

Making Recovery Real in Moray Partnership Meeting

Tuesday 15th March 2022 10:30 – 11:30

Present: Aimee Wright, Heidi Tweedie, Carol Smith, Pam Cremin, Iain MacDonald, Lewis Walker, Martin Kirwan, Tracy Grant, Anne Pendery, Louise Penfold, Eilidh Brown, Tini van Luijtelaar, Kirsteen Pyett, Alison Potts

Apologies: Kirsteen Carmicheal, Jad Leach, Annabel Ross, Pauline Forbes

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 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

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

- 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
- 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). Defer to April meeting. Feedback welcome to hello@moraywellbeinghub.org.uk title MRRP Feedback.
- Share localities structure – Iain Macdonald

Agenda for This Meeting:

- Connect with existing partners and welcome new partners to the table.

Previous Meeting Minute:

Agreed in advance by email and amendments contact carol@moraywellbeinghub.org.uk.

Meeting Topics:

1. CHIME In

Heidi – bit frustrated with this morning, organisations not putting as much focus on MH training as had hoped, Pamela – last meeting, Eilidh – meaning, trying not to do everything at once, Aimee – connected, may be last meeting, supporting Carol in taking over, Tracy G - great to be able to attend, Kirsteen – meaning. Picking up threads that have been waving in the wind, connection with everyone, Lewis W – GP lead – curious, connected, bit of information giving, needs to leave at 11:15, Alison – registrar in public health – connectedness, pleased to see everyone, last MRR meeting, finishing up at end of the month, Tini – feeling slightly deflated, looking forward to connecting, Carol – feeling connected and looking forward to the meeting, Anne – connected, Iain – intrigued and great to connect and link into partnership, Martin – great to see everyone and feel connected as always, Louise – connected and glad to make meeting.

2. Next Meeting Chair & Time Confirmation

27th April – time 14:00 – 15:30 to be chaired by Iain MacDonald

3. Lewis Walker – Clinical Lead HSC Moray - NHS Grampian

Overview given to the group on Mental Health in Primary Care.

4. Iain MacDonald – Locality Manager – Forres & Lossiemouth - NHS Grampian

Health and social care manager, came into post just before covid, ended up taking on diff responsibility over the last couple of years. Now regaining focus on the locality group connecting in with lived experience and 3rd sector, Heidi also sits on moray wide group. Getting momentum around the group now. Locality manager for Forres and Lossiemouth area and there is a link with Grampian wide team that Alison P is part of. Home first agenda – delivery group – prevention and self management. Social prescribing – workstream group working on this reporting back to home first group also want to feed back into MRR. Lots of work done in last few years, trying to pull everything together – Iain will put together a document to outline localities and managers responsibilities that can be shared with partners.

5. Pamela Cremin - Integrated Service Manager - NHS Grampian

Exciting times after being through pandemic. Mental health service fully mobilised, will continue as a hybrid way of working, some online and face to face appointments. Wellness centre ending in March. Mental health & wellbeing practitioners now in practices and ongoing recruitment. Drug and alcohol access up for renewal, the purpose of this is so that individuals seeking support don't have to keep calling GPs, they can go to a point of access for help faster. Funding streams paper has been circulated

to partners, funding is coming, we need to be mindful and engaged about how to apply it. MHLB transformation board is remobilising now. Pamela is attending a people engagement group tomorrow to see how it is going, it's very important that people know they have a space and can engage.

Pam confirmed that Teresa Green will be taking over from her during her secondment to NHS Highland, Teresa starts 4th May, there have also been some changes in the local management team, Kirsteen P has taken on a larger role, which includes linking with Lewis in primary care agenda and strategic access on single point of access.

6. Martin Kirwan - Mental Health and Suicide Prevention/Intervention Trainer

Info circulated recently following the suicide survey that was carried out in 2021. Survey identified some gaps, many we knew about – e.g. lack of 24/7 care, more holistic approach to mental health and wellbeing, suicide prevention and social prescribing. There is an appetite and need for training, MWH and peer trainers are out there, first one people often mention is Assist, they have been around for 20 years but has not been available in Moray for the last 5 years. A clear need for training properly differentiated from the survey, to allow the correct selection process. Wellness college could be one of the platforms, possibly the core platform to stage this from. Data from survey is out there, summary should have been received yesterday. If going to provide training let's make sure its comprehensive, so people can make best decisions around suicide prevention and all training available. Can discuss this in more detail at April meeting.

7. Eilidh Brown - Tsi Moray

Eilidh confirmed there have been 15 applications received for under £30k remaining, underspend will be spent, it is to be allocated by end of March. Will be ongoing connections and learning as we go through this process. Money being distributed across Moray. 'Join the dots' – annual third sector conference being held tomorrow, this will cover diverse range of people, it is held online for half a day. Very exciting. Encourage others to come along. Panel session, then will be 3 break out rooms – weaving wellbeing, mental health and wellbeing weaves across many different strands. Tomorrow – good overview. Ongoing – health and wellbeing forum regularly connects, open to others coming along to get involved. Next one is a week today. Heidi will be there doing updates. Not a closed shop, third sector led forum open to all partners. Lovely to be here today.

8. Louise Penfold – Suicide prevention Development office, NE Scotland

Has been involved in a lot of work in background with police, reporting, concern reports, preparing guidance on what they should look for, included life events, pressure points. Guidance has now gone live, along with training video available to Grampian. Offshoot of that – want to make available for partners, following review and tailor it more to the general public rather than the police. Available soon. 12 step for being concerned for suicide, what to record, when to escalate. Have public version coming 'are you worried about someone?' 5 steps, will fit in prescription bag, when to escalate card, left with families when someone returns home. When someone being returned from a& e being put back with family and deemed safe, but what if start to show risky behaviour, when to escalate this, families need further information. Have been reviewing death reports, this feeling that people didn't think it was bad enough to reports to services. Police would rather be looking for someone 10 mins after they go missing and find them nearby rather than 4 hours after and wider search. There is a 3

minute video police have done due to go live. Will be available to be widely shared. If police giving you information it's no reflection on you, it's to keep your loved ones safe. Due to have a meeting start May – suicide prevention and alcohol. Have done programme of events, looking to have memorial service in Moray as part of suicide prevention week in Sept.

9. Anne Pendery – Circles Network

New advocacy meeting group – next mtg 28th March - what issues would any of the group like to take forward to improve their situation. Also working on suicide paper with Martin. Contract runs out soon, any gaps in advocacy, let Anne know. Have started drop ins at ward 4 bow café and library, will go out rural soon. Also been asked to set up champion group for those involved in adult support and protection - how to work better for those being investigated, anyone interested in being part of this from lived experience contact Anne P.

10. Alison Potts – NHS Grampian

Setting up network to share best practice across Grampian – diff strands of mental health and wellbeing – met about social prescribing, continuing to network, Heidi a member also. New colleague Pete Matthews is replacing Imran – this is Alison's last meeting, Pete will take this on now. Some high level groups meeting and being formed around prevention and population health.

11. Heidi Tweedie – Moray Wellbeing Hub

More and more requests for how to implement chime as a way of measuring how activities are working. Collective voices work - continue to hear about people's experiences in MH and also drug and alcohol addiction. Growing a great partnership with arrows, continuing links to SAMH, have some funding to run some peer support over next year, comes from TSI fund.

Peer research – Parental and Infant Mental Health, advancing with this now, Tini leading with Johanna. Trying to connect people to speak with others who have sought help mental health from birth of their child to age 3, focusing on empowering.

Lots of training – Scottish mental health first aid – great interest in this – as it's an accredited course. Have developed a 2 day course including discover pathways, chime, suicide prevention app, trying to take everything we speak about in this space and training to those in front line. People for their CPD, values support. Have been working with HSC workforce. Lots of barriers, stigma we are coming up against making it difficult in working with people we want to be engaging with.

12. Kirsteen Pyett – NHS Grampian

Pam has touched on the headlining topics. Kirsteen has links in with Lewis – being aligned with psychology resilience hub, primary care, self-referral. Now branching away from this, focusing on Moray, looking for solution in referrals, need interim measure in place, will keep us updated. Found network meeting very enjoyable, felt like a Grampian wide MRR, would be good to do a few sessions similar throughout year.

13. CHIME out

Pam – hope, lots of excitement re mobilisation, getting back on agenda of meaningful accessible support, Kirsteen – hope, very important work we are doing, Louise – meaning – what is and can go

on, what we are reshaping, really interesting movements, Martin – hopeful, just as when started, connected. Tinged with wee bit of anxiety – lots of balls to juggle, hopeful of this partnership arrangement dealing with mammoth task, Eilidh – empowerment – so pleased this group did hard work putting in governance at the beginning to be recognised with IJB, work very well together, Tini – invigorated, did receive boost of hope and optimism that I was looking for, Anne – started and ending with hope, and empowerment, word of caution – not necessarily starting again, a lot of services have just kept going, let's not forget that. NHS and council kept going, Alison – lots of hope connecting, empowerment, very excited, sad to be leaving everyone, good luck with everything, will ensure a handover. Iain – hope – empowerment, key part of his locality work is empowering people and local environment Carol – optimism, everything discussed this morning is very exciting, Tracy – felt hope at start but much more connected. Last year and a half have been entrenched in keeping things ticking over, good to see some light, Aimee – chime is centred in it all, really focused session, great to hear what everyone is doing and how they link in, lovely to connect with everyone, Heidi – are doing what we are here to do, making recovery real. Thanks to those leaving us – Pam, Louise and Aimee, always keen to hear from them in future is ever want to join in, leaving project but not leaving completely.

14. AOB – Notes for next meeting agenda

- Suicide Prevention and sharing guidance from the data we now have
- Peer research update from partners
- Locality planning – connections to communities/ lived experience

Next Meeting: Wednesday 27th April 2022 @2pm

Next Chair: Iain MacDonald

Minute: Carol Smith/Aimee Wright