

Making Recovery Real in Moray Partnership Meeting

Tuesday 24th January 10:30-12 noon

Microsoft Teams

Present: Kirsteen Pyett (Health and Social Care Moray), Karim Mahmoud (Digital Health & Care Innovation Centre), Jonathan Davis (Police Scotland), Kirsteen Carmichael (Health & Social Care Moray), Lynn Dowsett (Health & Social Care Moray), Pete Matthews (NHS Grampian), Eilidh Brown (Tsi Moray)

Apologies: Teresa Green (Health & Social Care Moray), Cornelia Featherstone (Findhorn Foundation), Fiona Imlach (Quarriers), Tracy Grant (SAMH)

Chair: Heidi Tweedie (Moray Wellbeing Hub)

Minutes: Carol Smith (Moray Wellbeing Hub)

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 THIS MEETING	OWNER:
Send Kirsteen QR code for pathways	Carol – DONE
Upload historical documents to MRRP Suicide Prevention Subgroup Section	Carol
Heidi and Pete to meet up to prepare info to take to SPCG and discuss internal NHS training possibilities	Heidi/ Pete
Carol to contact each group listed in strategy – make contact, would like to send meetings, and ask that you share within your networks.	Carol
make clearer instructions for chairs re CHIMEin to mention strategic groups as well as partnership groups MRRP has been mentioned / linked to	Carol/ Heidi
what are our assets that we have - inventory of resources available – physical, peoples times. Can articulate this to everyone, increase accountability also	Carol to request this from all - DONE
Carol to confirm with Justin every second meeting at the Bow	Carol - DONE
Confirm with Pete what we need to pull together for SPCG	Heidi
Include a refresher on the pathways in our next meeting – 15 mins at end plus time to gain suggestions on promotions (total 30min) , people may want to allow for extra time at the end for questions	All – Added to next agenda

MWH to see if can create mock up 3D resource for community engagement around questions “MH in Moray – www /WCBB?”	Heidi/Carol
Send out link to any events – e.g. Chronic Pain to the partnership	Carol - DONE
Jonathan to forward contact details for pain management in Aberdeen to Heidi	Jonathan
Kirsteen to advise Heidi of possibility of MH & W Practitioners involvement in Bow and Buckie drop ins.	Kirsteen P

THIS MEETING AGENDA:	OWNER:
1. Chime In	All
2. FIXED – overview of terms of reference	Chair
3. Update on Actions	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/ Any other business	All
10. 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/>

1. **CHIME In**

- **Heidi** – a bit anxious about MRRP things, really pleased to see everyone, brought to Strategic group, and emerging place & wellbeing steering group.
- **Kirsteen Carmichael** – feeling hopeful for a good meeting, thoughtful, sit on MH & disability PEG, MH PH network.
- **Jonathan** – feel empowered, some exciting dev since last met, with Liam Yule put presentation to Shell – putting corporate packages to them, this is an area we haven’t managed to get to before. Also, have been looking seriously into a crisis centre for the North east – making some good in roads – very early days on this.
- **Karim** – feel quite hopeful, opportunities for collaboration, connected, Strategic groups part of the Living Lab activities part of the Rural Centre of Excellence for Digital Health and Care Innovation and the Prevention and Self-Management Group at HSCM
- **Kirsteen Pyett** – can do so much more together than individually, strategy links – meeting audit Scotland this afternoon doing research about primary care, bringing MRRP to this. This will bring this info back to Scot Gov to alert them. Also haven’t had a meeting in a while but I go to the self-management and prevention sub groups (social prescribing).
- **Carol** – connected and looking forward to seeing what we can get through today
- **Lynn** – discussing with revolution 4 good recently, how we can help with their waiting lists

- **Eilidh** – locality meetings for children’s services – now coming under IJB, made them aware of MRRP in the past, will bring this up again. Health & wellbeing Forum – keep MRRP alive in this. Also possibly Fairer Action Forum.

Next Meeting Chair & Time Confirmation

- Tuesday 28th February – in person – Pete Matthews to chair

2023 Dates: - Confirmed that every second meeting to be in person at the Bow Café in Elgin. – all meeting scheduled for 10:30am – 12 noon.

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

3. Actions

3.1 Update on previous actions from 2022 meetings:

- Heidi has contacted Emma Johnston to link up with A&D services – things struggling to move forward.
- Heidi and Kirsteen – website development – it is complicated by funding coming from various sources, seemed ok to put link to our discover pathways. Ongoing dialogue very important going forward.
- Heidi met with Tracy Peden (Communities & Volunteering Team) – MWH working in partnership – they are also developing a website, working harmoniously.
- Kirsteen P – opportunity for cross promotion on posters – QR for discover pathways. Film to be done for that part of the pathways would then be linked by QR code. - Send QR code to Kirsteen or posters

3.2 Next session is going to be the CHIME evaluation session – online delivered by Heidi

- Done

3.3 January meeting date to follow – Pete Matthews to chair

- Done, Heidi chaired this one, Pete to do the February one.

3.4 ACTION AGAINST HOPE: set up section of page as SUICIDE Prevention

- Moray SP group – meeting on Monday 30/1/23, once formed and settled will be a lot clearer.
- Work in progress – section established on MRRP page

3.5 ACTION AROUND IDENTITY – session on CHIME as per above

- Done in December

3.6 ACTION IN MEANING – strategic groups – would like people to be bringing it to these groups to highlight MRR, bring any themes

- Agreed this is to be commented on along with chime in, starting from this meeting
- Heidi updated - spoke about MRRP at the SPCG in AOB. I simply said we wanted to have a stronger strategic link through the and requested time in the agenda next (Feb/March?) - hope that Pete and Teresa can support this offer / dates so that I cannot have an arising confusion between MWH / MRR which seems to happen a lot. Shared that there was an ambition to bring a paper for awareness to SPCG for next meeting 7th March around the work that MRRP have been doing and their action plan developed. This is something for a future meeting but for now keen just to remind everyone of MRRP existence and to check out our TOR / meeting notes etc which are all available publicly. I shared the link for people to find out more and encourage membership. I also explained that I was a member of both groups but to prevent any conflict we were hopeful of public health presenting any paper. Aim to get onto agenda for 7th March

3.7 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.

- To be done – will bring update to next meeting.

3.8 ACTION IN MEANING – along with reminder of terms of reference – add any networks that have connected to with CHIMEin.

- look at web we are influencing
- make clearer instructions for chairs to put this and strategic group info in to chimein for those who don't attend strategic groups

3.9 ACTION – how do we sell ourselves to ensure funding, as a partnership and what we can offer.

- Included in this meeting agenda

3.10 ACTION EMPOWERMENT – explore funding opportunities, running local community groups. No funding for MRR from March, won't have admin support. Need to consider current funding, narrative of what we are 'selling'

- Included in this meeting agenda

3.11 ACTION EMPOWERMENT – what are our assets that we have - inventory of resources available – physical, peoples times. Can articulate this to everyone, increase accountability also

- everyone to do this – Carol to send out an email specifically with this for people to do.

3.12 Action FOR CONNECTION – in person meetings – feel more interactive – more active discussion.

- Agreed

3.13 ACTION – Carol to note dates to host at the Bow – every 4-6 weeks and let Justin know to book this.

- Carol to confirm to Justin that every second meeting will be in person at the Bow.

3.14 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

- Seems more timely, is about MRRP being unrecognised, e.g. parallel to the ADP which is not the case just now.

4. Review of 5 actions for group

- Done via actions ABOVE – work in progress

5. Consider how MRR push their points up the relevant agendas and integrates with other partnerships

- Action for Heidi – to follow up with Pete and Teresa. In terms of governance MRRP is formally recognised group. Need clarity on what we need to sustain the group, what will make a difference? ADP manager managing budget and very present.
- Do we need to bring budget to the space?
- We are part of the strategy for good mental health in Moray.
- We don't have the mandate provided to use from those holding the purse strings. Would like to use potential to collaborate to deliver on the strategy.

Pete joined the session.

- Considerations: Eilidh - Have we recently reported against the strategy? Do we have the resource to do this? We can help strengthen decision making and hold ourselves to account for what the strategy is trying to achieve.
- This was discussed in the in person session – coming up with the CHIME actions. We need to make these happen and then report on this. Challenge in this is funding, can we report on what we are? what are we doing? If no funding by the end of March we cannot continue.
- Pete – a proposal of review of what has happened, business case for what we need going forward. If this group is the lead on the strategy then need the investment in the group.
- Pete/ Heidi and include Teresa to get together prior to SPCG meeting, Action sits with Pete. – send one liner to Pete on what we need to pull together.
- Updates to pathways – part of the case for the strategic group on needing funding on this, include in proposal. In terms of printed materials – aim to use technology to show people rather than give a poster.
- Would a session for all at MRRP to go through the pathways as a resource refresher. Within the meeting or after as a separate session – leave last 15 minutes of next meeting for this – advise that may want to leave a bit of extra time at the end for questions.

6. Diagram showing how MRR considers what matters to communities

- Idea to create some universal questions – table with questions for in person events – What Works Well/ What Could Be Better around mental health in the community
- Tsi also looking at doing drop in sessions, including some of the forum meetings in that space also, can try and work this into these spaces once set up. Would be good to have some partners involved also.
- Kirsteen at healthpoint also engaging with the community
- Could we pull something together to be used at events? Jenny at MWH – 3 d models for research, something simple,
- Include in S bar to include resources that the partnership can use for some time. Indicates that partnership will be doing community based activity. Argument that is very good value in coproducing.
- What is going well and what could be better in mental health in moray – also include Suicide Prevention – image or brand that can unite behind, for group and public to know there is a specific cause within Moray looking at this.

- Suicide Prevention have Mental Health also included in there work but makes up around a 3rd, need to have trauma management included also and resources.
- Look to create tools that are easily shared – groups being awarded Comm fund this year could be pulled together to have these shared with them to gather voices within other groups whose voice may not get to us.
- Action – suggestion ‘mock up’ of what can be used – in person and online – photos of post its, somewhere that these can be uploaded to.

7. Consideration to be given to funding of MRRP

- Feels logical that MRRP should be funded by Strategic Group within HSCM as it is a strategic group.
- This does not sit within Community fund held by Tsi, not eligible for this funding as it is a strategic group.
- What would happen if this partnership did not exist?

8. Discover Pathways Ownership

- Pathways is not a MWH tool, could all partners communicate that this is a MRRP tool within their groups.
- Could we prepare a card to go along with the monstars and pens? Do we have resource to do this?
- Need to do 15 min session for clarity on this tool.

9. Events planning/ Any other business

- Heidi - Feedback from Our One Voice (HIV) Peer support – when diagnosed with HIV, you opt out of peer support, immediately connected with someone, sowing the seed for us to look at doing this in Moray, dream of this being the goal.
- Heidi – Chronic Pain Project – delivery of 8 sessions in person or online – Action – send out link to register for this to partners.
- Have also applied to community fund for 12 week course for people who do not have chronic pain – creating a list for people to register for this.
- Jonathan can introduce us to pain management lead in Aberdeen
- Wellness College – courses – fully funded if a champion, have to pay if not. Not getting too many bookings on this – MRRP have backed this, need to add to the proposal to SPCG to look for resource for this also.
- Menstrual story – event on 4th Feb
- Peer support event – next week
- Pete – internal NHS training – can they repurpose some of their training, Heidi and Pete to chat about this.
- Tsi – drop ins emerging, no dates as such
- Eilidh – Findhorn Bay arts – learning exchange 28th Feb – sharing learning arts have done with communities, MH is one strand, group discussions. At universal hall, around 100 people. Artists pieces showing engagement, how they have expressed hearing the voices of the community.
- <https://findhornbayarts.com/whats-happening/combine-to-create-learning-exchange/>
- MWH – drop ins at The Bow and Buckie hub, discussed this at the MRRP development day we are doing a test of this while we have resource. Any partners wishing to join in this more than welcome.

- KP – keen to explore coproduction around this. – Kirsteen to come back to Heidi
- Bring this to Mondays SP meeting – can we bring some in on this?
- Action – feedback on google triage form, who would be up form reviewing this – all would, send this along with minutes.
- KP – Update on Scot gov funding for primary care – Mental health & Wellbeing service – funded through PCIP (primary care improvement fund) , permanent contracts delivering MH & W across Moray. Scot Gov announced last year looking to invest more robustly in this area, had to submit applications to share ideas on next steps. Pam started, KP completed. In year 1 anticipated would grow team by 3 staff. Scot Gov have confirmed no financial resource available for this financial year. Don't expect to hear anything before April 23. No promises made what monies can be given in 23/24 year. Current team in place, funded through PCIP (primary care improvement fund), no change to this. It is the growth of the service that was going to be funded with the scot gov funding.

10. CHIME out

- Heidi – feel much more hopeful and supported.
- Pete – hope
- Lynn - hope
- Jonathan – hope and hungry, from SP perspective – having interconnected communities is so important
- Kirsteen C – connected
- Kirsteen P – meaning
- Carol – hope
- Eilidh – empowerment, lots of frustrations and challenges but not articulating what we are doing going forward, well done everyone in the partnership.

PROPOSED AGENDA FOR NEXT MEETING:	OWNER:
1. Chime In	All
2. FIXED – overview of terms of reference	Chair
3. Update on Actions	All
4. Review of 5 actions for group	All
5. Update on proposal to SPCG	Pete
6. Update on community engagement resources	Carol/ Heidi
7. Events planning/ Any other business	All
8. Discover Pathways Overview	All
9. 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