

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

Tuesday 15<sup>th</sup> February 2022 10:30 – 12:00

**Present:** Aimee Wright, Heidi Tweedie, Chris Ritchie, Fiona Imlach, Kirsteen Pyett, Carol Smith, Karen Higginbottom

**Apologies:** Martin Kirwan, Alison Potts, Kirsteen Carmicheal, Pam Cremin, Jad Leach, Annabel Ross, Tracy Grant, Pauline Forbes, Elidh Brown

**Chair:** Heidi Tweedie

**Minutes:** Carol Smith/ 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

REAP

~~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

### **Update to actions from last meeting to be complete by next meeting:**

- Pathway's promotion blurb to be sent to Tracie to promote – Michelle – Aimee to follow up
- Discussion HSCM workforce training – Heidi/Alison - closed
- How do we get everyone to promote pathways everyone to bring ideas to next meeting (Session to be focused on pathways) – All – defer to April meeting
- Pathways Statement – Heidi – defer to April meeting
- Set next year meeting dates & times – Aimee & Elidh – has been done & shared with network
- Connect with Paul J to share data and outcomes of Suicide Survey – Martin – minutes are with Pauls PA for finalising and distributing
- Supporting people while intoxicated and suicidal share Ayrshire model – Anne P - recurring
- Compare pathways to the HERE Caithness tool (and any others that archive the aims). – to be covered at next meeting, could all parties review this [here](#) and feedback to [hello@moraywellbeinghub.org.uk](mailto:hello@moraywellbeinghub.org.uk) by email title – MRR Pathways Feedback

### **Agenda for This Meeting:**

- Welcome new members

- Maryhill Therapeutic Garden Project
- Mental Health Funding Streams
- Mental Health and Wellbeing practitioners
- Pathways Promotion

## **Previous Meeting Minute:**

Agreed in advance by email and amendments contact Aimee.

## **Meeting Topics:**

### **1. CHIME In**

Heidi – frustrated with internet connection today, will be on without picture today as helps with connectivity. Feeling a bit sticky as an organisation just now as some things are coming back to face to face. Kirsteen – introduced herself as the social work manager within NHS Grampian, looking forward to connecting with everyone. Kirsteen is managing the set up of primary mental health care within GP practitioners. Chris – has hope for today. Chris is with the hub and carries out liaison work, he focuses on mental health and addiction challenges. Fiona – is feeling connected and glad to be here, Fiona represents Quarriers Support who work with unpaid carers in Moray. Carol – feeling good and looking forward to connecting today, recently joined MWH as admin support. Aimee – connected, confirmed with group that Carol has recently joined and is shadowing her today and will take minutes and join future meetings as admin support. Karen – nervous as is not used to using Teams, looking forward to sharing what happens in the garden at Maryhill.

### **2. Next Meeting Chair & Time Confirmation**

Dates & Times: 15<sup>th</sup> March 2022 – time 10:30 – 12:00, check in to be held with partnership members over zoom bring a coffee and catch up (Heidi to hold space for informal session)

27<sup>th</sup> April – next meeting, time 14:00 – 15:30

### **3. REAP – Maryhill Garden**

Karen is a therapeutic Garden worker with REAP based at the Maryhill Garden, just behind the DR surgery. This is a three-year project funded by the National Lottery and run by REAP Scotland.

They run two weekly gardening groups where placements run from a minimum of 6 months to a year. Wellbeing assessments are run every 3 months for each individual.

Typical sessions can include sowing, planting, general garden maintenance and harvesting tasty fruits and vegetables. These sessions would benefit people who have anxiety, depression, dealing with bereavement, are isolated or may have mild disabilities affecting their physical ability. The service cannot provide 1-2-1 supervision however can cater for accompanied individuals if a support worker attends alongside.

The service is run by volunteers who are approved by Disclosure Scotland. The benefits are found to be that it can improve physical and mental health, studies conducted by Thirve.org have found that this activity can help an individual build resilience in their mental health.

If you think that this can support an individual you can contact Karen to request a referral form, ensuring you have sought the individual's permission beforehand. [Karen.H@reapscotland.org.uk](mailto:Karen.H@reapscotland.org.uk)/07840908697. The referral process is an extensive application form as per conditions of the funding.

Karen will provide an information pack that will be cascaded around all partners.

Referrals for such activities used to be done via Link workers within GP practices however Kirsteen provided clarity that this service no longer exists. Kirsteen is currently involved in recruitment of new Mental Health and Wellbeing practitioners into GP practices, there will be 5 across the region. This is being funded by NHS Grampian following funding from the Scottish Government that has been given to local councils with the directive of them finding the best solution for Mental Health within their areas. Eileen Rennie was the main contact however she is currently off, so Kirsteen is available if there are any queries.

Kirsteen will provide a full update of this service at our meeting in April once there has been a settle in period.

Jean Pryde is a member of MWH and has taken lead on the project of primary care and is working on improving GPs usage of pathways, this has slightly changed course and Jean is being apart of the Mental Health and Wellbeing Practitioners induction and is there as a support.

#### **4. Mental Health Funding Streams**

There are lots of streams coming forward, some are ring fenced for particular projects, others may have restrictions, and some may go into the general budget.

The project Kirsteen is implementing is a result of some of this funding, this would place the new Mental Health Officers at the height of a crisis, facilitating rather than maintaining caseloads. Mental Health Social Workers are at a more community, preventative level but possibly do not have the scope to be covering the whole community where they are needed.

There is hope that something that be done to support carers in the process where someone has to be detained under the MH Act. Lots of frustration that once someone is admitted to hospital the carer is not informed of progress as not given as a contact by the individual however the social workers require to speak to the carers to gather information however cannot update them on the situation.

The Communities Mental Health and Wellbeing Fund – administered by TSI Moray, Elidh Brown – is the contact for TSI and part of Findhorn Arts. For new projects starting in March a range of people have applied, review currently being done of where funding can go. Process has CHIME embedded in it. Elidh will be able to provide further update at next meeting.

#### **5. Pathways Promotion**

Have been offered advertising space at the Playhouse cinema in Elgin, this is quite expensive but may be of use, need to consider this further. There are banners out in the community, are people seeing these? Consider other options, MWH will look into costs of advertising on local buses or trains.

## **6. CHIME out**

Heidi - Feeling connected and meaningful meeting, Fiona – feeling very connected, Kirsteen – has hope and connection, feeling that there has been meaning and purpose in this sessions, Carol – feeling connected, Karen – thanks for being so welcoming, feeling hopeful, Aimee – feeling connected, feeling of meaning and purpose, Chris – connected like 2 lego blocks, such an empathetic conversation, lost of hope, feels empowered and happy.

## **7. AOB**

The group think it would be useful to hold sessions where each partner could speak about what they offer to ensure all can be using the services where required, this will be the main focus of the next MRRP meeting holding no agenda. All agenda items will default to the April meeting unless anything urgent arises.

Heidi to look into holding a session where recordings of each service could be taken and shared on the discover pathways tool.

Heidi will discuss the functionality of the Get Help button on pathways internally with Michelle.

Sessions with the new Mental Health Officers may also benefit to ensure a joined-up understanding of the service. Discussed having an MWH presence at the session to enable carers in particular to support as there is a high number in the carer population with mental health challenges.

Pamela Cremin is moving into a 1-year secondment with NHS Highland, last day is 22<sup>nd</sup> March 2022, Kirsteen is happy to be the link to management within the group. Heidi to speak with Pamela before secondment.

Aimee will reach out to try and reconnect with some partners that did not sign up when the MRRP mailing list migrated to mailchimp. Process for joining MRRP mailing list: partners are invited to sign up to MWH newsletter on sign up an email will be sent to partner asking them to confirm email, once email confirmation is received MWH admin add MRRP tag to ensure partners are included in all mailings relating to MRRP.

**Next Meeting:** 15<sup>th</sup> March 2022 @10:30

**Next Chair:** Heidi Tweedie

**Minute:** Carol Smith/Aimee Wright

