

Thanet Mental Health Action Group

Meeting on 6th March 2018, 11am-12.30pm
At The Beacon, Manston Road, Ramsgate, CT12 6NT

Attendee Name	Organisation & Role
David Rowden	SpeakUp CIC (MHAG co-chair)
David Garrick	West Kent Mind (MHAG minutes)
GP	EKCC, Carer
LK	Carer
CC	SpeakUp CIC
Maggie Gallant	SpeakUp CIC
Lorraine Kent	Richmond Fellowship
Mark Burkin	Take Off
Alana Coia	Rethink
Fiona Tapley	LWK Porchlight
Hanna Roost	KCC, Social Worker
Uma Chockalingam	KMPT, Consultant Psychiatrist
Donna Richmond	Avondale Care, Senior Recovery Coordinator
Joshua Kinsella	Avondale Care, Senior Recovery Coordinator
Vicki Radford	DWP, Disability Employment Advisor
Therese Young	DWP, UC Work Coach

Apologies	Organisation
Joy Brown	DWP
Tony March	DWP
Linda Stocker	Garden Gate Project
Emily Fisher-Smith	RBLI
Jenny Solomon	Insight Healthcare
Charlotte Lowther	Centra Group
Brian Heard	SpeakUp CIC
Rebecca Keeler	Rethink

1. Welcome, Introductions & Apologies

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

3. Minutes from last meeting – Approved without amendment

4. Action Points:

a) From local MHAG:

From November MHAG:

2. Sharon to raise access to Personal Health Budgets (PHBs) at the LLG meeting. Completed.

- Sharon Buxton advised via email that there are no current communications with regards to PHBs and that this will have to be discussed with The CCGs.
- (See also The County MHAG discussion about PHBs to pay for therapy where long waiting lists exist - KMPT are working to reduce waits through redesign work – Nikki Oatham to speak about this at next County MHAG.)
- Raise with Thanet CCG – PHBs are on their website.

Action 1: Ask The CCG if PHBs exist in Thanet.

- (later in meeting) Uma offered to enquire about PHBs in Thanet.

Action 2: Uma to enquire about PHBs in Thanet.

4. Alana to put MHAG member in contact with the peer leader group. Completed. The Beacon have been very helpful e.g. Carers Champion. Rosie from Rethink can help to further develop/advertise the group.

5. Ask The CCG what each IAPT service is commissioned to do in Thanet and whether this corresponds with what these services are delivering. Completed. There is clarity that IAPT services can offer up to 18/20 sessions depending upon clinical need. Also, SKC CCG has shared their service specification for East Kent (see County MHAG minutes).

From January MHAG:

1. Establish who the current commissioner for Thanet is. This question is currently being addressed by The CCG. **Ongoing.**
2. Teresa N to forward Esther details to MHAG for circulation. **Completed.**
3. Clarify the status of the MH Job Club. **Completed.** Alana advised that this should be up and running in April.
4. Aaron to check referral pathway for The Art Group. **Carried forward.**
5. Mark to check if gardening group leaflets are in Beacon Reception. **Completed.** Mark advised that leaflets will be in reception when the groups are running.
6. Jenny to email Thanet locations for LT physical conditions to MHAG. **Carried forward.**
7. Sharon B & Teresa to Meet with LK and GP at end of meeting. **Completed.**
8. Sharon B to talk to Mark about cooking group. **Completed.**

Action 3: Sharon to discuss with KMPT estates regarding safety.

(b) County MHAG response to local question:

What are acute and crisis teams doing to plug the gap in dual diagnosis assessments?

- *"The CMHT are working closer with alcohol services, but what about the acute, crisis side?*
- *If under the influence, it is difficult to assess what is alcohol and what is the MH condition.*
- *If e.g. presenting to the crisis team, would have to wait to sober up before assessment.*
- *In East Kent, there is co-production work to improve drug and alcohol services, which a member of the crisis team is involved with. There are dedicated dual diagnosis staff. They are looking to improve that area of support.*

Question: *What is the process when someone presents in a crisis?*

Response: *The majority go to A&E for physical assessment. If under a section 136, taken to a place of safety suite to stay safe until sober enough to be assessed.*

Question: *Is dual diagnosis relevant to the alternative place of safety?*

Response: *Possibly. Important not to presume drunkenness e.g. Exclude neurological conditions."*

5. Service User and Carer Questions/Feedback

(a) Questions raised at the pre-meeting:

1. I have been waiting for 6 months to start therapy with an IAPT provider. How can this be resolved?
 - David R/ MHAG to notify the provider, who has attended MHAGs.
 - Individual signposted to an alternative provider.
2. Can travel expenses be reimbursed by KMPT, for visiting close family members placed in hospital out of area? A carer has been visiting their child in hospital outside of Kent since October.
 - This could be an exceptional circumstance and might need to ask a higher authority.

Action 4: Uma to enquire about reimbursement of travel expenses for visiting family members placed out of area.

(b) Questions going forward to County MHAG:

None.

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

The chair highlighted the STP/Healthwatch Kent update.

2. **CCG / Live Well Kent Reports:** All reports have been circulated and are located at www.westkentmind.org.uk/mental-health-action-groups

Thanet CCG: Report not available.

Live Well Kent Porchlight, Fiona: Information not included in the circulated LWK update:

- We would like to see more referrals from GPs/ IAPT.
- We ensure that drop-ins are held in the highest areas of need e.g. at Ageless Thanet.
- The SpACE Art groups produce their artwork in a workshop behind the pharmacy gallery and sell this work.
- Tess the artist, who oversaw part of the 'Waste Land' exhibition at The Turner Contemporary, was interviewed on local radio. The wider 'Journeys' project has been in The Guardian.

3. **Provider Updates / 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.

SpeakUp CIC, Maggie:

- There is a report from the first 'Listen Up' event in Cliftonville, with interesting feedback from 250 post-it notes.
- There is an event at The Turner Contemporary in May with poetry readings.
- We are starting to do outreach work and are now working with Healthwatch. We are restructuring and have had to cut back due to funding. Looking at doing things differently.
- We are looking for funding from April onwards for a group in Sandwich.

DWP, Vicki:

- We are starting our version of a Frazzled Café, called Connect, at The Job Centre on 19th March. Providers present will include Richmond Fellowship, SpeakUp, a MH Nurse, ThinkAction, Porchlight, CAB and DDIC. Contact Vicki for more details.

Question: Will you need an appointment and how can people get involved?

Response: At first the café will start by invitation, but may later become a drop-in. Customers with mild-moderate MH problems, who see their work coach, will be invited.

Avondale Care, Donna & Joshua:

- We attended today to find out what else is out there. It is interesting to see so many groups and joint working. The MHAGs are a good hub for information, which will hopefully be helpful for our Service Users.
- Suggestions were made for DWP café locations e.g. Richmond Fellowship, Media Centre and Cliff's. Also discussed how to avoid sessions clashing e.g. between TakeOff and SpeakUp.

Richmond Fellowship, Lorraine:

- Eagerly awaiting the arrival of new p/t worker into post; All should have received the service March 18 Programme. Please note the 'Road to Recovery' Workshop has a different theme for each week this month.
- As a gesture of sharing resources and following on from Vicki's idea of the Connect Café may out away from the Job Centre, Richmond Fellowship can offer its large meeting room free of charge for 'one-off' events/meeting, please speak to Lorraine to check for availability. Currently 'SpeakUp' holds a Drop In twice monthly.

KCC MH Social Work Service, Hanna:

- We are very busy at the moment. We used to have 6-8 referrals/week, but now have this many per day. We currently only have a team of 6 for the whole of Kent.

Question: Do you refer clients to e.g. SpeakUp? As we get few referrals

Response: It might be that referrals from us come via other services e.g. KERS or LWK.

- A SpeakUp member noted that, before they joined SpeakUp, they had never heard of any of the providers at MHAGs. Mark agreed that he was initially surprised how much was out there and how little known it is.
- Maggie suggested that awareness of The MH Social Work service could be raised by taking this to teams. Hanna – this is discussed at Interface meetings. There was discussion about who is invited to interface meetings and not wanting to overlap with MHAGs.

Question: Do you work with GPs?

Response: We need to go through The CCG route. We have leaflets in GP surgeries. Mark – the service is not shown online.

TakeOff, Mark: The groups have been very successful over winter and the café group is increasingly popular. Occupational Therapists at The Beacon are aware of these groups. We are getting referrals from The Beacon, which is great.

GP/LK: The laptop/computer at The Beacon can be used by any Service Users/Carers visiting The Beacon e.g. for depot injections. Every 2nd Wednesday there is a carer’s meeting at The Beacon and every 1st Wednesday there is the carer’s consortium at Trinity.

7. Task and Finish Group

- Lots of interest in joined-up working at MHAG today. Maybe arrange a meeting where this joined-up working could be planned? Circulate through MHAGs.
- Both Vicky and Alana are happy to give talks.
- Vicky is also happy to look at anyone’s benefit problems.

8. Date of next meeting

8th May 2018, 11am at The Richmond Fellowship, 17 St Johns Road, Margate, CT9 1LU.

Meeting finished at: 12.15

Action Table

No.	Actions from January MHAG	Responsibility	Status
1	Establish who the current commissioner for Thanet is.	David	Ongoing
4	Check referral pathway for The Art Group.	Aaron	Carried forward
6	Email Thanet locations for LT physical conditions to MHAG.	Jenny	Carried forward
No.	Actions from this MHAG	Responsibility	Status
1	Ask The CCG if PHBs exist in Thanet.	David	
2	Enquire about PHBs in Thanet.	Uma	
3	Discuss with KMPT estates regarding safety for Mark’s cooking group.	Sharon Buxton	
4	Enquire about reimbursement of travel expenses for visiting family members placed out of area.	Uma	

Administration :

Phone: 01732 744950

Email: mhag@westkentmind.org.uk



Minutes and supporting documents are posted on:

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