

Making Recovery Real in Moray Partnership Meeting

Tuesday 18th May 2021 10:30 – 12:00

Present: Eilidh Brown, Jarrod Leach, Nadine Weiland-Jarvis, Pauline Forbes, Holly Hendry, Tracey Wills, Kirsteen Pyett, Anne Pendery, Ailsa, Tracey Grant, Susan Johnston, Heidi Tweedie, Becky Poyner, Anne Grant, Mandy Morrison, Aimee Wright

Apologies: Pam Cremin, Darren Bruce, Paul Johnson, Louise Penfold, Fiona Imlach

Chair: Eilidh Brown

Minutes: Aimee Wright

Organisations / Perspectives formally represented:

Lived experience of MH challenges	Aberlour Child Care Trust
- Young people & adult perspectives.	Children 1 st
tsiMORAY	Moray Wellbeing Hub CIC
Police Scotland	HSCM (Health & Social Care Moray)
Moray Wellness Service (Penumbra)	- Commissioning
DBI Service (Penumbra)	- MH social work
Scottish Recovery Network	- Psychological services
Circles Advocacy	- Public Health Coordination
SAMH	

Actions from meeting:

Eilidh and Heidi – Arrange discussion with strategic heads on formal accountability for terms of reference.

Holly – Include diagram of accountability on last page of terms of reference.

Eilidh: Follow up and draft communication to go alongside terms of reference to Simon and Pam.

Aimee/Nadine: Discuss options around teams link.

All: Think of suggestions for questions for partners survey.

Heidi: Conversation café sub-group to meet in advance of next meeting.

Heidi: Meet with Kirsteen and Susan to discuss Health and Social Care workforce training.

Pauline: To be included on next agenda, webpage suggestions/improvements, update on suicide app and discussion around supporting people who are intoxicated and suicidal. Suicide working group with Paul Johnson.

Meeting Topics:

1. CHIME (Connectedness, Hope, Identity, Meaningful and Empowerment) IN/ Welcome New Members

All partners participated in a CHIME In; some had been feeling isolated due to the pandemic but were now feeling motivated, positive, hopeful, optimistic and excited to be back seeing peoples faces. Real, genuine buzz for the making recovery real meeting. Looking forward to coming out of restrictions as it has been challenging and there have been mixed emotions. Everyone very busy but overall feeling of connectiveness and empowerment.

Aimee Wright Introduction: New to join the MWH administration team, also a champion for hub working way through Peer2Peer training. Already knows some partners from previous role in Health and Social Care, is nervous but excited to work and support Making Recovery Real and to meet all the partners. No work email at present but in progress and can be contacted via hello@moraywellbeinghub.org.uk

2. Previous Minutes

All minutes agreed.

3. Terms of Reference

Eilidh sent out Terms of reference prior to meeting, the output is from a number of meetings which took place including members of the partnership which has evolved over the past few months. The group agreement and terms of reference has progressed, and CHIME has been embedded throughout. Thank you to everyone who feedback.

Who is the partnership is accountable too? Important to get clarification to include in terms of reference.

Making recovery real in Moray should be accountable to the strategic planning and commissioning group and the IJB. Unfortunately the strategic planning and commissioning group has not been meeting as often. Challenging at the moment which hopefully will become clearer.

Groups have been disrupted recently. Pam Cremin still very passionate on taking forward the initiatives and has still been meeting with line management throughout pandemic.

Making Recovery Real are responsible to the people of Moray. Principles from the Good Mental Health for All strategy to improve health and wellbeing across the board.

Heidi suggests a diagram on the last page to show the people of Moray who we are accountable for along with strategically and the bodies to link up. This is to show the people's voice and other more formal strategic accountability. Important for all including partners to have document/diagram they can refer to for clarity.

The group needs to be formally recognised or run the risk of being vulnerable. Eilidh happy to have a discussion with the strategic tops alongside Heidi to make sure links are clear and to get approval of decision making status. Eilidh and Heidi to follow up along with any other partner that would like to support and feedback at next meeting.

Heidi happy to progress with Eilidh and would appreciate any other partner involvement to ensure it is not seen as a third sector group. Heidi and Pam showcased a presentation to the IJB around mental health and used the opportunity for awareness around making recovery real.

Eilidh and Heidi are both members of the strategic planning and commissioning group. Kirsteen offered to support.

Eilidh will follow up and draft communication to go alongside the terms of reference to Simon and Pam.

All partners agreed to terms of reference.

4. Admin and Comms

Aimee to take meeting minutes, support with admin, central point of contact including the public wanting any information on making recovery real.

Mailing List: Discussions took place around current mailing list and if it would be a good idea to have a new separate mail chimp or to locate within the MWH. This would include a sign up opt in or opt out form. Using this method we can see who is opening emails or if there are any technical issues with receiving. We can ask everyone to sign up to main MWH mailing list and make a subset for partners or we can create a separate mail chimp specifically for partners which could be migrated at a later date if hub is no longer managing the admin. Existing members who are already subscribed wouldn't need to do anything. We will check the email addresses are relevant to the MMR subscription. Partners voted in favour of keeping within the MWH.

Teams link: Nadine has set up no reason to change. Discussion around where we store documents/files relating to MRR, option to create fold in teams, trial and error to see if it works and if it meets criteria for all partners. Nadine and Aimee to have a conversation to see how we can do this or if it needs to be migrated.

Webpage: New webpage being developed. Currently on the home page there is a long panel with wellbeing walks and discover pathways, this is where making recovery real will also be located once complete. Will include version of minutes for public. The webpage will be created and at the next meeting once everyone is familiarised we can discuss any suggestions or improvements.

Partners Survey: Come up with some questions in the in between meetings. Good idea to run just now and then again at the end of the year which will provide some evidence for next steps. Outcomes framework for evaluating how we have done documents can be shared.

Admin General: MWH in process of setting up a making recovery real email address will go straight to Aimee.

Holly will send terms of reference to hello@wellbeinghub.org.uk. If anyone else has any relevant documents please also forward to the hello email address with the title making recovery real resource. These will be transferred to making recovery real email address once set up.

Tracey Grant advised SAMH carried out a monkey survey at the beginning of lockdown to all service users across Moray with questions on how it was affecting them/challenges. Looking to redo it and see how things have or have not changed. Tracey to send link to the Hello email address and copy in Heidi to promote on the MWH page/newsletter. Open to everyone to send in any stories/events/surveys for MWH to promote.

5. Pathways Tool/Link to Tsi Moray Community Map

Is being updated and thank you to everyone who has feedback and responded to emails. Pathway figures have not been shared yet, this is due to a change in how we run reports and figures being lower than expected. We want to clarify this is a true reflection and not an error in the new reporting process.

Heidi met with Louise from SAMH to discuss the suicide app this isn't in use at present but will be shortly. Louise will let us know once the app is updated and ready.

6. News & Events

Agreement in place as part of the administration to support one event a year. Funding secured to run four conversation cafes. Use resource in collaboration with partners to do as much as possible in local communities. Pam Cremin had highlighted at previous meeting up and coming events where there would be the opportunity to do some engagement.

Alisa – No updates on events kept busy.

Kirsteen – The Primary Care Psychological Therapy Service reopened 1st of April, structure has changed and now aligned with the Psychological Resilience Hub and people are now able to self-refer. Service has been busy with over 65 referrals, increase in number of staff in team Eileen Rennie is the team lead. Social work mental health team now have access to near me, will allow engagement through platform.

Anne P – Continue to provide service, will provide face to face if essential. Is busy at present but please continue to use service.

Mandy – Family activity events to take place over summer in East and West possible locations Lhanbryde and Forres. Also looking to hold a teddy bears picnic following on from discussions with new mums from buggy beat who would prefer more informal meets. Dates to be confirmed and shared with group. Speyside school refusers agreed to do outdoor activities.

Anne G – Lots of events for families. Young people have identified the need for a safe place for LGBTQ hoping to hold over summer holidays.

Susan – Not in a position to attend or support events at present due to current pandemic looking to review on the 30th May feeling hopeful and optimistic. Health Point are still operating but no walk-in service available at present but contactable by telephone, email or online teams. Smoking Advice Service is busy and hoping to be back into GP practices very soon. Prevention of Self-management programme is available through self-referral, working alongside sports development at Moray Council and Physio. Training available online for Alcohol Intervention and Making Every Opportunity Count.

Pauline – Self harm training has been very popular and Peer Support Service has been very busy. Advert out at present for additional staff to enable the service to deliver additional peer support.

Nadine – No events planned. DBI are now open with all four referral pathways and have opened up to primary care. Now able to support anyone 16 and over living in Moray.

Louise P – SAMH are collaborating with penumbra to put some training together. SAMH also working with quarriers to offer training to careers. Suicide App is currently being developed, mechanism in place to inform locality managers of a suicide in area and will follow up with information on prevention and support. Working on option to trigger support and training activity (early stages). Scheduled to have the 1st North East Suicide Prevention Lived Experience Sub-Group on Tuesday 25th May, provide update at next meeting.

Tracey G – The team celebrated Tracey's long standing service with SAMH 2 weeks ago marked 30 years in service. Currently working with the CPN's to support due the shortage of staff.

Eilidh – TSI are working on digital training and continuing to support forums and networks. 1st June Health and Wellbeing forum. Children and Young Peoples forum mid June. Scottish Government Volunteering Survey is out at present shared through number of groups.

Holly – Scottish Recovery Network had national activity, lots of discussion events took place at end of last year focus on what's next for recovery and what's next for peer support, shaped vision and programme. Key focus; lived experience engagement and peer support. Work in progress on early intervention and psychosis and eating disorders. Welcome anyone to get involved. Developing a peer recovery

hub, a space to bring people together, shared learning and build capacity and interest in peer support. Sign up for newsletter to keep up to date and new website.

Tracey W – Commissioning is advertising for new team members, a commissioning co-ordinator and admin assistant.

Becky – Children Young People and Family focus, hoping to do a young people volunteering event. Bringing together; employers, organisations and young people to have discussions around what each other can give and get from each other. Information on event with follow shortly. Wellbeing walks and in person school activity currently postponed due to pandemic.

Heidi – Another date for ‘being a good supporter’ course, open to everyone. Funding secured to run another SIPP suicide skills course. Courses are live and on website. Heidi to arrange discussion with Kirsteen and Susan around what we can do for the Health and Social Care workforce. Updates will continue to be sent via the weekly newsletter. Anyone interested in the conversation cafes to get together in sub group before next MRR meeting.

Jarrold – Localities manager trigger planner has been going well. DBI training still in progress and gone very well now being shared with Aberdeenshire and City. Internal work ongoing on the stress of police officers.

Aimee – CHIME OUT optimistic super excited to get started and support admin on project. Very connected so many happy faces, welcoming and friendly, overall very positive.

Next Meeting – 29th June 2021 1030 -1230

Chair – Pauline Forbes

Minute – Aimee Wright