

Making Recovery Real in Moray Partnership Meeting

Tuesday 8th November 10:30-12 noon

Hybrid – In person at Bow Café Elgin & Microsoft Teams

Present in person: Eileen Rennie (Health & Social Care Moray), Kirsteen Pyett (Health & Social Care Moray), Tracy Grant (SAMH), Pete Matthews (NHS Grampian), Kirsteen Carmichael (Health & Social Care Moray), Lynn Dowsett (Health & Social Care Moray), Jonathan Davis (Police Scotland), Justin Jansen (Arrows), Teresa Green (Health & Social Care Moray) , Martin Kirwan (Psychologist), Heidi Tweedie (Moray Wellbeing Hub), Carol Smith (Moray Wellbeing Hub)

Present on Teams: John Webster (Police Scotland)

Apologies: Eilidh Brown (Tsi Moray), Ailsa Innes (HSCM), Cornelia Featherstone (Findhorn Foundation), Karim Mahmoud (Digital Health & Care Innovation Centre) Fiona Imlach (Quarriers);

Chair: Kirsteen Pyett

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:

- 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
- 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 10th October Kirsteen C - done

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
- FIXED – overview of terms of reference
- Thoughts on partnership development documents
- Development of 5 actions for group
- Consider how MRR push their points up the relevant agendas
- Diagram showing how MRR considers what matters to communities
- Consideration to be given to funding of MRRP
- Discover Pathways Ownership
- Events planning
- Chime Out

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

- Kirsteen P – MH Manager – Connectedness
- Lynn – Acting Mental Health and Wellbeing Co-ordinator – connectedness
- Eileen R – Team Lead/Psychological Therapist – connectedness, know some people, hopeful to connect with others
- Tracy G – service manager SAMH – connectedness
- Teresa G – interim svc manager for Mental Health and Alcohol & Drugs in Moray – still feel quite new, hopeful – such a strength in Moray for opportunities MRR offer, want to leave with a clear idea of partnership, how we co-produce together
- Jonathan Davies – suicide prevention - work closely with SAMH, Heidi, anyone, looking at how we can intervene further up the chain to prevent suicide – connectedness
- Kirsteen Carmichael – Area Public Health Coordinator– feeling very connectedness, so much energy
- Pete – NHSG PH team based Grampian wide, new role since Feb – hope for the future, optimism.
- Justin – Service Manager Arrows Drugs & Alcohol service – moving into this space, just left another meeting, grateful to be here

- Heidi – Social Movement Enterprise Lead – meaning, love being physically together, think MRR have never been stronger, little worry about government budget cuts, out with our power.
- Martin – connected, have been feeling adrift, up to 2020 – independent occupational psychologist, council trainer, not done much since then. Great to have face to face, hopeful to reconnect
- Carol – admin and finance at MWH - connectedness, hope,
- John – sergeant in Aberdeen, work alongside Jonathan, hopeful this will be a productive meeting.

Next Meeting Chair & Time Confirmation

**CHIME development session to be held in December
Meeting dates for 2023 will follow**

2. Actions outstanding

Kirsteen provided a quick update of these, main focus of today's meeting was to work on development.

3. This Meeting's Agenda

• 4.1 Terms of reference Overview

- Kirsteen – read group agreement to remind everyone – CHIME values taken into account
- All took turns on reading out existing terms of reference as reminder to all, all had sight of printed copies.
- Documents can be found on MRR webpage [Making Recovery Real - Moray Wellbeing Hub](#)

4.2 Feedback on partnership development documents

- KP- Terms of Reference – absolutely what we have signed up to, do feel we have been a bit lost in the bigger picture – weakened understanding of MRR within management.
- KP – age range – think we have focused on adults, need to expand to younger people
- KP – how have we put ourselves up the scale and reporting recently? We share minutes and have open door but feel we need more
- Scottish Government – how can we respond meaningfully to them saying they are still keeping focus on MH
- Add Police Scotland into communicate list, would be very useful
- HT – Minutes – we don't send these out externally, could we send out to admins of organisations noted within list to bring to their attention

- TG – still feel we could bring everything together more, clear disconnect between MRR and recognition from service – Good mental Health for Moray – all working to same goals, need to work together.
- TG – accept we had this as a strategic direction, some still relevant, some not. What have we done for suicide prevention? How do we smarten up our objectives?
- HT – can use objectives that we have existing. Looking at we said, we have done, what next.
- HT – aware of ask of this review, big, how do we do this?
- PM – how can we empower community groups to lead this review? Not just the partnership or system doing this.
- TG – met with one manager – we have MH on our agenda, we are going to do xyz, MRR has people who have an interest in this, need to all join up. So many strands in Moray, need to think beyond requirements for national standards targets.
- TGrant – think it's up to us to keep strategy live, ongoing reviews to flag up where we are not meeting
- TG – where do we want to focus our energy
- HT – MWH did some work with criminal justice team, worked within communities, surveys, physical boards they could move priorities – could we take something like this with the 7 points to all our meetings, in the community to do this exercise
- HT – are we committed to using CHIME as our tool, can we sneak our 7 points into CHIME, using terms such as how can we get more hope into the community.
- KP – CHIME – makes sense, need understanding, different use of language
- HT – MWH use as first thing we give champions, feedback is that it has transformed things.
- HT – could we all come up with something – e.g., what have we done to create hope etc? strategic level and grass roots.
- ER – we did have recovery champions, a while back, CHIME is not alien, its just how it is framed, all things that we look at
- HT – could we do this within all of our organisations?
- ER – we are using CHIME in the MH & W role, some grasp more than others, some take a while to understand
- HT - CLD – are using this, whole north alliance
- TGrant – we had to review assessment criteria, but it's already there bedded within
- KP – primary and secondary service use different assessments
- TGrant – need assessment to be user friendly so we can gather what is going on for someone.
- TG – struggle with CHIME
- TGrant – we don't address using CHIME, but it is embedded within our assessment
- HT – more than happy to offer up a session to MRR on this.
- ER – use it with people to think who are the connected to, do they have a support network, where do they have hope?
- KP – good to flip on its head – what can we do
- JD – think of ACHIME, with A (Accountability) being overarching
- HT – SRN use CHIME and HEAR ME (Hope, Experience, Authenticity, Responsibility, Meaning, Empowerment) as a tool for peer values
- JD – working within different cultures, accountability, fear this, but even if fail at least doing something

- HT – so excited to consider taking accountability
- TG – what does it look like in practice?
- MK – wholly convinced in the merit of CHME, have seen it for years, using it to engage with ourselves, a good assessment in groups. Concern is will CHIME be fully embraced by scrutineers, funder allocators, does it make sense to them, think they will look for more SMART objectives – how it is achieved, cost etc?
- HT – CHIME has been used for MH framework in Norway(?)
- HT – still need a framework around this for evaluation
- MK – don't know of any where CHIME is embedded in policies
- HT – could we be in 1 years' time – something is bedded in around the CHIME values
- HT – how do we frame our objectives
- JD – need to be careful in terms of what we use to evidence our work, need to be careful to ensure we can evaluate as well as do the work to achieve the objectives.
- HT – we can't do everything, we need
- KP – we aren't MRR, it's what goes on outside. This does seem a bit grittier, focusing on what we need to look at rather than updates from

4.3 Development of 5 actions for group

- Suicide prevention – TG and JD, get some people from secondary services to feed back in, we need that critical friend to challenge each other. Original group – people were going to assigned to it, should have been member of MRR,
- TG - True- coproduction – meaningful engagement, genuine, how do we capture this?
- **ACTION AGAINST HOPE:** set up section of page as SUICIDE Prevention – all welcome to meetings, pick all pieces up for this and get out into the public, get date in the diary – Heidi, Jonathan, Eileen, Tracy Grant, Martin, Justin, Kirsteen C – set u doodle poll, meeting before Christmas, dependant on numbers could have a physical meeting
- JD – each area does things differently, e.g Aberdeen has a LOIP, Moray – has MRR. Perhaps don't label things as suicide prevention, as puts people off
- **ACTION AROUND IDENTITY** – session on CHIME, separate date out with MRR, put out a couple of dates and pick one most can make – also identify champions for MRR enable us to be more visible
- **ACTION IN MEANING** – strategic groups – would like people to be bringing it to these groups to highlight MRR, bring any themes
- **ACTION IN MEANING:** Carol to contact each group listed in strategy – make contact, would like to send meetings, and ask that you share within your networks.
- **ACTION IN MEANING** – along with reminder of terms of reference – add any networks that have connected to with CHIMEin.
- ACTION – how do we sell ourselves to ensure funding, as a partnership and what we can offer. – we have MH fund closes at end Jan Tsi Moray
- **ACTION EMPOWERMENT** – explore funding opportunities, running local community groups. No funding for MRR from March, wont have admin support. Need to consider current funding, narrative of what we are 'selling'
- Historically wanted lived experience round the table, e.g., champions, then have the challenge of e.g., travel expenses

- **ACTION EMPOWERMENT** – what are our assets that we have - inventory of resources available – physical, peoples times. Can articulate this to everyone, increase accountability also
- **Action FOR CONNECTION** – in person meetings – feel more interactive – more action discussion.
- **ACTION** – Carol to note dates to host at the Bow – every 4-6 weeks and let Justin know to book this.
- **ACTION empowerment** – take up to strategic planning commissioning group, conflict of interest as naturally Heidi that does this, could Teresa/ Pete do this – MH is everyone’s responsible, - need to prepare a Paper detailing what we are, what we do, Heidi to speak with Pete to review what we had put through initially to get MRR funding

4. CHIME out

- KP – hopeful
- Tgrant – hopeful
- Martin – connection
- Justin – hopeful
- Pete – connected
- KC – meaningful
- LD – meaningful
- ER – connected
- HT – empowered
- CS - hopeful
- Jonathan - meaningful

5. AOB – Actions for next meeting agenda

Next Meeting:	Carol to send out 2023 meeting dates (noted below)
Next Chair:	Pete Matthews – January meeting
Minutes:	Carol Smith
Apologies received in advance:	

ACTION:	OWNER:
Next session is going to be the CHIME evaluation session – online 1hour 30 session delivered by Heidi – do a doole poll, responses asap, open out to others,	Carol/ Heidi - Done
January meeting date to follow – Pete Matthews to chair	Pete
ACTION AGAINST HOPE: set up section of page as SUICIDE Prevention – all welcome to meetings, pick all pieces up for this and get out into the public, get date in the diary – Heidi, Jonathan, Eileen, Tracy Grant,	Carol

Martin, Justin, Kirsteen C – set u doodle poll, meeting before Christmas, dependant on numbers could have a physical meeting	
ACTION AROUND IDENTITY – session on CHIME, separate date out with MRR, put out a couple of dates and pick one most can make – also identify champions for MRR enable us to be more visible	Heidi/ All - DONE
ACTION IN MEANING – strategic groups – would like people to be bringing it to these groups to highlight MRR, bring any themes	
ACTION IN MEANING: Carol to contact each group listed in strategy – make contact, would like to send meetings, and ask that you share within your networks.	Carol
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ACTION EMPOWERMENT – what are our assets that we have - inventory of resources available – physical, peoples times. Can articulate this to everyone, increase accountability also	All
Action FOR CONNECTION – in person meetings – feel more interactive – more action discussion.	All
ACTION – Carol to note dates to host at the Bow – every 4-6 weeks and let Justin know to book this.	Carol
ACTION empowerment – take up to strategic planning commissioning group, conflict of interest as naturally Heidi that does this, could Teresa/ Pete do this – MH is everyone's responsible, - need to prepare a Paper detailing what we are, what we do, Heidi to speak with Pete to review what we had put through initially to get MRR funding	Teresa/ Pete/ Heidi

PROPOSED AGENDA:	OWNER:
1) Chime In/ Update on actions	All
2) FIXED – overview of terms of reference	Chair
3) Feedback on partnership development documents	All

4) Review of 5 actions for group	All
5) Consider how MRR push their points up the relevant agendas and integrates with other partnerships	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 PH MH Network meetings	Kirsteen C/ Paul
4) When considering events – consider suicide prevention week for next year – aim for a walk in each locality	Heidi/ All

Proposed 2023 Dates:

1. Tuesday 24th January
2. Tuesday 28th February
3. Tuesday 28th March
4. Tuesday 2nd May
5. Tuesday 13th June
6. Tuesday 18th July
7. Tuesday 22nd August
8. Tuesday 26th September
9. Tuesday 7th November
10. Tuesday 12th December