

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

Tuesday 28th February 10:30-12 noon

Bow Café, Elgin

**Present:** Kirsteen Pyett (Health and Social Care Moray), Karim Mahmoud (Digital Health & Care Innovation Centre), Jonathan Davis (Police Scotland), Tracy Grant (SAMH), Heidi Tweedie (Moray Wellbeing Hub), Carol Smith (Moray Wellbeing Hub)

**Apologies:** Kirsteen Carmichael (Health & Social Care Moray), Pete Matthews (NHS Grampian), Lynn Dowsett (Health & Social Care Moray), Eilidh Brown (Tsi Moray), Fiona Imlach (Quarriers),

**Chair:** Carol Smith (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 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~~

Digital Centre of Excellence

<b>ACTIONS FROM THIS MEETING</b>	<b>OWNER:</b>
Upload historical documents to MRRP Suicide Prevention Subgroup Section	Carol with Guidance from Jonathan
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
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 – Add to future agenda
MWH to see if can create mock up 3D resource for community engagement around questions “MH in Moray – www /WCBB?”	Heidi/Carol
Kirsteen to advise Heidi of possibility of MH & W Practitioners involvement in Bow and Buckie drop ins.	Kirsteen P- move to future meeting
Provide update to MRRP on data collection and recently prepared Collective Voice report.	Heidi/ Carol
Send Tracy information about upcoming sessions for Chronic Pain	Carol

Prepare a document that can be used to show the actions of the group clearly.	Carol
Draft a proposal to send out to group for review to go to Robert Lockhart, benefit of peer support for GPs from being in a drop in peer support space.	Heidi/ Kirsteen
Updates to be made to 3 minute brief	Kirsteen - DONE

AGENDA FOR THIS 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 from Susan Thom peer support group	Heidi
6. Update on proposal to SPCG	Kirsteen
7. Update on community engagement resources	Carol/ Heidi
8. Request for information for Audit Scotland regarding third sector services	Eilidh
9. Events planning/ Any other business	All
10. Discover Pathways Overview	All
11. 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/>

#### 1. **CHIME In**

- **Heidi** – feeling hope, sense of vulnerability as a collective but have strength in our partnership, challenge to articulate what we are doing.
- **Jonathan** – identity – no captain at the moment, new inspector incoming. Suicide prevention group starting very soon.
- **Karim** – hopeful and optimistic, been quite active in last few weeks, getting out there to meet people, living lab going to go well. Self-Management & prevention group – simulation – looking forward to this taking place
- **Kirsteen Pyett** - connected on personal level, perhaps not so connected with the wider system, main forum PCIP board meetings – funding body for MH & W practitioner service, this links with
- **Tracy** – not feeling so connected as missed the last meeting, curious this morning, hoping for connectedness.
- **Carol** – hopeful.

#### Next Meeting Chair & Time Confirmation

- Tuesday 28<sup>th</sup> March 10:30 – 12 noon via Teams

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

1. Tuesday 28<sup>th</sup> March
2. Tuesday 2<sup>nd</sup> May – in person

3. Tuesday 13<sup>th</sup> June
4. Tuesday 18<sup>th</sup> July – in person
5. Tuesday 22<sup>nd</sup> August
6. Tuesday 26<sup>th</sup> September – in person
7. Tuesday 7<sup>th</sup> November
8. Tuesday 12<sup>th</sup> December – in person

### **3. Actions**

#### **3.1 Send Kirsteen QR code for pathways**

DONE

#### **3.2 Upload historical documents to MRRP Suicide Prevention Subgroup Section**

Await output from the upcoming meeting – Jonathan to advise

#### **3.3 Heidi and Pete to meet up to prepare info to take to SPCG and discuss internal NHS training possibilities**

Kirsteen has pulled together a brief that was passed around and reviewed during the session.

#### **3.4 Carol to contact each group listed in strategy – make contact, would like to send meetings, and ask that you share within your networks.**

Carol advised that some roles have been moved around within MWH so we will have another colleague coming on to support the MRRP, this task will be completed in the training.

#### **3.5 make clearer instructions for chairs re CHIMEin to mention strategic groups as well as partnership groups MRRP has been mentioned / linked to.**

Discussed during meetings so partners aware but official write up of this to be done.

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

Discussed that this is quite difficult to quantify, may need to revisit this.

#### **3.7 Carol to confirm with Justin every second meeting at the Bow**

Done

#### **3.8 Confirm with Pete what we need to pull together for SPCG**

This has been done, covered in brief from Kirsteen

#### **3.9 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**

Push this to future meeting when there will be more members in attendance.

#### **3.10 MWH to see if can create mock up 3D resource for community engagement around questions “MH in Moray – WWW /WCBB?”**

The aim is to have this prepared in advance of the next in person meeting.

Gave update on drop-in sessions in Elgin and Buckie – MWH pulling together info from this, to give us some feedback on these questions.

Heidi advised that looking to expand and have drop ins in other areas.

Refer to MAT standards – peer support.

Referred to ad/MH voice CV report

ACTION – provide update to MRRP on data collection and recently prepared report.

#### **3.11 Send out link to any events – e.g. Chronic Pain to the partnership**

DONE

#### **3.12 Jonathan to forward contact details for pain management in Aberdeen to Heidi**

DONE – Chronic Pain sessions are running, have connected peers, have gone for additional funding to do another 4 sessions – plan is to loop back the initial 27 who expressed interest.

ACTION – Tracy has someone who this could fit well for – can we send her information about this – also any further information about upcoming chime for wellbeing sessions.

### **3.13 Kirsteen to advise Heidi of possibility of MH & W Practitioners involvement in Bow and Buckie drop ins.**

Brief discussion with Lynn – awaiting full compliment of staff, have now recruited but not started yet. Still an appetite there to be involved in these.

There is a date in the diary for MWH and MH & W practitioners to join up within the next month

### **4. Review of 5 actions for group**

Actions for this meeting have covered progress on the 5 key actions.

ACTION – to prepare a document that can be used to show the actions of the group clearly.

### **5. Update from Susan Thom delivered by Heidi**

When an individual receives a HIV +ive diagnosis, they have an option to opt out of peer support.

Can we replicate this for MH – connect with a peer, e.g. community connector (MWH hub)

Community Connector – came from house of care approach.

Dr Robert Lockhart GP Lead

Can we link up with him to see if any GPs are interested in MRRP and also Suicide prevention membership – looking for that influence from GPs into both groups, research shows that lot of GP workload links to MH.

ACTION – draft a proposal to send out to group for co-design / discussion

### **6. Update on proposal to SPCG**

- MRRP is leading the way across Grampian, need recognition on this. 3-minute brief prepared by KP for HSCM
- Heidi feedback about future of dr grays event – connection with Chair – engagement, chair IJB
- SAMH service manager – query around the comment regarding ‘having a mandate’ – we already have this in place. Can we describe this in a different way. Sentence to be amended to be evaluate against good mental health for all strategy. In order that efforts meet the partnership approach.
- Success of MRRP – measured by feedback from minutes – chime in and out, record in public domain of minutes, look at prior to taking over attendance was e.g. 0, how many meetings were had. Outcomes – e.g. average more funding, examples of this include. 3 or 4 points showing statistics to be included – ACTION. Meetings happened, clicks on MRRP news story social media reach. Walk of hope – how many, representing x amount of orgs, x number of lived experience. Admin role has been key to facilitating x – to allow time for others to do work. Make reference to how interesting this has been to other organisations, - details from Heidi.
- Thanks to Kirsteen for pulling together to put this together – appreciation to KP, Teresa, Pete and all those who have put time and efforts towards preparing this
- Highlight risk of not having MRRP – benefits, collaboration, partnership working, last 24 months outcomes achieved. Quality of information going to the public domain would cease.

- Strengthen last sentence around admin support- facilitation, connecting to wider strategic MH network, expertise, peer research, community engagement. Leveraging in kind resources from other third sector partners and community members, as well as national and international partners.
- Kirsteen to edit and send out to proof read.
- To be passed to Carmen – for meeting on 14<sup>th</sup> March.
- ACTION – pull out our 5 actions as a separate resource to go alongside KP paper – include Jonny.

**7. Update on community engagement resources**

Covered in actions above

**8. Events planning/ Any other business**

**9. Discover Pathways Overview**

Plan this in for a future session with more members.

**10. CHIME out – unable to all chime out due to venue requiring room urgently.**

- Heidi –
- Jonathan –
- Kirsteen P –
- Tracy – feeling connected now,
- Karim- empowered to effect change
- Carol –

<b>PROPOSED AGENDA FOR NEXT MEETING:</b>	<b>OWNER:</b>
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<b>FUTURE/ RECURRING AGENDA ITEMS:</b>	<b>OWNER:</b>
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