

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

Tuesday 5<sup>th</sup> July 10:30am – 12 noon

### Teams

**Present:** Heidi Tweedie (Moray Wellbeing Hub), Carol Smith (Moray Wellbeing Hub), Paul Southworth (Health & Social Care Moray), Tracie Wills (Health & Social Care Moray), Eileen Rennie (Health & Social Care Moray), Kirsteen Carmichael (Health & Social Care Moray); Kirsteen Pyett (Health & Social Care Moray), Ailsa Innes (Health & Social Care Moray), Tracy Grant (SAMH), Karim Mahmoud (Digital Health & Care Innovation)

**Apologies:** Eilidh Brown; Martin Kirwan, Shawn Pignon, Teresa Green

**Chair:** Heidi Tweedie

**Minutes:** Carol Smith

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

Lived experience of MH challenges.

- adult perspectives.

~~tsiMORAY~~

~~Police Scotland~~

~~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
- Mental Health Practitioners

### **Actions from last meeting:**

- Discover pathways/ monsters etc anyone wanting these get in touch with Carol - All
- Investigating online MRR pages and pathways – any improvements can see - All
- Share knowledge of available venues for delivery of community activity / courses - All
- Link up with Joan re MRR action card and put questions to Joan re new role to create info on pathways - Heidi/Carol
- Ideas for setting up video promoting discover pathways - All
- Street pastors – info re use of banner on bus - Heidi/Eileen
- Compare pathways to the HERE Caithness tool (and any others that achieve the aims). Feedback welcome to [hello@moraywellbeinghub.org.uk](mailto:hello@moraywellbeinghub.org.uk) title MRRP Feedback. – All

### **Items to return to**

- Using high street vacant space for promotions – opportunities around these.
- Supporting people while intoxicated and suicidal share Ayrshire model – recurring Anne P

## Agenda for This Meeting:

- Chime In/ Update on actions - All
- Suicide Prevention and sharing guidance from data we now have - Martin/Louise
- Suicide Prevention Steering Group discuss the coordination of suicide prevention training - Heidi
- Share Upcoming Events - All
- Strategy for MRR – recap on this and Terms of reference, when do we need development sessions - Heidi
- Chime Out - All

## Previous Meeting Minute:

Agreed in advance by email and amendments contact [carol@moraywellbeinghub.org.uk](mailto:carol@moraywellbeinghub.org.uk)

Public versions available at <https://moraywellbeinghub.org.uk/making-recovery-real/>

## Meeting Topics:

### 1. CHIME In

- Ailsa – feel haven't been here for long enough, connectedness not really there at the moment, getting there, hope that illness all done, identity – taking health for granted. Mental Health Practitioner
- Tracy Wills – starting to enjoy gardening and garden centres! All good personal wise. Happy to be at the meeting
- Tracy Grant – busier than have ever been, on holiday soon, enjoying the tennis, I'm all good.
- Kirsteen C – Public Health co-ordinator in Moray, Mental Health one of my remits – hopeful that over time will start to meet in person in future, great to see Heidi and Paul joining from same room. Mental Health wise – came into post in Sept – getting to grips with the agenda, realise Mental Health embedded in everything
- Eileen – hopeful that can sit for the whole meeting – bad back, manage Moray primary care psychology service and MH practitioners, tired, just work on the to do list.
- Paul – first time to this meeting, consultant in Public Health, lead in Public Health in mental health, very connected being in a room with Heidi, hopeful as great news recently, partner pregnant, Mental Health side – very busy, anxieties after the last couple of years from work.
- Heidi – relate to Eileen, bits coming through my brain, work getting into every element of life, trying to tap it down, need a break, will get one in 3 weeks, navigating the resources in Moray for small humans been challenging in personal life.
- Kirsteen Pyett – whack a mole at the moment, seems like this is a shared experience, hoping to finish the meeting slightly calmer
- Carol – enjoying being in the same room as people so feeling connected and glad to be at this meeting
- Karim – hopeful and positive, also met Heidi and Paul in person earlier, digital care and innovation centre, rural centre of excellence recently established in Moray, very interested in hearing about this partnership.

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

Wednesday 24<sup>th</sup> August 2022 – time 14:00 – 15:30 to be chaired by Eileen Rennie.

## **3. Actions outstanding**

### **3.1 Discover Pathways - Heidi**

- MWH arrange to bring some promotional resources to Healthpoint

### **3.2 Using vacant space – opportunities around these, connecting with John Beaton’s suggestion, looking into this - Heidi**

- Keep bringing this back for discussion within the group
- Work with the street pastors – on the high street, would be great to promote
- Anything with the council? Kevin McDermott – Communities Lead – feel he may know about this – Paul to investigate this

### **3.3 Investigating online MRR pages and pathways – any improvements can see – All**

- MWH host this
- Carry this action over for everyone to review & consider if there is anything we need to update

### **3.4 Share knowledge of available venues - All**

- Tracy Grant – have the small room, small group from MRC did approach about getting a room but need to consider potential conflict. Not chargeable. CPNs planning to come down for meetings again.
- Heidi today in Health & Social Care room at Moray college. Reminder that we are partners, we can use this space for running things. Empty in the summer, not sure how well it is used in normal times, college is much quieter these days.
- Tesco have a community room, may be a bit trickier in practice due to previous experience
- Kirsteen – Fleming hospital in Aberlour – have a big space that is looking to be used.
- Greenbrae Steading – charge involved – MWH used for Whole more than the role; a brilliant space run by Lucy who used to be TSI Moray.
- Elgin City Football Club recommended by Tracy – good space, upstairs and downstairs rooms. Reminder upstairs accessibility can be a challenge as no lift.

### **3.5 Link up with Joan re MRR action card – Heidi**

- Joan advised to link up with Eileen

- Eileen will look into this as they have been working on some leaflets, she is unsure if she can access these so may need to start again
- Carol gave update on what has been done to update the MRR action card – (contact information for Health and Social Care and update from Eilidh on tsiMORAY service) will link in with what we are going to update on the pathways about the Mental Health and Wellbeing practitioner role
- Linking up with Fiona McPherson
- Suggestion by Paul: Public Empowerment Group on mental health and learning disability, NHS Grampian – Liz Howart. Could we arrange for her to come and speak to the group – needing recruitment up, engagement around Moray – broader voice needed, lived experience. Agreed, action for next time – invite Liz and get an update from her

### **3.6 Heidi and Carol to put questions to Joan re new role to create info on pathways Heidi/Carol**

- Ongoing, linking in with Eileen

### **3.7 Ideas for setting up video promoting discover pathways All**

- Michelle at Moray Wellbeing Hub has been looking into this
- Ideas welcome
- Aim for the video is to confirm what the tool is and how to use it
- Kirsteen C – can we wait, this year was involved with a foundation apprentice in digital media – he created something for baby steps health and wellbeing programme, other students created short videos for college board, give them real life experience, become their employer, very valuable insight, Heidi will take this action forward to speak to Kirsteen.

### **3.8 Street pastors – info re use of banner on bus - Heidi/Eileen**

- Street Pastors are still fundraising for the bus at the moment but discussions around potentially giving the street pastors promotional ‘monstars’ and pens etc to use when speaking with people.

### **3.9 Supporting people while intoxicated and suicidal share Ayrshire model – recurring Anne P**

- Very important to keep this in everyone’s minds

### **3.10 Compare pathways to the HERE Caithness tool (and any others that achieve the aims). Feedback welcome to [hello@moraywellbeinghub.org.uk](mailto:hello@moraywellbeinghub.org.uk) title MRRP Feedback. – All**

- Parallel to our discover pathways
- No feedback on this so far
- Any chance to look would be great
- Kirsteen P – had a very quick look, visually was very impressive but would need to dig a bit deeper

- Karim – digital thinking individual, would be great to get his input if he had time to look at here Caithness and discover pathways

### **3.11 Update on Suicide Prevention work from Paul Southworth**

- Only 1 Police officer full time on suicide preventions in Scotland – involved with him
- Police have contributory factors that we should have in consideration
- Police Data – have to go through handwritten records and pick out details, long onerous task
- We (Public Health) were looking at this – asking what data already exists on mental health in the community, take it to the clinical governance community, what's working well and what's not in public services
- Look at local suicide data, trends, what is causing this, put it in perspective, forecast
- Increase in suicides this year in Grampian, data is also short term, given everything happening, real concern that will be a medium-term trend that this will continue to be high
- Big increase in acute distress, health services just don't have resources, lots of people feeling suicidal, not considered suicidal enough, if they have been in crisis and got through it without help then more able.
- Paul happy to share this with group, gather suicide data from police and from NHS, can we be looking at how people got there, long term project, looking at acute distress but want to look out on how to prevent at root causes

### **3.12 Heidi shared findings from June Suicide Prevention MRR Subgroup Meeting**

- Action to take back to MRR – suicide prevention group – have the subgroup – working group of MRR, Paul Johnston was leading this, now retired, spoke about having another meeting
- Next meeting is 11th July – shared with group, let us know if can attend and we can send link
- Reshape strategy – inform e.g., commission, other service delivery,
- Survey – who and what was asked – went out to members of public, are you a person with any relationship to suicide, mostly completed by service providers, what do you do that prevents suicide, Heidi will find information and send this out
- We had a word document, would prefer a google form, more successful way than bits of paper.
- Paul S. – can we use this to think upstream e.g., people running a food bank, help organise benefits, can this be helping people before they get into distress.
- All school children in Moray been asked about health and wellbeing recently, good to look at results of this, also a parent questionnaire but expect won't get same engagement
- Kirsteen P. – support prospect of broadening this out a bit, caution not to make it too long, grabbing those opportunities, include qualitative stuff
- Karim – include digital – how can this be included to help on wellbeing journey
- **In Grampian we have the prevent suicide app, would be wise to consider others**
- In summary – have responses to come from the child and parent surveys, Paul – assessment of YP and families – looking at this data, what is it saying, not all Mental

Health and wellbeing, likely August might have some data pulled. Need general ideas, headlines

- Timeline for suicide prevention survey:
  - July – prepare questions
  - Aug – confirm them
  - Sept – suicide week the survey is live
- Karim to think of any questions he may have to include
- We would need this signed off at next meeting,
- Heidi will take this back to suicide prevention working group
- Heidi has a meeting this week – re planning on suicide prevention week activities
- Eileen – need to deliver 3 ASIST over next year, street pastors having one, other trusts opening to do face to face

## 4. This Meetings Agenda

- **4.1 Suicide Prevention and sharing guidance from data we now have - Heidi**
  - Suicide prevention training: All partners willing to collaborate, not in competition, all do different things, trying to pull list together of what is available across the board
  - Referred to information that Martin had sent out to the team along with his apologies for the meeting:

“Regarding **world Suicide Prevention Week early September**, I remain committed to my undertaking to deliver 4 x LivingWorks' *suicideTALKs* (the broad awareness-level training) - I am in contact with some Moray employers to agree details. I would further want to help any Moray or North East partners in any way I can during that week, by way of training (e.g., *safeTALK*; *Foundation in Suicide Prevention*), team talks or other activities.”

### 4.2 Wellness College, Moray Wellbeing Hub hosted brand - Heidi

- Reminded all of the paper brought in December to partnership members. There had been strong support for an approach that covers different partners offers of courses and opportunities in Moray for the benefit of community members. Brand of Wellness College aims to communicate to the community all courses promoted in one place with the aim of learning to support self and others.
- Heidi has been approached by members of Findhorn foundation regarding setting up a prospectus of what's on offer for the benefit of their community. MWH don't usually get enough notice or partners to do this but are keen to try a semester approach issuing all courses in one place from September to December this year in August. Heidi is keen to identify funding that we can use to do this with MRR partnership backing. MWH would do administration of this, funding could include running Living Life To The Full (CBT course) and Wellness Planning Skills (previously known as WRAP), as well as skilling people who have skills to be peer researchers and community liaisons around increasing lived experience voice for service improvements.
- Partnership is behind the principles of the college – all agreed a good idea.

- Kirteen P – no place for competition in MRR partnership, we are here to recognise strengths in community-based resources, can't see there would be any objection to say MRR supports delivery of wellness college.
- Tracy Wills – agreed – people are crying out for this
- Heidi agreed planning and promotional support for delivery of ASIST by Martin/Eileen with or without additional funding.
- Kirsteen C – other course she can think of include healthy helpings, lots of weight management courses, will investigate other courses that we can link
- Action for all – share knowledge regarding any courses that will be delivered September to December 2022 and beyond.
- Noted that MWH will have to consider how they deal with emerging courses that come up if not agreed at start of semester. This is for any course, not just free.
- Also ensure this includes MEOC and ABI courses, Women's aid courses. Kevin McDermont to be asked about CLD community learning courses (Heidi/Carol)
- Hope is for Moray humans to have chime options for their own wellbeing
- Want to establish a good reputation, Dimitris from Sports Hub Team, trying to make sports activities available to people with MH challenges, addictions. He is trying to work on gold, silver, bronze levels in terms of quality.
- Funding needs to consider planning to enable realising the strategy.
- Heidi to chat with Eileen re ASIST courses – Eileen confirmed need to go back and see if there any other venues, also loop in Liam from SAMH so he knows what is happening as a key partner.

#### **4.3 Strategy for MRR – recap on this and Terms of reference, when do we need development sessions - Heidi**

- Need a deep dive into this – all agree, this is a lovely space that does things toward strategy, has a lot of lived experience around the table. Need to ensure that MRR partnership value fully recognised in Health and Social Care.
- hopefully in person development session, Sept – look at dates, venues, put round some suggested dates, couple hours session (Carol)

#### **4.4 Upcoming Events - All**

- Tracie Wills – No Wrong Door community approach to delivering services for mental health. Pre Covid, they had done some engagement with people and a sense of getting put from pillar to post. Drug & alcohol services contract have been extended, going out to speak to people and supported with involvement from Fiona McPherson (HSCM). People are now facing new problems since covid, getting a working group together to refresh the programme. Advocacy services contract are also coming to an end following an extension. Now trying to talk to people who have touched the service to see how it is working for them. Deadline for both is 31<sup>st</sup> March 23. There has been a lot of growth within the service, now rethinking how we do things & opening other options. Really exciting time.

- Kirsteen Carmichael – Paul and I involved in Public Health Mental Health Network, had a big meeting recently. Feedback was that it was not clear what the intention was and what was expected of the attendees. Now paring this back to a smaller group looking at early intervention and prevention.
- Kirsteen Pyett – currently have a post available. Should hear from Scottish Government by the end of July about the share of the pot that will be allocated to Moray to bolster the MH & Wellbeing team. The focus recently has been settling new staff members into their roles. Looking at bringing down the waiting time for guardians in the Adults with Incapacity group.
- Eileen – Have a vacancy within primary care psychology. Getting an electronic platform which is very exciting. Means that people can self-refer, must meet criteria and there will be a triage process. Still working on bedding in new MH & Wellbeing practitioners. Need to hook up on the wellbeing leaflets/ action card in Joan's absence.
- Ailsa – have 2 candidates for September intake around MHO (Mental Health Officers) training and development.
- Heidi – have recently had £20,000 confirmed for SDS project funding, will be opportunities to connect people with this. Have our summer events planned.

## 5. CHIME out

- Tracie – Excited
- Kirsteen P – Hungry
- Kirsteen C – connected
- Eileen – focused
- Ailsa – upbeat
- Carol – connected
- Heidi – hopeful and excited, great to see new faces.
- Tracy, Paul and Karim had to leave during the meeting

## 6. AOB – Actions for next meeting agenda

<b>Next Meeting:</b>	Wednesday 24 <sup>th</sup> August 2-3:30pm
<b>Next Chair:</b>	Eileen Rennie
<b>Minutes:</b>	Carol Smith

<b>ACTION:</b>	<b>OWNER:</b>
Promotional materials for Discover pathways (monstars squishies and pens) etc anyone wanting these get in touch with Carol	All
Arrange to drop off promotional materials resources at Healthpoint	Carol



Discuss use of vacant spaces for promotions with Kevin McDermott	Paul
Review pathways and MRR Pages, also HERE Caithness tool - prepare feedback	All
Eileen discuss with Heidi regarding leaflets for Mental health and wellbeing practitioner role and together create info on Discover pathways tool and MRR action card	Heidi/ Eileen
Invite Liz (Public Involvement Group) to MRR, request an update to the group	Heidi/Carol
Apprentice opportunity around developing promotions – catch up with Kirsteen C on this	Heidi
Share questions that were asked in previous suicide prevention survey	Heidi/Carol
Child & Parent survey data collection headlines - feedback to group, questions to be prepared in advance of next meeting in time for Suicide Prevention Week	Paul
Consider courses being delivered across networks to be included in Wellness College Prospectus, submit to MWH before end of July.	All
Supporting people while intoxicated and suicidal share Ayrshire model – recurring	Anne P - recurring
Eileen and Heidi to discuss ASIST courses and what is needed to support delivery	Eileen/ Heidi
Arrange a 2h session for a deeper discussion on the MRR partnership strategy and terms of reference	Heidi/ Carol

<b>PROPOSED AGENDA:</b>	<b>OWNER:</b>
1) Chime In/ Update on actions	All
2) Update on PH MH Network meetings	Kirsteen C/ Paul
3) Events	All
4) Update following Suicide Prevention Sub Group meeting on 11 <sup>th</sup> July	Heidi
5) Strategy for MRR – recap on this and Terms of reference, when do we need development sessions	Heidi
6) Discuss ideas around using food, perhaps via Bow Café to encourage CHIME and promote opportunities	Heidi/ Justin/ All
7) Chime Out	All