

Making Recovery Real in Moray Partnership Meeting

Wednesday 24th August 2-3:30 pm

Microsoft Teams

Present: Heidi Tweedie (Moray Wellbeing Hub), Carol Smith (Moray Wellbeing Hub), Paul Southworth (Health & Social Care Moray), Eileen Rennie (Health & Social Care Moray), Kirsteen Carmichael (Health & Social Care Moray); Kirsteen Pyett (Health & Social Care Moray); Teresa Green (Health & Social Care Moray); Elizabeth Howarth (NHS Grampian); Lynn Dowsett (HSCM), Catherine Garrow (HSCM)

Apologies: Fiona Imlach (Quarriers); Ailsa Innes (Health & Social Care Moray); Shawn Pignon (Quarriers); Tracy Grant (SAMH)

Welcomed New Members to the partnership: Liz, Cate, Lynn and Teresa

Chair: Eileen Rennie

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 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
- Mental Health Practitioners

Actions from last meeting:

- 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
- Eileen and Heidi to discuss ASIST courses and what is needed to support delivery – Heidi/Eileen
- Arrange a 2h session for a deeper discussion on the MRR partnership strategy and terms of reference – Heidi/Carol

Items to return to

- Supporting people while intoxicated and suicidal share Ayrshire model – recurring Anne P

Agenda for This Meeting:

- Chime In/ Update on actions - All
- Website development within HSCM – Heidi/Paul/Kirsteen
- Update following Suicide Prevention Subgroup meeting on 11th July – Heidi
- Strategy for MRR – recap on this and Terms of reference, when do we need development sessions – Heidi
- Update on PH MH Network meetings, and PEG group– Kirsteen C/Paul/ Liz/ Cate
- Update on MRI scanner / ligature works for Ward 4 - Teresa
- Events - All
- Chime Out - All

Previous Meeting Minute:

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

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

Meeting Topics:

1. CHIME In

- Eileen – feeling connected, have my chair hat on
- Teresa – hopeful to understand chimeIn, disappointed its only NHS Grampian folk
- Kirsteen – mental health social work team manager, usually have a much broader representation, great to see so many new faces, hope and connection, hope by end of meeting will have more meaning
- Liz – invited by Paul with Cate Mental public health empowerment group – used to be in the MRRP in 2016 so great to reconnect, MRR has a really strong identity so great to be connecting with you
- Cate – echo what Liz said, new to post, 7.5 hours per week, feeling connected, identity is challenged at the moment as doing more than 1 job, huge link to empowerment as a focus in my job.
- Paul – consultant in public health, 2 hats on – Moray and mental health, connection always great at these meetings
- Kirsteen C – public health in Moray, feeling hopeful for a productive meeting
- Lynn – first time at the meeting, mental health and wellbeing practitioner for moray coast, stand in co-ordinator, exciting new role, still growing and developing, connectedness, nice

to meet some new people, nice to hear so many people working in mental health, I am new to NHS

- Heidi – MWH Social Movement Enterprise Lead – Meaning – picking up on what others are saying and thinking about catching up on delivering strategy for mental health for all, great to see so many NHS Grampian
- Carol – hopeful, this is always such a positive space

2. Next Meeting Chair & Time Confirmation

Tuesday 27th September 2022 – time 10:30am – 12:00 to be chaired by Lynn Dowsett.

3. Actions outstanding

3.1 Promotional materials for Discover pathways (monstars squishies and pens) etc anyone wanting these get in touch with Carol - All

- Monstars and Pens went to HSCM for the Keith event
- Eileen would like some

3.2 Arrange to drop off promotional materials resources at Healthpoint - Carol

- This has been done

3.3 Discuss use of vacant spaces for promotions with Kevin McDermott - Paul

Response from Kevin: I know there have been ad hoc examples in the past with [pop up shops very short term](#), but not sure if they would stretch to third sector.

There was a new charity / social enterprise that had a shop front in a prominent space in Elgin but it seems to have disappeared.

There is the new Shared Prosperity fund which could potentially fund this type of activity – but haven't seen or heard of this type of idea being floated.

3.4 Review pathways and MRR Pages, also HERE Caithness tool - prepare feedback - All

- Include this in development session

3.5 Eileen to 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

- Link up with Eileen – Heidi – Eileen advised Lynn will take this on, advised to let us know if want anything done on our canva

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

- As above, work with Lynn on this

3.7 Invite Liz (Public Involvement Group) to MRR, request an update to the group - Carol

- Liz is present at today's meeting 😊

3.8 Apprentice opportunity around developing promotions – catch up with Kirsteen C on this - Heidi

- Apprentice – Kirsteen and Heidi need to meet up to discuss this and a few other bits

3.9 Share questions that were asked in previous suicide prevention survey – Heidi/Carol

- Suicide survey having to change format, in conjunction with the suicide sub group – want to do something year on year, need to get it ready to go out by the end of this week
- Teresa asked what are looking to get from the survey – assumption it is to gather what is available in the area. There are some commonalities in findings from the police about the reasons from the data about those that chose to end their life.
- Suicide Prevention and Intervention – we could look at these themes once we have them confirmed to share to ensure our activities are geared towards these. Teresa feels suicide prevention should be in everything we do.
- Was there a replacement for Paul Johnson? – Heidi confirmed no, the subgroup are not all members of MRR, are kept separate. Think about how we get people to listen to what MRR are doing. We need to take back to MRR to discuss

3.10 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

- Have worked quite a bit on the suicide data in public health, very sensitive, nothing that will surprise us, don't feel need to wait until get this data before looking to do anything in this respect.
- Children survey data – wellbeing survey out to schools in Moray and some across Scotland, issues with data, taking a lot longer to deal with than expected, won't be ready for suicide prevention week, happy to share here when we do have it.

3.11 Consider courses being delivered across networks to be included in Wellness College Prospectus, submit to MWH before end of July. - All

- Wellness college now launched – nothing in from MRR, haven't secured funding for some of the courses we have launched so will need to be paid courses

3.12 Supporting people while intoxicated and suicidal share Ayrshire model – recurring

3.13 Eileen and Heidi to discuss ASIST courses and what is needed to support delivery – Eileen/ Heidi

- Heidi and Eileen to discuss ASSIST courses, have connected with Kirsteen C about suicide prevention week

3.14 Arrange a 2h session for a deeper discussion on the MRR partnership strategy and terms of reference – Carol/Heidi

- Date to be in diary for the review of terms of reference, we also have data from the start of MRR, Eilidh has sent documents for us to upload to the teams documents, MWH to put round doodle poll to find date over the next month or so for development session

4. This Meetings Agenda

- **4.1 Website development within HSCM – Heidi/Paul/ Kirsteen**

- Lindsay Nelson is involved in putting together a website as an easy mechanism for parents and YP/ GPs to access help for various things in Moray, health, finance, etc.
- Moray have been awarded some money for use on digital projects , need to be mindful of the discover pathways also being in existence. Entire reason for YP pathway being created and hosted by 3rd sector – now developing something additional, If Kirsteen Pyett could help ask if this is going to add value or undermine the current discover pathways that we are going into schools delivering on. Could Kirsteen P help connect these dots, happy to participate in this – want additional not replacement. Kirsteen – could bring back to following MRR meeting.

- **4.2 Update following Suicide Prevention Subgroup meeting on 11th July - Heidi**

- Meeting was held 19th July, partners came together to discuss Suicide Prevention Week - Liam/ Louise/ Donald/ Jonathan/ Heidi/ Tini/ Martin – what could be delivered, what could we bring together for suicide prevention week? Few emails came out of this, special mailing went out to confirm plans to MRR this week. Talked about theme of wellness, general enough to cover everyone, hope, provide opportunity for people to have an outlet for those who had lost. Discussed service of remembrance – opportunity for stalls if appropriate/ have walk of hope on the Saturday, unsure how much publicity want on this. Hoping for 20-40. Please let us know if anything you think we could add. Also have survey and competition for signage to design a poster/ image that we can put across moray, cheering up the bins. Being advertised via a press release coming from MRRP, Heidi will write this and send it out, needs a quick turnaround, Kirsteen Pyett happy to do this. Paul also happy to look it over. If anyone from MRR would like to be part of the panel to review these then please let us know.

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

- Have covered, will send out a doodle poll with dates for this session

- **4.3 Update on PH MH Network meetings & PEG – Kirsteen C/ Paul/ Liz/ Cate**

- Mental health and learning disabilities - public engagement group
- Wards at Cornhill had to close due to staffing, this tied in around the time services were transferred to the IJBs, great opportunity to review everything and how it was being done, engagement around communities, big events, digital engagement,

presentations from various areas about how services were working in Moray. A lot of information from Moray indicated a lot of things were actually working well for MH and LD services,

- Final reports prepared with final findings, - outcome, need clearer pathways, better connection, acvo tsi for the city – Liz and Cate’s background so keen to follow up the findings that 3rd sector need to be thought of at same level, investment in them needed.
- Portfolio board established, in 2021 requested a lived experience group to be established to work in collaboration with the.
- PEG have monthly meeting, have agendas from portfolio board, Grampian wide network across all areas
- During covid the PEG had the opportunity of time to think
- A lot of information that came from the review was qualitative, PEG can continue to provide qualitative data to keep on the agenda. PEG is a multi-sector group, people with lived experience, 3rd sector, public sector.
- Was a real danger that there were not things available in the community to help people so a real risk of them taking their own life.
- Championing priorities from this review to make sure they stay on the agenda.
- Looking to develop networks and work with people across networks, would love the MRR to work together. Great stuff happening in communities
- Have a dedicated email address and website to get in touch through.
- Kirsteen Pyett – had been involved in some of the original workshops, useful to get the update, thinking back a couple of months ago, came across the PEG, wondering what kind of input there has been from Moray. Wording – even patient, can have power connotations. Liz advised when board requested a lived experience group, Liz – public involvement Officer, liaised with Fiona McPherson in Moray, we set up the PEG with a view that it would be taken on board by IJB colleagues so it would be embedded in their structures. Reached out to tsi, Eilidh and Heidi. Recognise couldn’t do this work without their partners across the various areas.
- Paul – would be great to have people involved, more with lived experience.
- Carry forward – Paul and Kirsteen update

4.4 Update on MRI scanner / ligature works for Ward 4 – Teresa

- Still not resolved, appraisal to be done to see what is required, public announcement went out confirming work is approved but still to plan how this will be done. Implications of still delivering a service and disruption of building works. Feedback going in and chief officers will decide.
- Teresa had to leave the meeting early so may have a further update at the next meeting

4.5 Events – All

- Lynn – Keith event, health promotion event, not just for Keith area, for surrounding areas. Health improvement, Mental Health and wellbeing – letting people know what services are available, how the service has gone so far, lots of positive feedback to deliver. Upstream service – wanting to do prevention work
- Suicide Prevention Week events

5. CHIME out

- Heidi - empowerment. I am delighted that we have more members and a collective way forward - have a great day everyone! Just message me or Carol about anything further from today.
- Lynn – connectedness, nice to meet more people interested in Mental health, thank you for inviting me, look forward to meeting again in future
- Kirsteen P – really enjoyed spending time with everyone again and getting the updates, and hear about the PEG, empowerment – hopeful moving forward
- Kirsteen C – connected, been in post for a year, penny dropping, overlaps in some meetings, coming together in partnership, great
- Liz – lovely to be invited along today, to build networks and working together working within the communities to empower people in the different ways that they might need support
- Paul – thanks everyone, really great, identity, see myself and role doing what I do on behalf of people living in Grampian, if want to know what people want then talk to them, great to be in a group of people
- Carol – meaning
- Cate – connection, creativity, fab ideas heard today, thanks for the invitation
- Eileen – great meeting, heart sunk when practitioner asked if suicidal then we're off, feel connected, taking away a new community, 3rd meeting I have attended. Hope and positivity, lovely to meet up with likeminded people

6. AOB – Actions for next meeting agenda

Next Meeting:	Tuesday 27 th September 2022 – time 10:30am – 12:00
Next Chair:	Lynn Dowsett
Minutes:	Carol Smith
Apologies received in advance:	Kirsteen Pyett cannot make full meeting and Paul Southworth not available

ACTION:	OWNER:
Promotional materials for Discover pathways (monstars squishies and pens) etc anyone wanting these get in touch with Carol	All
Carol to arrange for some pens and monstars to be passed to Eileen	Carol
Discuss leaflets for Mental health and wellbeing practitioner role and together create info on Discover pathways tool and MRR action card	Heidi/Carol/ Lynn

Review following suicide prevention week	Heidi
Apprentice opportunity around developing promotions – catch up with Kirsteen C on this	Heidi
Discuss with subgroup how to link up with MRR, mailings?	Heidi/Carol
Consider courses being delivered across networks to be included in Wellness College Prospectus	All
Eileen and Heidi to discuss ASIST courses and What is needed to support delivery	Eileen/ Heidi
Update of new website in development (Lindsay Neelson) – is this duplicating or complimenting pathways?	Kirsteen Pyett
Arrange a 2h session for a deeper discussion on the MRR partnership strategy and terms of reference – send out doodle poll	Heidi/ Carol

PROPOSED AGENDA:	OWNER:
1) Chime In/ Update on actions	All
2) Update following development session	Heidi/ Paul/ Kirsteen
3) Website development within HSCM Update?	Heidi
4) Update on PH MH Network meetings	Kirsteen C/ Paul
5) Update on MRI scanner / ligature works for Ward 4?	Teresa
6) Discuss ideas around using food, perhaps via Bow Café to encourage CHIME and promote opportunities	Heidi/ Justin/ All
7) Events	All
8) Chime Out	All

FUTURE/ RECURRING AGENDA ITEMS:	OWNER:
1) Supporting people while intoxicated and suicidal share Ayrshire model – recurring	Anne P - recurring
2) Child & Parent Survey Findings to be shared with group when available	Paul