

Making Recovery Real in Moray Partnership Meeting

Tuesday 2nd May 10:30-12 noon

Online, Teams

Present: Tom Whyte (Penumbra Distress Brief Intervention), Kirsteen Pyett (Health and Social Care Moray), Carol Smith (Moray Wellbeing Hub), Kirsteen Carmichael (Health & Social Care Moray); Eliot Makner (Penumbra DBI), Elidh Brown (tsi Moray), Karim Mahmoud (Digital Health & Care Innovation Centre Scotland)

Apologies: Emily Stokes (Mikeysline), Jonathan Davis (Police Scotland), John Webster (Police Scotland), Eileen Rennie (Health & Social Care Moray), Heidi Tweedie (Moray Wellbeing Hub)

Chair: Kirsteen Pyett (Health & Social Care Moray)

Minutes: Carol Smith (Moray Wellbeing Hub)

Organisations / Perspectives formally represented (strike through not in attendance at meeting):

<p>Lived experience of MH challenges. - adult perspectives. tsiMORAY Police Scotland DBI Service (Penumbra) Scottish Recovery Network Circles Advocacy SAMH REAP Arrows Findhorn Foundation</p>	<p>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</p>
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ACTIONS FROM THIS MEETING	OWNER:
1. Carol to get monstars, pens, leaflets to Kirsteen C for Healthpoint stalls	Carol - DONE
2. Carol to contact UHI re space for MH Week	Carol – DONE, nothing available
3. Carol to take suggestions about pathway updates to MWh tech team	Carol
4. Invite Carmen to next Meeting	Carol – DONE, Carmen is on mailing list
5. Discuss how best to review outputs from developments days to document deliverables	All
6. Follow up on Social Isolation and Loneliness Fund application	Heidi
7. 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 from last meeting	All

4. Update on proposal to SPCG	Heidi/ Kirsteen
5. Update on Community Research Network Project	Heidi/ Carol/ Karim
6. Update from Susan Thom peer support group	Heidi
7. Request for information for Audit Scotland regarding third sector services	Elidh
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

Kirsteen – hope for being able to have more connection

Carol – hopeful, lots going on so hopeful for a good day

Kirsteen C – are PH coordinator, connected, soo many meetings today

Elidh – connection, re-connection last week, being out and about was great, good time for being out and about

Elliot – service manager for DBI Moray connected, live in Aberdeen, travelling to Elgin once a week to work in Elgin

Tom – MH & W P with DBI Moray – connectedness, looking behind the scenes

Karim – connected – nice to see new people on the call

Next Meeting Chair & Time Confirmation

- Tuesday 13th June **1pm – 2:30pm** on Teams – please note change of time since the original invites went out, please update your calendars
- Chair – TBC

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

1. **Tuesday 13th June 1-2:30pm**
2. Tuesday 18th July
3. Tuesday 22nd August
4. Tuesday 26th September – in person TBC
5. Tuesday 7th November
6. Tuesday 12th December – in person TBC

Kirsteen reviewed the terms and confirmed that for the meantime we will meet online – some difficulties with Bow also having the drop in and also funding with the meeting.

3. Actions

1. Follow up meeting with Carmen on future of MRRP and response to proposal from SPCG

K & H met with Carmen (SPCG) – offered reassurance that need to have HSCM buy in, leading the way in Moray, other strategies that can take the learning. She is developing plan for new strategy, aim to have one strategy for all areas, aim is to note MRRP as the top level deliverable of the strategy to deliver this, outcome measures will come, this would link up to IJB and SPCG. Couldn't resolve ongoing funding, need to find alternative sources of funding for now, didn't think we should host the admin function within the HSCM for reasons of the Sbar that was prepared.

Current strategy – good mental health for Moray goes up to 2026, HSCM have been developing one that encompasses mental health. Carmen keen to come along to – Carol to invite to next meeting.

Current strategy doesn't conflict with new one. Karim wondered if any indicators that we could look at, Carmen has said this is to show MRRP as the top level deliverable, MRRP need to bring what we think this would look like to the table.

Eldh – suggestion – review outputs from development days that we have had. ACTIONS

2. Update on Interim Manager role at next MRRP meeting

Teresa Green – finishes up this Friday, advert out for the post – another secondment for 1 year, closing date is this Friday.

3. Send out details of upcoming CRN launch and workshops to partnership

Done

4. could Susan Thom share data with us on how this works – paragraph detailing how this works in practice, evidence of impact – 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 – DONE Susan Thom will keep us updated.

5. Invite Mike's line to update on what they are doing in Moray.

Emily sent her apologies for today's meeting, is on mailing list to receive future meeting invites

6. Nadine to forward on any info from DBI for Audit Scotland report

Carol – check results from MS form sent out last time – no responses to form

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

This was done via the MS form

8. Set up MS form to send out to MRRP asking about gaps in current MH provision

Done, discussed in previous actions

9. Heidi to communicate to Eileen and Kirsteen C about report for Social Isolation and Loneliness Fund

Carry forward to gather update from Heidi ACTION

10. Collate QR codes for Street Pastors bus

Where are we at with this? ACTION

4. Funding Update - Kirsteen

Covered MRRP funding in actions above

Funding Update from Karim – digital inclusion in mental health and in housing fund available – Karim will share links and Carol to share in email <https://grants.funding.scot/s/funding-programme/a113z00000gV9FEAA0/digital-pioneers-mental-health-fund-2023>

<https://grants.funding.scot/s/funding-programme/a113z00000gV9FxA AK/digital-pioneers-housing-fund-2023>

From Eldh - Year 3 has been announced the Community MH & W fund, using the tsi model – great news

Funding for the partnership – funding administrative service is difficult as funds don't usually allow for this.

5. Findings from gaps in provision survey - Carol

Carol advised would have to give update following Heidi's return from sick leave due to access to the MS form.

Added after the meeting – checked and no responses received.

6. Update on Community Research network– Heidi

Is a network that MWH and DHI have founded using funding from UKRI – 25 across UK, we are only one in Scotland and only one doing MH, we are looking to gather partners, and set priorities for what the CRN would look at. Great feedback from attendees about the launch event, Carol gave update on roadshows and areas to be covered

7. Update on 'Our Positive Voice' Opt out process – Kirsteen C

No further update, covered in actions above.

8. Events planning/ Any other business

Kirsteen C – J Munro from DWP has asked if Healthpoint would like to attend the job centre – 2 dates, Carol to get Monstars, pens, leaflets etc to Kirsteen for this ACTION

Karim – wondering if anyone wants to get together for MH & Awareness week – room 210 at UHI, UHI not doing anything physical, doing online. 15th – 21st May – theme is anxiety and depression – Kirsteen C would like to be involved, Carol to speak with Arrows – and any champions that could do treatments, need to pick a date and get comms up. Elliot – keen to have some of his team to attend also. – Do now have a presence in GP practices. CS have emailed Lorna Leil to see if this is free. ACTION
Kirsteen P - MWH & P – are now fully staffed, Lynn will be freed up a little bit now, so may have some scope.

Karim has holds for the afternoon of Thursday 18th (whole afternoon) looking for intro to living labs and how they could help

Will – at CRN launch – setting up a talk club – talk and move – initiative starting out about male MH support out of Bristol – 5:30 – 7 – every second wed from males only.

Gaming – at the pop shop in Elgin, a group been set up

Someone from R4G looking to set up something for male mental health support sessions

Kirsteen C – advised about her attendance at the sports recovery meeting – power of the bike – need to look this up

Advised that we have been at Forres Medical Centre

Tom – advised of the James Support Group – suicide support group.

Suicide prevention group – very hopeful, will be starting ASIST – next meeting is next Thursday 11th.

Louise, Kirsteen C & Heidi – aiming to put together a resource to hand out – what can people do when waiting for support, e.g. connection, why? To empower themselves. Could this be linked in to discover pathways. – Mikeysline – not on there, can we also add in something more about what to do with someone – safety planning on google, e.g. Samaritans risk assessment, to help self-direct

someone if needed. Roman Kemp – documentary, showing scenario. **Creating a 'safety plan' | Samaritans.** ACTION

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.

- Kirsteen – hopeful
- Tom – hopeful & connected
- Kirsteen C – meaningful, got a lot out of it.
- Eliot – hopeful and connected
- Carol – meaningful and 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. Events planning/ Any other business	All
5. Provisional - Discover Pathways Overview	All
6. 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