

Making Recovery Real in Moray Partnership Meeting

Tuesday 27th September 10:30-12 noon

Microsoft Teams

Present: Heidi Tweedie (Moray Wellbeing Hub), Carol Smith (Moray Wellbeing Hub), Kirsteen Carmichael (Health & Social Care Moray); Kirsteen Pyett (Health & Social Care Moray); Lynn Dowsett (Health & Social Care Moray), Justin Jansen (Arrows); Tracy Grant (SAMH); Tracie Wills (HSCM); Cornelia Featherstone (Findhorn Foundation)

Apologies: Paul Southworth (NHS Grampian); Eilidh Brown (Tsi Moray); Iain Macdonald (Health & Social Care Moray)

Welcomed New Members to the partnership: Cornelia, Justin

Chair: Lynn Dowsett

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

Arrows

Findhorn Foundation

~~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
- Carol to arrange for some pens and monstars to be passed to Eileen - Carol
- 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/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 Prospect – All

- Eileen and Heidi to discuss ASIST courses and What is needed to support delivery – Eileen/ Heidi
- Update of new website in development (Lindsay Nelson) – 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

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
- Update following development session – Heidi/Paul/Kirsteen
- Website development within HSCM Update? – Heidi
- Update on MRI scanner / ligature works for Ward 4 – Teresa
- Discuss ideas around using food, perhaps via Bow Café to encourage CHIME and promote opportunities
- 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

- Lynn – NHSG as MH and Wellbeing practitioner, based at Moray Coast Practice, still recruiting, have hope today
- KC – area manager – Buckie and Cullen – chime in with Connectedness
- Justin – service manager at arrows, looking forward to this meeting, first one, chiming in with gratitude
- Heidi – MWH, chime in with meaning
- Cornelia – curiosity
- Tracie Wills – chime in with getting brain cleared to focus on this meeting and come away with positives. Senior commission officers HSCM
- Kirsteen P – MH chime in is hopeful as jumping between meetings
- Tracy Grant – service manager SAMH, contracted with HSCM to provide 500 carers across Moray, organised for once.
- Carol – looking forward to connecting

Next Meeting Chair & Time Confirmation

In person - Bow Café, Elgin, Tuesday 8th November, 10:30 - 12:00 to be chaired by Kirsteen Pyett

2. Actions outstanding

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

- Ongoing agenda item

3.2 Carol to arrange for some pens and monstars to be passed to Eileen

- Not been delivered yet, Carol to arrange

3.3 Discuss leaflets for Mental health and wellbeing practitioner role and together create info on Discover pathways tool and MRR action card – Carol/ Heidi/ Lynn

- Date to be confirmed

3.4 Review following suicide prevention week - Heidi

- Email was sent out, include in minutes also.
- KC reiterated how lovely the Walk of Hope event was

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

- Carry forward

3.6 Discuss with subgroup how to link up with MRR, mailings? – Heidi/Carol

- Discussed in agenda item – take to development session

3.7 Eileen and Heidi to discuss ASIST courses and What is needed to support delivery

- Carry forward

3.8 Update of new website in development (Lindsay Nelson) – is this duplicating or complimenting pathways?

- Covered in agenda item below

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

- Done, update given via agenda below

3. This Meetings Agenda

4.1 Update following development session – Kirsteen C/ Kirsteen P/ Heidi

- An opportunity to take stock, thinking about how this meeting has come about, how we are delivering strategy for HSCM, covid diverted resources away to detriment of this partnership. Need to now regroup to determine who we are, what we are, to

take to HSCM Managers to forge connections to build co-production style of working. Use terms of reference and group agreement as grounding at start of each meeting

- Very useful meeting
- Tracie Wills – still 2 separate strands, joined up service we are known for is not actually there now, no wrong door – still issue with people being turned away and directed elsewhere
- In development session need to return to Tracie's point – how do we bring MADP and MRR together – MADP have more money, more insight but not as welcoming for lived experience, MRR, very welcoming to lived experience, don't have money, could go for this, being able to talk about this to funders is really important, need to articulate all of this on a better format, need these groups to be closer. Tracy Grant – Heidi and Tracie both thought she went to MADP but does not, surprised about this.
- Emma Johnstone – taking role of coordinating what happens within Alcohol and drugs in Moray, operational role, strategic sits separate, redevelopment in how decisions are made, who sits around the table, possibly missing organisations that don't currently have a seat at this
- MRR could be involved in this – list of attendees probably come from council plans, email to Emma – recognise should be parallel and doing our own development, how could we help – keep KC/ KP, TW/ TG in – Heidi to email Emma before holidays.

4.2 Website development within HSCM Update?

- 2 things going on – stalling due to HR challenges at MWH, have a new tech person in post, KC had offered her time need to discuss how to get videos done. KP and HT have a meeting on Thursday to talk to Lindsay Nelson from children services – seeking clarity on this, came up again in self-management subgroup, chaired by Iain Macdonald, locality manager, they all have additional themes added to their job roles. Development of digital resources, significant bit of govt funding, has conditions attached to it. Lorna Bernard - manager of primary development plan, participating, not leading project, who is leading this project? – Included KP as MRR partner with discover pathways and also as her role. Lindsay is focusing on one area, need to ensure it is on radars that discover pathways exist, no duplication, want to promote discover pathways.
- Heidi had meeting with Dimitrius from sports hub – making sure that existing sports clubs are supported to be open to and to support people in recovery with Mental Health life challenges. Want to add a physical activity hub to the discover pathways.
- Does everyone feel a sense of ownership over the discover pathways website? There is also responsibility, only has value if keep up to date. Need everyone to review and update this. – Kirsteen P point.
- Need time booked with Lynn to prepare and update on new role

4.3 Update on PH MH Network meetings – Kirsteen C/ Paul

- Will carry over to next meeting

4.3 Update on MRI scanner / ligature works for Ward 4? - Teresa

- No update, push forward to one to keep in mind

4.4 Discuss ideas around using food, perhaps via Bow Café to encourage CHIME and promote opportunities – Heidi/ Justin/ All

- Always an intention to keep in mind no wrong door, idea would be that MWH would be a physical place with a café, would be able to signpost to services when people came in.
- Bow café now exists
- MRR Used to have big events but not done this recently. Recent sessions Teresa has held – CMHT sessions brought back a feel of this.
- We have funding around community delivery, keen to review how we are delivering this and link up
- Tracy G and Cornelia at a recent event as was Heidi – powerful. Tracy G wondered if get Moray food bank involved as they have never been busier, café is great, think missing a trick, could be linking up.
- Cornelia – older adult mental health workshop - learned so much at this event, great to join up the dots and know how to signpost people. If we can do this where people feel comfortable already, no stigma, can link into local support. Live and work in Findhorn Foundations and have a specific support for MH, have responsibility for safeguarding, pushing that we use discover pathways, don't feel this is as gritty or relevant as could be. Collaborative working would be wonderful
- Kirsteen C – is the bee well café still running? Heidi confirmed idea was to run something at a separate location, had heard about man chat in Aberdeen, very informal. We continued to run bee well for almost a year, never got the numbers, ran 2 sessions – champions and general public feedback was transport links to venue were tricky. Now gone into what we have focused on funding, champion drop ins now set up, don't have resource for more at the moment.
- KP – definitely a need for a drop in, people ask where can I go? – no physical place, penumbra not here anymore. Intention of MWH is that they are in every single community of Moray, don't want to hold own buildings, want to promote what is there already.
- Think could link with the new Bosie café in Elgin – Moray food plus initiative, looking for groups to run sessions there – worth having in mind.
- Justin – the bow is a community café, there for community use, is linked to arrows, have so many groups running there, Moray council also use it, always a space available, just need to book, left side can be blocked off. We get food from tesco/ asda/ Moray food plus. It is not a substance use recovery café, it is a community café. Have 3 cards that we give out – 50%/75%, limited time 100% cards – last qtr – 453 free meals, over 1000 discounted meals. Will never turn anyone away, there for the use of the community. Justin will pass manager for bow café details on – Catriona.
- Heidi will come back to Justin on how to celebrate the Bow and what is happening already, already have MWH members in there we could be saying hi. Going to look at our projects and see if we can host something weekly.

- Keen to host development session on 8th November at the Bow – Justin is booking this for us for 12 people.
- Some discussion to be had Heidi discussing with Kirsteen C.

4.5 Events – All

- Opportunity to share events being held by MRR Partners
- At development session – think about what events we all have for the next year- think about linking up with no wrong door and make this real – surveys/ physical space?
- Add to agenda for development session
- MWH – have wellness college approach, lots of learning around it, not huge numbers, still feel have to build this up after covid.
- KP – would like to have an event to launch new wellness coordinator role, need full staff team to do this, hopefully not in so distant future – conversation café/ launch café – lots of interest at the Keith event – what is it, what are they doing?
- PIMH launch of peer research findings – 23rd November, has childcare linked to it – partners could have stalls? – send out details of booking when live. Tracy happy to arrange for someone from SAMH to be there.
- KC met with active schools coordinator for Buckie – Danny Simpson new role – 21st October, Friday evening event at Buckie High School, launch event for activities for kids and all generations, can host a stall, active schools will be running a session with stalls around for information. Possibly have a session every few weeks again more topic specific. Looking for partners to be involved.
- Had an idea before that MWH would be in a space while kids at the active schools event, parents could attend the MWH session while kids are in.
- Kirsteen C will share details – if MWH can't make it then KC happy to take monstars, promote pathways.

4.6 Perinatal Mental Health Steering Group – Moray

- Kept getting cancelled, was led by Tracy Gervaise
- Now taken over by Shelley Taylor, she is really interested in Making Recovery Real, they have a new service for mental health around perinatal for practitioners to call and get advice and support
- Scott Arnott and Lisa Williamson – cover all of Grampian, gave update of service
- Suggested to them that MRR partners need to have info on this
- Heidi has a meeting note about this.
- Moray is included in this, good for MRRP to know about this.

4.7 Update on Suicide Prevention Week

- Sent out to MRRP? – update this to minutes to ensure everyone gets one
- Bring this to the development session to discuss how we can integrate MRR sub group

- Add to future agenda items in terms of events to discuss SP week for next year, walk in each locality?

4.8 World Mental Health Day – 10th October

- Anything planned for this?
- Could we have something at the Bow?
- Heidi will talk to team
- Pull some people together and get something organised.
- Kirsteen to discuss with Justin, MWH can support with posters, Tracy G has someone in mind to attend this

4. CHIME out

- Heidi – empowered, looking forward to seeing everyone in person at the next meeting
- Lynn - connectedness
- Justin – hopeful, good to see partnership working in Moray, hopeful to see AD and MH coming together as one thing
- Kirsteen C – meaningful meeting, have learnt so much
- Tracy Grant – excited about future working with MADP, organised, and connected
- Cornelia – really impressed with this meeting, learnt a vast amount, walk away with hope, this is the kind of connection that we need to join the dots
- Tracie Wills – amazing information, feeling refreshed and energised with the energy in the room, phenomenal amount of ideas in this space
- Kirsteen Pyett – really useful meeting today, identify most with meaning, feel more grounded with what we are trying to achieve
- Carol – connected, looking forward to in person meet ups

5. AOB – Actions for next meeting agenda

Next Meeting:	Making Recovery Real, In person at the Bow Cafe, Elgin, Tuesday 8th November, 10:30 - 12:00
Next Chair:	Kirsteen Pyett
Minutes:	Carol Smith
Apologies received in advance:	

ACTION:	OWNER:
Heidi to email Emma Johnstone before holidays – recognise should be parallel to A&D and doing our own development, how could we help – keep KC/ KP, TW/ TG informed	Heidi to follow up on this after the development session
Determine who is managing the HSCM website development	Heidi/ Kirsteen P?
Promotional materials for Discover pathways (monstars squishies and pens) etc anyone wanting these get in touch with Carol - All	Ongoing - All

Lynn to discuss with Heidi/ Carol regarding leaflets for Mental health and wellbeing practitioner role and together create info on Discover pathways tool and MRR action card	Heidi/Carol/Lynn - good news we have this up now
Carol to arrange for some pens and monstars to be passed to Eileen	Carol
Justin to pass on Catriona – manager at Bow Café details on to group	Justin
Heidi to review MWH delivery and see if could be running weekly drop ins at the Bow – communicate with Justin	Heidi/ Justin
Kirsteen C to discuss with Justin if can use Bow Café for World Mental Health Day on 10 th October	Kirsteen C - done

PROPOSED AGENDA:	OWNER:
1) Chime In/ Update on actions	All
2) FIXED – overview of terms of reference	Chair
3) Thoughts on partnership development documents	All
4) Development of 5 actions for group	All
5) Consider how MRR push their points up the relevant agendas	All
6) Diagram showing how MRR considers what matters to communities	All
7) Consideration to be given to funding of MRRP	All
8) Discover Pathways Ownership	All
9) Events planning	All
10) 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
3) Update on MRI scanner / ligature works for Ward 4	Teresa
4) Update on PH MH Network meetings	Kirsteen C/ Paul
5) When considering events – consider suicide prevention week for next year – aim for a walk in each locality	Heidi/ All