**Thurrock Mental Health Forum for Individuals, Families and Carers**



**Wednesday 13th March 2019, 12 noon – 1 pm**

**Thurrock Mind, 152 Bridge Road, Grays, Essex, RM17 6DB**

**Attendees:**

Ian Evans (chair), Stephanie Vallis (minutes), Danielle Kay (Thurrock Mind), Wendy Robertson (Thurrock Mind), Jeanette Lambert (Thurrock Mind), David Eyres (Thurrock Mind), Harpal Kang (Thurrock Mind), D Sullivan (Thurrock Mind), Yvette Sorrell (Thurrock Mind), James Calderwood (Thurrock Mind), Carly Collier (Thurrock Mind), Judith Nunn (Thurrock Mind), Hurseyin Hurbas (Thurrock Mind), Steve (Thurrock Mind)

**Apologies:**

No apologies were given.

1. **Welcome & Introductions**

Ian welcomed everyone to the meeting.

1. **Minutes and matters arising from the previous meeting**

The minutes were read and agreed as a correct record.

1. **Results of the Consultation on how the Partnership Boards are working in Thurrock**

Ian gave a short presentation on the consultation, a copy of the Survey Results was circulated at the start of the meeting. Thurrock Coalition gathered peoples' experiences and views on how you currently find out about what's happening with Health and Social Care in Thurrock and how you take part and make your voice heard.

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| The Consultation Results: Total Overall Responses: 90 - 82/90 Participants are Thurrock Residents  • 42/89 Participants identified as having some form of impairment  • 23/89 Participants identified as Carers  In terms of impairment types:  • 38/63 Participants identified as having a physical impairment  • 15/63 Participants identified as having mental health issues  • 10/63 Participants identified as having a learning difference  • 5/63 Participants identified as having a sensory impairment  The majority of Participants said that:  In order to find out about things that are happening in Thurrock that affect peoples ‘health and wellbeing, they want:  • People to come to their group/forum to talk about topics that are coming up and to listen and gather feedback (47 people - 55.3%)  • The topics that are up for discussion to be decided by the various groups/forums (46 people – 52.9%)  • To contribute views on the chosen topics at the various groups/forums that they already attend (41 people – 47.7%)  • To have the option of an online format (31 people – 35.6%)  • To attend a meeting in the morning (30people – 36.6%)  Currently, the main barriers to participation are:  • Transport/Travel (26 people – 37.1%)  • Not enough interesting topics (4 people – 5.7%)  • Timing of meeting (26 people – 37.1%)  • The place where the meetings are held (the venue) (13 people – 18.6%)  The "Top 3" Topics that participants said they would like to see discussed at any future meetings were:  • Mental Health  • Local Area Issues I.e. Activities for younger people, local environmental issues, Local Housing issues, Future plans & Local transport.  • Health & Social Care including G. Ps, Hospitals and the closure of Orsett hospital.  **Options**  **Option 1**  Make no change to existing structures  **Option 2**  Establish an overarching Thurrock Partnership Board, to meet 3 times a year, with representation from the range of current Boards, Groups and Forums, primarily with individuals comprising:  The current Co-Chairs, User-Led Reps of the range of community groups and networks in Thurrock, Disabled people (of various impairment types), parents, older people, family members, carers (sourced from a wide range of community groups and organisations in Thurrock), Third Sector Representatives, Healthwatch Thurrock, Assistant Director of Adult Social Care, Strategic Leads – Commissioning, Social Work, Elected Member – Portfolio Holder, Health (NHS) Representatives, CCG Representative, Public Health  The Board should establish indicative membership spaces/places and should aim for at least50% of membership from Disabled people, older people, carers, family members  We are proposing that the existing Forums including Thurrock Diversity Network, Speak Up for Your Age Thurrock, The Emotional Wellbeing Forum, Thurrock Autism Action Group continue to be vital consultation, engagement and co-productive groups that provide community voices which directly inform the priorities and work of the Thurrock Partnership Board.  **How the Partnership Board could work in practice:**  i) Thurrock Coalition to carry out an annual survey of community groups and networks to determine the topics to be addressed at The Partnership Board in the forthcoming year.  ii) The Topics are organised and questionnaires are designed to identify specific areas of concern that can be addressed. The questionnaire on a given topic, for example “Transport" or "Accessible Housing" are taken to the range of community groups, networks, forums, societies etc., and runs for 3 months whilst results are gathered.  iii) Feedback is gathered. The results are then analysed and issues identified. A Report &Recommendations is drafted which are then added to the agenda of the Partnership Board.  iv) Specific representatives of providers and interested organisations are then invited to attend the subsequent Partnership Board. The Board will run as a "Town Hall" meeting/workshop where the issues and concerns identified from the questionnaire are discussed.  v) The Thurrock Partnership Board suggests steps and actions for implementation and improvement. Recommendations are made and agreed. This could include, for example, a recommendation for co-productive work to be undertaken to improve services around hospital discharge.  The Thurrock Partnership Board, represented by Thurrock Coalition could formally request a standing item on the agenda at the Thurrock Health & Wellbeing Overview &Scrutiny Committee at which the Findings, Recommendations and Actions are then reported as appropriate.  Recommendation - That the respective Boards vote on the suggested options outlined above and any changes take effect from July 2019 (after one final round of meetings for each Board). The new Board to launch in October 2019. |

**A vote took place – The Recommendation and Option 2 (above) was unanimously agreed.**

1. **Meeting frequency, days, venue etc. of the Emotional Wellbeing Forum**

The group are happy for Thurrock Coalition to attend the arts & crafts group once every three months and will also keep members updated on the Mental Health Transformation Programme.

1. **Refreshments**
2. **Update following the Mental Health Peer Review**

Mental Health remains a key priority both locally and nationally and an Action Plan has been put together following the Peer Review. The Mental Health Operational Group has been renamed as the Mental Health Transformation Board with a wider membership and has responsibility to achieve the actions in the plan whilst looking at:

* Immediate priorities
* Case for change
* Detailed work programme
* Strategic Lead – Public Mental Health and Mental Health Transformation.

The Emotional Wellbeing Forum will feed back into the Transformation Board.

1. **A.O.B**

Wendy came to speak to the group about the new **Integrated Medical Centres**, also known as IMCs. The group were asked for their feedback on how they would like to access Mental Health Services as the current system is struggling. A discussion took place and the feedback was as follows:

* Increase funding for voluntary sector peer support projects for people with mental health conditions as part of the Early Intervention & Prevention agenda
* Publicise Street Triage and how to access it
* Communication between all agencies, the individual and staff will be key to the success of the IMCs
* Would like a local safe place to go and talk and share experiences, also to have a telephone option
* Happy not to see a GP (and to see a different medical professional), provided individuals can get the right advice and care
* To have people with lived experience on all interview panels for IMC and associated staff
* Liked the sound of the Open Dialogue initiative **ACTION Ian – Invite speaker on Open Dialogue to the June meeting.**

The group felt that currently the system is not working for them in the following ways:

* On occasions the mental health specialist had not been present after calling the Mental Health “out of hours” service
* At times paramedics had not been very sympathetic towards people when receiving treatment following a 999 call, due to the lack of knowledge around mental health
* A member of the group reported that they were held in a Police cell for up to 3 days
* Sometimes other professionals have more knowledge of mental health than the GP
* Would like more one to one time with members at Thurrock Mind to talk

Wendy went through the process of Street Triage and also discussed that there may soon be a safe place at Thurrock Mind, 160 Bridge Road, Grays, it is in discussion at the moment but the group will be kept up to date.

**Garden Project** – Advertising for a new post this week (Handyman Driver) covering 2 days a week. Any volunteers who wish to get involved please let Wendy know. There will be a meeting regarding the Garden Project held on Wednesday 27th March at 10 o’clock in the site office.

Dave asked who the trustees of Thurrock Mind are, they are as follows: Alan Peter Harmer, Mrs Pam Wright, John Lyons, Sue Lyons, Susan Margaret Lyons, Gareth Dennis Gregory, Karen Constance Hunter.

Ian thanked everyone for attending.

**Date of Next Meeting – Wednesday 26th June 2019 11:30am (160 Bridge Road).**