

Making Recovery Real in Moray Partnership Meeting

Tuesday 5th November 2021 10:30 – 12:00

Present: Aimee Wright, Michelle Raisborough, Heidi Tweedie, Kirsteen Carmichael, Jackie Maclaren, Elidh Brown, Heather Fisher, Jad Leach, Shirley Feaks, Alison Potts, Tracie Wills, Tracy Grant, Louise Penfold, Chris Ritchie, Martin Kirwan, Ailsa Innes

Apologies: Becky Poyner, Pauline Forbes, Kirsteen Pyett, Kelly Blackmore, Anne Grant, Pam Cremin

Chair: Kirsteen Carmicheal,

Minutes: Aimee Wright

Organisations / Perspectives formally represented:

Lived experience of MH challenges.

- adult perspectives.

tsiMORAY

Police Scotland

Moray Wellness Service (Penumbra)

DBI Service (Penumbra)

Scottish Recovery Network

Circles Advocacy

SAMH

Children 1st

Quarriers Care Support Service Moray

North East Suicide Prevention Team

Moray Wellbeing Hub CIC

HSCM (Health & Social Care Moray)

- Commissioning

- MH social work

- Psychological services

- Public Health Coordination

Actions from meeting:

- Provide partners guidance document on Community Mental Health and Welfare fund – Jackie/Elidh
- Provide Aimee or Jackie with top local needs for funding allocation – All
- Pathway's data ensure up to date send all amendments to Michelle – All
- Pathway's promotion blurb to be sent to Tracie to promote – Michelle
- Review Wellness Proposal Business Development and Next Steps – Heidi
- Discussion HSCM workforce training – Heidi/Alison
- Discussion on School's work – Heidi/Becky/Kirsteen

Agenda for Next Meeting:

- Young People Update & Future Funding – Becky
- Suicide Survey Update – Paul J
- Supporting People While Intoxicated and Suicidal – Anne P
- Improving reach and use of pathways tool (inc distribution of promotions) – Michelle/Heidi
- Wellness College proposal update - Heidi
- Next Year's Meeting Dates – All

Previous Meeting Minute:

Agreed in advance by email.

Meeting Topics:

1. CHIME In

Kirsteen C - Area Public Health Coordinator: feeling Hopeful, Aimee - MWH Administration: feeling positive and looking forward to meeting, Alison - Registrar in Public Health: hopeful sun is shining, really pleased to be here, Chris – MWH: connected and hopeful, Anne P - Circles Advocacy: feeling good, hopeful and positive, Michelle – MWH: looking forward to meeting today pleased to be here, Elidh - TSI Moray: really glad to be here today excited and hopeful, really empowering, Heather - Children 1st: hopeful and positive, Heidi - MWH Social movement enterprise lead: feeling purposeful, Jackie - TSI Leadership team: happy to be here 1st meeting, Louise P – Suicide Prevention Development Officer SAMH: meaningful drive new stuff happening, Martin – Independent Phycologist/trainer/champion: hopeful good turnout, connected after meeting with Heidi. Shirley Feaks – HSCM: enthusiastic, Tracie Wills - commission officer, champion: really enjoy coming to this meeting. Real actions that go somewhere, Tracy G – SAMH: feeling hopeful so far so good.

2. Next Meeting Chair & Time Confirmation

Next meeting date set – 14th December with a change of time to 1pm due to conflict with another meeting.

Elidh Brown from TSI has volunteered to be chair.

3. Communities Mental Health and Welfare Fund

Announcement a few weeks ago 15 million to be put through TSI to be distributed to community groups and organisations to support prevention and early intervention in adult mental wellbeing. 257K will be distributed across Moray. Issued guidance for funding and will be open for applications by 30th November. Looking for partnership working and are on a tight turn around to come up with local plan. All funding must be distributed by March 22. How to capture information to feed in where gaps are identified the priorities should be for applications. Not all areas are in as strong a position as Moray as MRRP is already in place and are able to engage. Exciting opportunity could be options for future years. Feedback on key priorities would be helpful and happy for all contributions.

Area Anne P is interested in however concerns there maybe a conflict of interest if business is applying for funding but also would like to contribute personal feedback. Elidh invited Anne P to attend the next meeting, as the people in the working group are not decision-making panel to ensure fairness across the board.

Conflict is always going to be there regardless of what we do and as long as we are being mindful, transparent, open and robust with evaluation we are doing everything possible.

Anything in values from MRRP than can be used should be as it was collaboratively created by group and may assist with some conflict of interest. Aimee Volunteered to collate if required, MWH have data from Suicide Survey, Conversation Station, Digital Health, Louise P may have some ISP

feedback. Aimee can collate or data can be sent direct to JM. Local need is more relevant than actual data.

JM has been provided with guidance documents, logic model with key aims, which she will share with partners.

Next meeting is next week very tight timescale.

Alison P happy to get involved and offered support and independent set off eyes. Evaluation is part of the ask and very important.

4. Administration Monitoring and Reporting Update

Pathway monsters and pens, how we distribute them and how long we make them last.

200 – 500 views on the pathways, families and young people pathways are getting higher use. All partners to ensure data is kept up to date on pathways webpage any amendments to be sent direct to Michelle. Will add to recurring agenda.

What each partner can do to promote?

Commissioning data base Tracie Wills can promote if Michelle provides blurb.

Elgin felt busy at recent market, would be good to link in with some outreach. Pop up circles advocacy in the libraries able to take monsters and pens. Any outreach event done with partners can use, contact MWH team to get items. MWH Team can distribute throughout Elgin to any partners who would like stock Pluscarden Clinic and Children 1st would like some monsters. Tracy doing some work along side Elgin High and Academy. Elgin Academy has been given some as part of kindness cupboards, could link in with High School, possible funding to provide kindness cupboard.

Kirsteen has been contacted by Buckie Highschool as it's been highlighted how the mental health of the pupils and families have been affected by covid. Kirsteen would like to discuss further with Heidi the young people work Becky has been doing in schools as part of MFR.

5. Wellness College Proposal

Heid met up with Pam C to discuss going forward with a centralised wellness college proposal, Louise and Martin have discussed this theme before within the Suicide Prevention Trainers Grampian Group, lots of different tools people could access around courses, can be confusing to find the correct specific course for individual. Idea for all offerings were displayed in one place and partners would be able to cross promote.

MRRP can enable people to have better access to the right course by collaboratively working together. Principle would be same as administration of MRRP.

Tracie W – The way we want to move forward highlights gaps that have been identified. No wrong door approach to be kept in the forefront of everything we do. Commissioning point of view would support this.

Anne P – Thinks great idea, A clear matrix that identifies what is required of each person. If providers get on board, to ensure no duplication of training.

Martin K – Very happy to endorse principle and core idea of single shop window with adequate choice appropriate to their need and requirement.

Heidi T – Pleased to hear that it makes sense, duplication of training would be prevented. Third Sector the quality of the workforce another step towards working together that individual might move around and support development of moving around for individual and employability.

Martin is an independent provider having a space to be able to showcase training/event.

Alison P – Having wider conversation across Grampian, what is offered to staff in HSCM, new initiatives for staff. Opportunities to change and develop, make sure third sector is included. HSCM doesn't have capacity to deliver all training. Happy to be apart and feed into the NHS, funding for training isn't long. We care HSCM staff in place 5/6 months began during pandemic, funding ends at end of March next planning for future funding. Opportunities to become a part of wellness college.

Jackie M – CLD Strategic partnership area of focus workforce development how is it supported in third sector. UHI conversations to see if there is anything that could be delivered. UHI partnership way of working for some time, challenge stigma, recovery colleges, students and share spaces. Heidi to link in with Jackie and CLD Strategic Partnership.

In principle partners are happy to move this forward, and Heidi will continue to provide updates on progress. Heidi to figure out how this looks for MWH as hosts and may be in contact to set up focus group in future after next steps established.

6. See Me See Us

Event on Friday partnership with See Me, promoting stigma, collective responsibility we can all do something. Everyone can do something. Team/workplaces – everyone welcome. If partners could promote it would be appreciated. Link to registration for event on MWH webpage or if anyone would like further information email – hello@moraywellbeinghub.org.uk

7. Young People Funding & Future Projects

Becky to share at next meeting, apologies received today. Lots of positive stuff happening at the moment at schools and in the community.

8. Suicide Survey

Paul unable to attend hopefully manage to provide update at next meeting.

9. Supporting People who are intoxicated and Suicidal

Follow up next meeting. Lots of blue-sky ideas at last meeting and links in with National Care Service work and HSCM. Will follow up next meeting.

10. CHIME out

Kirsteen – Feeling really connected, lots of support many thanks, Elidh – Feel really hopeful and connected, and I want to be back around the table but I remain on secondment three days per week so this won't always be possible, I remain active and committed, Martin – such a great job, feeling more hopeful after meeting, suicide prevention working group is next week hope to feedback at next meeting, Louise – still feeling meaningful why we do what we do, Chris – feeling connected and hopeful, and delighted to be in such great company and thanks to Kirsteen, Heidi – I am so pleased, thanks to Kirsteen, feeling really connected, supported and thinking the same way as a collective, Elidh lived experience piece, Aimee – supper connected, Michelle – enjoyed today's meeting connected and hopeful. Jackie – really enjoyed meeting today lots of positivity, sharing and support. Alison – feeling really connected, excited to see additional funding where it can go, Kirsteen great job.

11. AOB

Link to Elidh blog on future of Social Care from Voice to Vote for Real Choice and Change: <https://www.alliance-scotland.org.uk/blog/opinion/future-of-social-care-from-voice-to-vote-for-real-choice-and-change-2/#expanded>

Next Meeting: 14th December 2021 at 1pm

Next Chair: Elidh Brown

Minute: Aimee Wright

Future Meeting Dates: To be confirmed at next meeting.