

## **Making Recovery Real in Moray Partnership Meeting**

Tuesday 14<sup>th</sup> December 2021 13:00 – 14:30

**Present:** Elidh Brown, Aimee Wright, Michelle Raisborough, Heidi Tweedie, Martin Kirwan, Ailsa Innes, Pam Cremin, Alison Potts, Ailsa Innes, Anne Pendery, Chris Ritchie, Kirsteen Carmicheal, Fiona Imlach, Becky Poyner

**Apologies:** Pauline Forbes, Kirsteen Pyett, Holly Hendry, John Beaton, Louise Penfold, Liam Yule, Tracy Grant, Jarrod Leah

**Chair:** Elidh Brown

**Minutes:** Aimee Wright

**Organisations / Perspectives formally represented (strike through not in attendance at meeting):**

Lived experience of MH challenges.

- adult perspectives.

tsiMORAY

~~Police Scotland~~

~~Moray Wellness Service (Penumbra)~~

~~DBI Service (Penumbra)~~

~~Scottish Recovery Network~~

Circles Advocacy

SAMH

~~Children 1<sup>st</sup>~~

~~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 to be complete by next meeting date:**

- Pathway's promotion blurb to be sent to Tracie to promote – Michelle
- Discussion HSCM workforce training – Heidi/Alison
- How do we get everyone to promote pathways everyone to bring ideas to next meeting (Session to be focused on pathways) – All
- Pathways Statement – Heidi
- Set next year meeting dates & times – Aimee & Elidh
- Connect with Paul J to share data and outcomes of Suicide Survey – Martin
- Supporting people while intoxicated and suicidal share Ayrshire model – Anne P
- Compare pathways to the HERE Caithness tool (and any others that archive the aims).

**Agenda for Next Meeting:**

- Pathways Focus on Promotion – Heidi/Michelle
- Suicide Survey Update – Paul J
- Supporting People While Intoxicated and Suicidal (recurring)

**Previous Meeting Minute:**

Agreed in advance by email and amendments contact Aimee.

## Meeting Topics:

### 1. CHIME In

Elidh: Lovely to be here and see you all, run up to Xmas nice to connect with all, Fiona: feeling connected nice to be back into swing of things, Chris: connected and welcome, Michelle: lovely to be connected to everyone, Kirsteen: feeling connected great to build on relationships, Alison: nice to be around familiar names, good friendly warm chat, Pam: I'm here good to prioritise time and connect today and feeling motivated, Ailsa: breaking the mould I'm here but not feeling very connected, but am sure I will by end of meeting, Anne: feeling very connected, meaningful day, Heidi: I'm delighted to see all, feeling motivated, Martin: even more connected and heartened, little disturbance with kitchen fitters. Aimee: Lovely and connected.

### 2. Next Meeting Chair & Time Confirmation

Dates & Times TBC will be cascaded in separate comms.

Heidi Tweedie to Chair

### 3. Pathways

Stats are regular vary between 200 – 500 hits per page. No amendments received hopeful that everything is correct. Information is correct by quarterly email to all partners to check their details are correct.

Discover Pathways to Wellbeing in Moray' is the Making Recovery Real partnership's key online tool in empowered supported management around mental health and wellbeing. Scottish Recovery Network's John Beaton, suggested we explore the 'HERE Caithness' tool which aims to achieve similar for this community.

Moray Wellbeing Hub, who host the Discover Pathways tool, have undertaken an exploration of [Here Caithness](#) and recommend a number of developments for Moray's Discover Pathways as a result of seeing this good practice. As a MRR partner, MWH request your feedback in preparation for a deeper discussion about developing the Discover Pathways tool at the next meeting in early 2022. Please visit the HERE Caithness website, perhaps with Discover Pathways open as a comparison, and consider the following questions. You may also wish to look at the mobile versions as well as desktop of both.

Ideally MWH would like this feedback in advance of the meeting to help them prepare.

Email [hello@moraywellbeinghub.org.uk](mailto:hello@moraywellbeinghub.org.uk) with the title 'Discover Pathways feedback' if you are able to do so.

1. Top level: HERE Caithness (HR) has an image of a welcoming home. Discover Pathways (DP) originally was aimed to represent as a pathway with no wrong journey but the same wellbeing destination of recovery. What do you think of the landing page for DP having a stronger visual to welcome visitors?
2. Sub level: This key level of HR has a selection of subjects represented as images. For DP this is akin to the top level with the current 5 pathways you can choose. Is there anything you note in comparing these that could improve DP?
3. Service information level: in HR this is a list of services with videos. DP does not yet have this but MWH think this would be a very good idea. What you you think about having videos that explain each service or resource? What other thoughts do you have in exploring this?

[Here Caithness](#), had lots of videos which was very useful would like to take this forward to produce videos for pathways. Need to look at finances but would like peoples agreement or feedback, MWH could assist with production of videos.

Hoped to do some more development on voice of GPS. Hasn't moved forward we have meetings upcoming and will continue to take forward.

Feedback is available on the pathways page that is anonymous promote with partners and users.

TSI Moray Community Map looking at ways to link into this along MEOC (Making Every Opportunity Count) future meetings planned.

Physical banners will be repaired after storm damage by lovely champion.

Other partners might be thinking about developing other signposting webpages. Would love to know more about this. We know Employability Pathways and TSI Moray Community Map. Lindsey Nelson has spoken to Heidi in past and Heidi invited to MRRP will discuss with re tender of website to give info for families. Helena is also looking at developing webpage for Autism, Heidi will discuss separately.

Tier 1 universal support services knowing where to get help from self-management (help to help your self) people were identifying gaps in that area. Example new mental health and wellbeing practitioners come into practice lining up with MEOC framework. They will identify where there might be gaps or if they cant find the right sign posting by reporting on tools and resources. Held by NHS Grampian Public Health.

Tier 2 is Help when you need it that's about how people access services mostly HSCM and third sector services commissioned by NHS Grampian and most orgs that's providing services to national organisations.

Tier 3 Specialist Service if people are having issues accessing GPS, Social Work, outpatient appointment member of the MDT.

Tier 4 specialist referrals across Grampian for example eating disorders (lower volume but highly specialised).

Pam provided some framing to allow partners to help new workers understand pathways and how its getting redeveloped. We make sure that we make clear statement around pathways and what it does and who it supports. Work on language, return and refer to Good Mental Health Strategy for All. It discusses Tiered model for reference.

Primary Care – General Practice and Secondary Care – Specialist.

Heidi to do a piece of work to put 2 bits of language together and Alison and Pam to sense check it. After approved work on how we can promote to partner for use and signposting. This would assist in recognising when a new pathways has to be developed.

NHS Grampian will own and manage the framework for us to report into them on referrals and how many people use the tool. Online booklet available for download.

Would like clarification on how to discuss Discover Pathways such as being able to communicate it is like the community facing element of MEOC. They work parallel need to work out how to merge together.

Separate session specifically on pathways for the partnership to discuss in further detail.

#### **4. Young Person and Future Funding**

Overview of what's been happening. Halfway point in terms of Spey Peers project delivering in schools 4 session programme – living life to the full with some creative spin. Linking in with parents and parent empowerment groups. Working on connecting with harder to reach people providing them with MBL tools.

Blue therapy in wild swimming, workshops, walks and talks. About to begin short term project in Keith hopefully engagement with Keith Primary and Grammar to include MBL and awareness wellbeing session.

MFR project 3 schools 20 young champions across Moray.

MBL Community Session – 4 young people MBL 6-week course. Future funding, going forward looking to find out if we should run the experiment again 44 responses people wanted the session however covid restrictions along with location and dates were responsible for small group.

#### **5. Suicide Survey Update**

Meetings have been cancelled, really need to kickstart this subject and look at figures. No contact since original meeting, no data feedback. Eileen Rennie and Martin Kirwan optimistic as training is only just relaunching. Looking at starting courses April 22. Martin Kirwan will reach out to Paul J to bring back update for next meeting.

If there are any challenges or barriers with this and if so can we do something as partners to support Paul J.

#### **6. Supporting People While Intoxicated and Suicidal**

Reminder Anne P created group, which involved several partners looking at how we better support people who are intoxicated and suicidal. Discussions previously took place on options with pastures and peer led support in A&E. South Ayrshire are looking at a similar model of peer lead support. Anne P will find out more and share further information with Aimee to cascade to partnership. Challenge to remember is extra bodies can make for bigger risks.

Heidi and Chris are going to have a conversation with Justin Jenson to explore how to connect around peer/lived experience/support. Hopeful to meet before Christmas.

Hopeful this subject would connect in with Paul J work around suicide data.

Justin will always ask someone what caused the pain not the addiction. Resetting of people's mindset from addictions.

Continuously going full circle – People turned away until they are no longer intoxicated but reason for intoxication could be due to mental health. This needs to be looked into further as often the reason for substance misuse is due to having mental health.

Space of worker and peer and where do these lines go. Create peer support workers. Keep returning to this space and resource.

Lived experience from drug and alcohol addiction. We have the opportunity to look at how we solve some of the puzzles.

Environmental factors that we have no control over at this moment in time. Number of concern reports received that are when people are intoxicated are very high.

## **7. Wellness College Proposal**

Promotional tool for partners and their courses, categories identified. Needs more work, how are we going to implement along with costs. Doesn't want to duplicate but wants to support. Will link in with other tools and webpages etc. Heidi welcomes questions and will send out paperwork once further forward.

## **8. Next Year Meeting Dates**

TBC will cascade separately.

## **9. CHIME out**

Chris: Set my bells jiggling, connectiveness thank you all, Anne: Still connected and hopeful, Merry Christmas, Ailsa: Merry Christmas, helpful when I get to join, Michelle: Merry Christmas to all and Happy New Year interesting meeting, Becky: Exciting to join MRRP and catch up with all, feel a sense of joy making progress in many different areas, Heidi: Meaning to meeting, good chewy parts, guilt free space, Aimee: Merry Christmas to all, Elidh: M for meaningful lovely to see all.

## **10. AOB**

Community Mental Health and Wellbeing fund has launched and information has been shared with partners. 2 specific sessions with about 12 participants booked on each session, shared information at forums, and networks. Hopeful for lots of applications but appreciate continued support to share. [Funding@tsimoray.org.uk](mailto:Funding@tsimoray.org.uk) specific queries or questions.

The partnership fell away during the pandemic but we bounced back stronger than ever and we understand and have patience and flexibility with each other, it's okay if we are not all here all the time doesn't mean we are any less invested to make change.

**Next Meeting:** TBC

**Next Chair:** Heidi Tweedie

**Minute:** Aimee Wright