user-led, so members can do what they like next time. It is an opportunity to make friends and talk to someone who 'gets it'. There is a wide age-range of group members. Rebecca noted that she will refer individuals to these groups.

Richmond Fellowship, Michael: In the next quarter, they are focusing on reducing numbers per group from 12 to 6-8. They are currently oversubscribed and, at one point, received an overwhelming amount of referrals. All those who have moved on from the service have not needed to return and are now members of social groups locally.

Rethink, Rebecca: Staff are going to be based more in the community, rather than the office. New staff have been recruited (now have three), so that more clients can be reached, such as in Ramsgate, where there is a huge need for their services. Some clients experience anxiety about coming to the Margate office, so it is now possible to meet in libraries, coffee shops, etc.

RBLI (Royal British Legion Industries), Emily: A large focus is being put on building opportunities and generating employment solutions for people who have struggled to maintain employment. This involves ensuring that health and wellbeing is addressed first (e.g. through gym memberships and counselling). Courses are also offered, such as first aid, health and safety and the Construction Skills Certification Scheme (CSCS). New funding is available for the over-25s. Referrals are received from the Job Centre, Porchlight, nurses, etc.

Carer, GP: There is a new carers' group headed by Victoria Flynn, which focusses on mental health, at The Beacon. This takes place on the 2nd Wednesday of every month.

The Garden Gate Project, Linda: The project operates in the grounds of Northdown Park, Margate. There is something for everybody, including upcycling, furniture work and the craft cabin. It can be difficult to get funding to attend (e.g. through personal health budgets), but when individuals do come, it is a wonderful environment in which to build soft skills and confidence. Upcoming events, include a Macmillan coffee morning on 28th September and a falling leaves craft event on 6th and 7th October. All is on the new website – please give comments/ feedback. On 10th October, there is a World Mental Health Day event at The Turner Contemporary, with the theme ‘what is good for mental health’. The Garden Gate Project is open Mon-Fri, 10am-3pm. Events are open to all.

Carers’ Support, Teresa: Teresa undertakes outreach work e.g. at The Queen Elizabeth The Queen Mother Hospital and GP surgeries and also coordinates events. There is a new newsletter, which is also online. There are mental health carer support sessions at Trinity Resource Centre and The Ark Dover Church. There is also a carer support forum at Riverside Church in Whitstable. An event for World Mental Health Day is occurring at Canterbury Christ Church University. A ‘caring with confidence’ course is due to start at Custom House, Ramsgate. This gives information about e.g. the role of the carer and the carer’s own health and wellbeing.

4. Staff changes: None

7. Task and Finish Group

No update

8. Date of next meeting

7th November, 2017, 11am at The Beacon, Manston Road, Ramsgate, CT12 6NT

Meeting finished at: 12.37

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	
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No.	Action from this MHAG	Responsibility	Status
1	Confirm how to access Personal Health Budgets.	Fay Gooderson	
2	Confirm if there is a more suitable time/day for the MHAG meeting	Sharon Buxton	

Administration :

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Minutes and supporting documents are posted on:

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