

Making Recovery Real in Moray Partnership Meeting

Tuesday 28th March 10:30-12 noon

Online, Teams

Present: Kirsteen Pyett (Health and Social Care Moray), Jonathan Davis (Police Scotland), Heidi Tweedie (Moray Wellbeing Hub), Carol Smith (Moray Wellbeing Hub), Ailsa Innes (Health & Social Care Moray), Nadine Weiland (Penumbra), Aileen Rennie (Health & Social Care), Kirsteen Carmichael (Health & Social Care Moray)

Apologies: Pete Matthews (NHS Grampian), Eilidh Brown (Tsi Moray), Tracy Grant (SAMH), Karim Mahmoud (Digital Health & Care Innovation Centre)

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

Digital Centre of Excellence

ACTIONS FROM THIS MEETING	OWNER:
1. Follow up meeting with Carmen on future of MRRP and response to proposal from SPCG	Heidi, Kirsteen P, Eileen
2. Update on Interim Manager role at next MRRP meeting	Kirsteen P
3. Send out details of upcoming CRN launch and workshops to partnership	Carol
4. could Susan Thom share data with us on how this works – paragraph detailing how this works in practice, evidence of impact – <i>response - The Opt out process has not yet started in Grampian. It is what "Our Positive Voice" are striving for - but not there yet. Sorry I do not know any more than that</i>	Kirsteen C DONE
5. Invite Mikeys line to update on what they are doing in Moray.	Heidi DONE
6. Nadine to forward on any info from DBI for Audit Scotland report	Nadine
7. Email to third sector partners to see if they have any data that could be included. What statistics have we got to highlight what has been achieved in the third sector for Audit Scotland report	Carol DONE via MS Form
8. Set up MS form to send out to MRRP asking about gaps in current MH provision	Carol/ Heidi DONE
9. Heidi to communicate to Eileen and Kirsteen C about report for Social Isolation and Loneliness Fund	Heidi/ Eileen/ Kirsteen C

10. Collate QR codes for Street Pastors bus	Eileen/ Carol/ Kirsteen C
---	---------------------------

AGENDA FOR THIS MEETING:	OWNER:
1. Chime In	All
2. FIXED – overview of terms of reference	Chair
3. Update on Actions	All
4. Update on proposal to SPCG	Heidi/ Kirsteen
5. Update on Community Research Network Project	Heidi
6. Update from Susan Thom peer support group	Heidi
7. Request for information for Audit Scotland regarding third sector services	Eilidh
8. Events planning/ Any other business	All
9. 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** – hoping to gain hope & meaningfulness, linked MRRP at Active Recovery Moray, Dr Grays, SPCG, Perinatal & MH, CRN
- **Kirsteen C** – connected, hopeful for a good meeting, discovering work we can progress together
- **Jonathan** – connected
- **Nadine** – connected, glad to be back to the group
- **Kirsteen Pyett** - hopeful, scot gov rep, rosemary reeve primary care interim manager, mapping exercise workshop – referenced
- **Ailsa** – connected
- **Eileen** – hopeful can move things forward
- **Carol** – looking for hope and meaning

Next Meeting Chair & Time Confirmation

- Tuesday 2nd May 10:30 – 12 on Teams
- Chair – Kirsteen Pyett
- Apologies – Jonathan Davis

2023 Dates: – all meetings scheduled for 10:30am – 12 noon.

1. Tuesday 2nd May
2. Tuesday 13th June
3. Tuesday 18th July
4. Tuesday 22nd August
5. Tuesday 26th September – in person TBC
6. Tuesday 7th November

7. Tuesday 12th December – in person TBC

3. Actions

3.1 Upload historical documents to MRRP Suicide Prevention Subgroup Section

Not to be linked for now so no uploads to MRRP webpage

3.2 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 picked up again once funding confirmed.

3.3 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 to be picked up again once funding confirmed.

3.4 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.

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

Update given around the Community Research Network

3.6 Kirsteen P to advise Heidi of possibility of MH & W Practitioners involvement in Bow and Buckie drop ins

Held meeting with MH & W Practitioners in March, feedback

Meeting lined up with volunteer coordinators with practitioners in their area

Meeting already held with Lexi, involvement in test of change in Forres Health Centre

3.7 Provide update to MRRP on data collection and recently prepared Collective Voice report.

To be picked up again once funding confirmed.

3.8 Send Tracy information about upcoming sessions for Chronic Pain

Info and comms being finalised, will then pass on

3.9 Prepare a document that can be used to show the actions of the group clearly.

To be picked up again once funding confirmed.

3.10 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.

To be picked up again once funding confirmed.

3.11 Updates to be made to 3 minute brief

Done

4. Update on proposal to SPCG - Kirsteen

Kirsteen provided update on attendance at the meeting, there were reps there giving information about GIRFE, sounds like everything that we as a partnership are doing.

SPCG were looking for statistical reports for what we do, we explained we can obtain qualitative data from those round the table on request. Purpose of partnership is not to duplicate stats already being collated by partners within their organisations.

Within proposal were looking for funding, greater recognition, ongoing relationship, open conversations, with parity with A& D partnership.

Kirsteen advised of response from Carmen. Can't offer support, will offer in kind admin support for 3 months. No reference to the guidance or information and connection with the group. Kirsteen feels

this is fully answering the finance request but perhaps we have to go back and ask about the relationship. Current funding runs out at the end of this week.

MRRP are the strategic leads around the MH strategy. If not adopted by SPCG, although feel it should already be part of this as who will lead on the strategy of MRRP doesn't? Felt like proposal was being picked up as a new idea.

What do we do now?? Can go back and ask for the support. Queries around effectiveness of the partnership.

Kirsteen advised Andrea Gilmartin had said that there will be someone covering from Paul. He is starting at the start of April, Andrea then on holiday.

The current MH strategy lasts until 2026, expect a couple of years lead time to implement a new strategy. Suggestion that Kirsteen and Heidi go ahead to speak with Carmen to discuss further. What happens if MRRP ceases? Strategy does not stipulate what expectations are around collation of statistics, no requests have been made in a structured way, going forward will do that. What does strategy say for MH in future and how can we assist with this.

Could speak with Scottish Recovery Network, they assisted with initial set up.

ACTIONS - speak with Carmen (Heidi, Kirsteen P, Eileen), to date have fully complied with strategy, no requests have been made in a structured way for statistics, not possible to do retrospectively, can do going forward if there is resource. What does strategy say for MH in future and how can we assist with this.

MWH will endeavour and protect what is already there for MRRP for the meantime.

ACTION - Update on Interim Manager role at next MRRP meeting

5. Community Research Network - Heidi

Key part of this is partners, next stage is August, opportunity for partners to get funding, part of a national programme, launch event 24th April, at UHI, please hold the date, invitations to be sent out. We are the only ones in Scotland to have received this expression of interest funding, along with DHI, Karim.

Roadshow events across Moray to ask citizens what is working well in Mental Health in Moray.

Eileen – looking for timetable for CRN events, to loop in MH & W Practitioners.

ACTION - Looking for people who could be guest speakers for launch – Kirsteen P. 20 slides, 20 sections per slides, 6 minute delivery. CS to send out details and invites. Will have a section for community members to come and speak, space for partners to come and speak with to see if wish to be part of the research network.

6. Update from Susan Thom peer support group – opportunity for project under self-management – Heidi

Learning gained from Susan Thom reaching out to us – when diagnosis given of HIV, have to opt out of receiving peer support.

Consideration of if there is a possibility to use this model within Moray.

Highlighted that depression would be a great place to start as this could have a real impact.

Mikeys Line would be good to include in this. Possibility going ahead could link in with e.g. one medical practice.

Would be great to hear about how this from someone who has this in place.

ACTION – could Susan Thom share data with us on how this week – paragraph detailing how this works in practice, evidence of impact – Kirsteen Carmichael to contact

ACTION – Heidi to invite Mikeys line to update on what they are doing in Moray.

7. Request for information for Audit Scotland regarding third sector services

Confirmed request from Eilidh for third sector.

Nadine would have to query internally with DBI central to confirm what data they could pass on, e.g. referrals

ACTION – Nadine to get back to us with any data that can be passed on

ACTION – Carol to email third sector partners to see if they have any data that could be included.

What statistics have we got to highlight what has been achieved in the third sector

ACTION – identify what are the gaps, would you be willing to do more on this to further discuss these gaps?

Suggestion that we could use a google form to invite people to forward this information anonymously. Evidence doing this gave more meaningful information.

Send through MS form, include q around if third sector (then we will pass this to Audit Scotland) key to be transparent and note who have received responses from.

Think include reference to the Community Research Network and purpose of this.

8. Events planning/ Any other business

Fund Launch: Social Isolation and Loneliness Fund 2023-26 Closes Friday 31st March

Links into MH & W practitioners chats – need and keen for peer support groups around Moray.

ACTION – Heidi will come back to Eileen when completing the report for her involvement, Kirsteen Carmichael to cast an eye over this also before submission.

Update on Street Pastors venue

Eileen updated that the street pastors have now a safe space in Elgin, will be a notice board where we could have QR codes to link to MRRP, discover pathways

ACTION – Carol and Eileen to link up to get these details and QR codes. Kirsteen C also can assist with gathering information for this.

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 – empowering
- Jonathan – connected
- Kirsteen P – meaning
- Ailsa – far more connected, hopeful
- Nadine - connected
- Eileen - hopeful
- Carol – hopeful
- Kirsteen C - connected

PROPOSED AGENDA FOR NEXT MEETING:	OWNER:
1. Chime In	All
2. FIXED – overview of terms of reference	Chair
3. Update on Actions	All
4. Funding Update	All
5. Findings from gaps in provision survey	Kirsteen
6. Update on Community Research Network	Carol/ Heidi
7. Update on ‘Our Positive Voice’ Opt out process	Heidi/ Kirsteen C
8. Events planning/ Any other business	All
9. Provisional - Discover Pathways Overview	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