Canterbury Mental Health Action Group
Meeting on 5th November, 2015, 2.00pm

At Thanington Resource Centre, Thanington Road, Canterbury, Kent CT1 3XE

PRESENT

Ellie Williams - Chair
Marie McEuen – Minutes
Debbie Steuart
Ben Edmonds-Taylor
Liz Frost
Karen Able
Anna Bate
Clive Wanstall
JW
Hannah Costin
Karen Hewitt
Angie Jones
Paul Woodford
Michelle Webb
Sharon Hassan
Gita Avey
Robert
Mark Kilbey
Ron Woolven

ORGANISATION & EMAIL ADDRESS
Take Off
Sevenoaks Area Mind
Canterbury & Costal CCG
Social Enterprise Kent
Carers Support
Insight Healthcare
ThinkAction (KCA)
Carer
Canterbury Umbrella Centre
Canterbury Umbrella Centre
KMPT
KCHT Stop Smoking Service
Turning Point
KMPT
KMPT
Whitstable Umbrella Centre
Take Off
Depression Alliance Self Help

APOLOGIES

Anne Stevenson
Rebecca Smith
Tracy Grover
Jill Knight

ORGANISATION
Manager, Herne Bay Umbrella Centre,
Social Enterprise Kent
Shaw Trust
CMHT

1. Welcome Introductions & Apologies
The Chair welcomed the group and apologies were noted as above.

2. Minutes from last meeting - approved

3. Action Points from last meeting

1. Debbie not present at the time – carry forward.
2. County MHAG meeting was cancelled. Questions to be carried over

4. SU & Carer Issues

Question raised at the pre-meeting:

1. The East Kent Carers Council felt there was case for protocols to be put in place when transporting people long distance. The current Transport Policy does not cover things such as ensuring there is adequate food/water etc. Clive had sent a report to Andy Oldfield but had not had a response. Raise need for transport protocols at County MHAG

2. Dementia care and support for elderly. New ward being built beside Foxglove to replace Cranmer for older people. Clive suggested the MHAG should take an interest in this as very often there is no place for people to be discharged to and is known cause for bed blocking.
This is referred to in Debbie’s Commissioners Report. Ellie suggested inviting housing providers to the MHAG. Liz advised that Carers Support have a very successful dementia volunteer visitors service. Volunteers visit wards, sit with patients through lunch, have a chat. This relieves pressure on nurses who say that people are eating better because they have company.

**Action 1 : Invite Paula Campbell Older People service manager.**

**Action 2 : Invite Housing Options team.**

3. Concerns that with KMPT overspend of £2.3m that there will be cuts to services to recoup this. Michelle acknowledge that there are pressures but KMPT are still recruiting to posts for vacancies and new posts. Karen Hewitt advised that the acute wards are working towards a new system to provide therapeutic services 7 days a week 8am-8pm. Occupational Therapists (OT’s) are retraining and new skills will allow them to help nurses, not all OT’s have had mental health training before. Michelle added that the cut to the Psychiatric Liaison service was not about money and was due to lack of recruitment to posts.

**Action 3 : Invite Louise Clack**

4. Following publication of the CQC Inspection Clive would like to see KMPT’s Action Plan. Sharon advised that KMPT had responded with an immediate action plan. Michelle added that there are pockets of areas that need improvement. Some teams have big caseloads and there is drive to action this.

**Action 4: Ask Malcolm McFrederick for sight of KMPT’s Action Plan on CQC Report.**


**Question for County :** Transport protocols as above.

5. **Information Sharing**

1. **County MHAG Update :** nothing to report as the meeting was cancelled at short notice.

2. **Commissioners Reports :** Debbie asked for any questions on her CCG Report which was circulated prior to the meeting. Clive asked for Out of Area bed numbers. Debbie advised these were mentioned in the report and there were no issues in Canterbury. We are undertaking audit on bed stock. Will share report when received. KCC Commissioners Report not available due to strategic partnership bid process.

3. **Service Provider/New members:**

   **Social Enterprise Kent - Ben Edmonds-Taylor:** We provide support to people with mental health needs working towards employment or supporting them to stay in work, find voluntary or education. Referrals from all over including Jobcentres. We are meeting current targets of getting 20 people into employment and 20 staying in work. People must remain in work for 13 weeks, Christmas temp work is not included in this. New contracts start in April. It will either be Shaw Trust, Porchlight or MCCH.

   **Robert ? Umbrella Centre :** We have a drop in group three days per week. Also general activities. New refurbished café now open. Working with Canterbury food bank. Our Yoga for Mental Health on Friday mornings is quite popular. Secured further funding for Yoga teacher to work with Mental Health needs.
Canterbury Umbrella Centre – Hannah Costin: We aim to reintegrate and promote social inclusion. We provide benefit support please signpost people to us for help with form filling and understanding the process. We have a great space with huge potential. Looking to developing something with KMPT with service users coming out of hospital and not quite ready to be independent. We are already seen as a crisis drop in. Clive asked if there was possibility for people in St. Martins who are recovering to visit the centre for an hour or so to relieve boredom? Karen advised that she has arranged for people to visit for taster session but sometimes providing staff to escort can be a problem. Hannah agreed to help with this. Hannah advised that Eileen Shrubsole has left to pursue her career and wished her all the best. If anyone has any outstanding correspondence with Eileen please re-direct to hannah@canterburyumbrella.co.uk

Depression Alliance - Ron Woolven: We have two speakers attending future groups to talk about drama therapy and Mindfulness-based cognitive Behaviour Therapy. Would like to refer a client with complex PTSD to a more suitable group and asked if Take Off could offer support. Mark agreed and asked for details to be passed on.

KMPT - Karen Hewitt: Occupational Therapist at Foxglove Ward, St. Martins. Has previous experience at Maidstone with the Employment Team and used this at Foxglove. Good to know that the Canterbury Umbrella Centre can help with escorts. If anyone would like to attend the recovery groups we would be pleased to have them. Lots of changes on the ward, OTs being trained in mental health and more helpers means more time to work with the community. Contact Karen.hewitt@kmpt.nhs.uk

Kent Community Health Trust - Angie Jones: Stop smoking service. We can provide training for staff to deliver Very Brief Interventions or to be Stop Smoking Advisers. Contact angie.jones2@nhs.net. Clive queried if vaporisers are allowed on wards and if patches are provided as they interfere with medication. Angie confirmed vaporisers are permitted but must be capsules. Patches do not interfere with medication – giving up smoking interferes with medication, particularly Clozapine/olanzapine.


KMPT Community Mental Health Team – Michelle Webb: Introduced Sharon Hassan the new Operational Team leader. Happy to report that vacancies are down from 15 to 5 since the last meeting. Working hard on caseloads and going in right direction.

Carers Support – Liz Frost: Dementia visitors service very successful. Specific mental health carers group in Thanet monthly at Trinity Resource Centre. Lots of coffee mornings in Dover, Deal, Canterbury, Whitstable and Capel Le Ferne for generic carers, mental health carers included. Clive paid tribute to the recent open day which was well structured throughout the day for workshops. Liz acknowledged that there had been good feedback from carers and we want to find out find out what would be most helpful for mental health carers. Young adult carers (over 16s) service has new transition worker and putting lots of work into this but Please refer carers in our direction, simple phone call – 01304 364637, not complicated referral process.

Turning Point – Paul Woodford: Manage Canterbury Drug & Alcohol Addiction Services. Support families, 50 referrals a month, 600 people in treatment at the moment. We are going into the final year of contract in April 2016, the contract will end April 2017. The new contracts out for tender will be up to 8 years which will be better for the service and for the client.

Think Action (formerly KCA) – Anna Bate: Good uptake for our new perinatal mental health psychological education group, working in conjunction with health visitor team. We hope this pilot will become long term and be rolled out further. In early December we will start working
from Herne Bay Jobcentre. Anna will be going on maternity leave in two weeks. Details of new contact will be advised on Anna’s Out of Office email reply within next few weeks. The group expressed their best wishes.

**Insight Healthcare – Karen Abel**: Talking therapy provider. We have moved our office base from Benenden to the Old Library in Maidstone for admin and management. We continue to offer service across Kent at various locations.

**Take Off – Mark Kilbey**: We are 100% service user led support group based in Military Road. Self-help group for Borderline Personality Disorder is popular. Some interesting new developments happening including physical health. The CCG is funding peer support workers in primary care settings – will put 2 people into 5 surgeries spread down to Sandwich, starting soon. GP working with us to organising getting people in there for two and half hours per week. Social prescribing – chatting about what they want to do. John asked if anyone provided British Sign Language service. Mark said no but it would be a good idea and could be looked at.

Crisis Café Update – Michelle helped train 14 service users to staff the café – now called Peer Support Crisis Group. Very specific referral from CMHT, only for those in crisis and will run from Friday to Sunday 6pm to 10pm. Taken longer to get up and running than anticipated. We are softening the approach with mix of non-peer workers, paid work – got funding and want it open every weekend 52 weeks a year. Hope to open before Christmas. This will be meaningful, more than just a cup of tea and a chat, will include Cook and Eat in evenings. Want to break the cycle of suicidal ideation. Good calibre of trainees, very motivated. Hope to take referrals from other organisations once up and running. Insurance was not easy as has never been done before. We have a lot of self-support groups see website for referral process [http://takeoff.works](http://takeoff.works). New project working with **Cycle Recycle** there will be five work stations on three afternoons, based on Kent Sheds idea – partnership working – poster to follow. Donated bikes refurbed then sold for average £25.

6. **Working Group**
The group needs to identify a theme for the next working group. Everyone to have a think and bring ideas to the next meeting to discuss. Other MHAG locality working groups can be found on the minutes on the Live It Well website [http://www.liveitwell.org.uk/local-news/](http://www.liveitwell.org.uk/local-news/)

7. **Date of next meeting**

*7th January, 2016* at 2pm Thanington Resource Centre, Thanington Road, Canterbury, Kent CT1 3XE.

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<tr>
<th>No</th>
<th>Action</th>
<th>Responsibility</th>
<th>Status</th>
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<tbody>
<tr>
<td>1</td>
<td>Invite Paula Campbell to give update Older People services</td>
<td>Marie</td>
<td>Email sent 30/11/15</td>
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<tr>
<td>2</td>
<td>Invite Housing Options team to update on availability of stock</td>
<td>Marie</td>
<td>Steve Furber met with Lesley Clay and Jill Pells</td>
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<td>3</td>
<td>Invite Louise Clack</td>
<td>Marie</td>
<td>Email sent 31/12/15</td>
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<td>4</td>
<td>Ask Malcolm McFrederick for sight of KMPT’s Action Plan.</td>
<td>Marie</td>
<td>See update under action 4 above.</td>
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