**Thurrock Mental Health Forum for Individuals,**

**Families and Carers**



**Monday 8th May, 2.00 – 4.00 pm**

**Thurrock Mind 152 Bridge Road, Grays**

**Attendees:**

Leanne Edgell (chair) Harpal Kang

Karen Haltham (minutes) Mario Anno

Alan Belton Pat Osifo

Loraine Coleman Christine Ellisdon

Mercy Osazenay Katherine Kontis

Julia Wright Kim Hunn

Chloe Newton

**Apologies:**

Sharon Bushnell

Ian Evans

1. **Welcome and Introductions**

Leanne welcomed everyone to the meeting and introductions were made.

Leanne informed the group that Funmai Worrell, Public Health Registrar, Adults, Health and Commissioning was due to give a presentation on the Suicide Prevention Strategy and Action Plan. Unfortunately due to the General Election on 8th June 2017 she is unable to attend due to ‘Purdah’ Rules. It is hoped Funmai will be able to attend the next meeting on 14th August 2017.

1. **Minutes and Matters Arising from the Previous Forum Meeting**

The minutes were read and agreed as a correct record.

1. **Presentation – Suicide Prevention Strategy and Action Plan**

As Funmi Worrell is unable to attend today Leanne gave some local feedback.

* There has been a Government Strategy released around prevention of suicide and as part of this Essex has a group that meet to discuss how suicide can be prevented across Essex.
* Week beginning 8th May 2017 is Mental Health Awareness Week, a leaflet for the “I am Fine” Campaign was given out to those present. When people ask how we are, we often reply with “I’m fine”, even when we’re not. The average adult says “I am fine” 14 times per week, but only 19% really mean it. The Mental Health Foundation have a campaign that challenges this. Find out more at <https://www.mentalhealth.org.uk/get-involved/im-fine>.
* Psychosis Support – early intervention Psychosis team can self-refer from 14+.

Chloe Newton, Scheme Manager Ategi, introduced the Shared Lives initiative.

About ategi (Welsh for Support)

Ategi was started in Cardiff in 1994 as a Cardiff Independent Living Company and registered with the Charities Commission in 1999.

Since 2001 ategi has set up Independent Shared Lives Scheme in South Wales in Rhondda Cynon Taff, Cardiff, Torfaen, Buckinghamshire, Royal Borough of Windsor and Maidenhead, Herefordshire, Swansea, Neath Port Talbot; Bridgend and now Thurrock.

Shared Lives is a service provided by carefully chosen single people, couples or families called Shared Lives Carers.  Shared Lives offers support and accommodation within the ordinary households of carefully recruited, trained, checked and supported Shared Lives Carers. The people they support live or stay as part of the Shared Lives Carers' family having been carefully matched by our experienced teams. Many people who need support to live their lives prefer the idea of living with a Shared Lives Carer who they can take time to get to know and who they can build a meaningful and enduring relationship with.

You must be over 18 to be supported by a Shared Lives Carer.

People who use the scheme may need support all of the time, or with just a few aspects of day to day living.

The scheme supports people who have a wide range of support needs, including: Learning Disabilities, Physical Disabilities, Substance Misuse, Mental Ill Health, Brain Injury and Dementia. Shared Lives suits anyone who has been assessed by Social Services as needing support and who would prefer or benefit from living in an ordinary family setting.

Leanne thanked Chloe for introducing the Shared Lives Scheme to the group.

1. **Coffee Break**
2. **Open discussion on how to promote the Thurrock Mental Health Forum for Individuals, Families and Carers and encourage new members to attend.**

The group has been going for a number of years, meetings take place quarterly and are open to anyone who has an interest in mental health issues.

It is great to see some new faces today.

Ways to promote wider:

* Easy to read leaflets
* Facebook page/twitter (if on Facebook get found quicker on google)
* Promotional Stand in Grays, Lorraine Coleman does Volunteering in Grays Town Centre.
* Hold meetings in various venues across Thurrock, to maybe include evening or weekends, to enable those who work during the day Monday to Friday to attend.
* Give leaflets to Local Area Co-Ordinators, Local Libraries, GP Surgeries etc.

Kim offered to distribute leaflets, Leanne or Karen to print.

Christine suggested the name may put people off attending and could be called Thurrock Emotional Wellbeing Forum for Individuals, Families and Carers.

1. **Any Other Business**

There was no other business.

The next meeting will take place on:

 Monday 14th August 2017 2.00 pm to 4.00 pm at Thurrock Mind, Crown House, Crown Road, Grays