

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

Tuesday 18th July 10:30-12:00 noon

Online, Teams

**Present:)** Carol Smith (Moray Wellbeing Hub), Anne Grant (Aberlour Youthpoint), Karim Mahmoud (Digital Centre of Excellence), Lynn Dowsett (Health & Social Care Moray) Kirsteen Carmichael (Health & Social Care Moray)

**Apologies:** Fiona Imlach (Quarriers), Alisa Innes (Moray Council), Eilidh Brown (tsi Moray), Robert Lockhart (Health & Social Care Moray), Jonathan Davis (Police Scotland), Kirsteen Pyett (Health and Social Care Moray), Tracy Grant (SAMH) John Webster (Police Scotland), Heidi Tweedie (Moray Wellbeing Hub)

**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

Aberlour Youthpoint

<b>ACTIONS FROM THIS MEETING</b>	<b>OWNER:</b>
1. Carol to follow up on pathways updates with tech team at MWH for Sonas and Aberlour Youthpoint	Carol
2. Heidi to follow up on ward 4 decant comms strategy	Heidi/ Carol
3. Set up session on pathways with whole partnership to review current content, confirm ownership and establish routine for review and updates	Carol
4. Kirsteen C to confirm when next Mental Health Learning Disability PEG will be in Moray – looking for lived experience to attend.	Kirsteen C
5. Kirsteen C to confirm with Lindsay Nelson about SONAS updated service for 18-25 year olds – to be updated on pathways	Kirsteen C
6. Lynn to follow up on queries around HSCM Newsletter, can pathways be added to this, and information about the MH & W Practitioners	Lynn

<b>PROPOSED AGENDA FOR NEXT MEETING:</b>	<b>OWNER:</b>
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

**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**

Carol – lots of tabs open in my brain with kids off

Anne – been off recently so feeling foggy getting back into things.

Karim – foggy following annual leave a few weeks back, catching up.

Lynn – back from holiday, getting back into things.

**Next Meeting Chair & Time Confirmation**

- Tuesday 22<sup>nd</sup> August **10:30 – 12 noon** on Teams
- Chair – TBC

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

1. Tuesday 22<sup>nd</sup> August
2. Tuesday 26<sup>th</sup> September – in person TBC
3. Tuesday 7<sup>th</sup> November
4. Tuesday 12<sup>th</sup> December – in person TBC

**3. Actions**

**1. Carol to follow up on pathways updates with tech team at MWH.**

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**

YP Zone Service – up and running since January – own substance use, group sessions in schools, evening outreach – UPDATE required.

**2. All to think about communications to community regarding ward 4 decant.**

Carol gave overview of recent discussion and meetings regarding this topic.

Anne – first I've heard.

Karim – only heard via MWH newsletter.

Kirsteen – first heard of it when had to step in at meeting at UHI, not heard anything further.

Not a feeling that the community are aware of this, how much do we tell them, worry of scaremongering.

What is the comms strategy for this? (NHS Grampian?) Video of human explaining along with write up. Good practice for engaging with communities. How do we follow up with people to ensure knowledge is out there. – ask Heidi to follow up on this at next meeting regarding ward 4 decant.

Mailing that comes out from HSCM – does not include MH & W Practitioners, Lynn had prepared something for it but only appears on the online webpage.

Lynn will be contacting as cannot now access this, also asked her to add out QR code for the pathways. Realisation that not everyone is receiving this.

Rosemary Reeve – Primary Care – who leads this.

### **3. All to bring ideas of how the group can adapt given present funding circumstances.**

Confirmed that the funding is for administration and ownership and managing the assets, e.g., the pathways.

Suggestion of a dedicated session for pathways to update, bigger responsibility that the pathways belong to the partnership. Have a session to review and update it all then all take ownership to update and review e.g., 6 monthly.

Any feedback from pathways from MH & W Practitioners – don't get feedback if have looked at the pathways as practitioners are making them aware of these, not usually aware of them beforehand.

Waiting times for MH & W – some can see that week, longer wait times are 3-4 weeks, Maryhill and Linkwood, bit higher at the moment with holidays. Offer in person, on phone and near me, very busy time is when Lynn dips in to bring list down, now fully staffed and Lynn is into her band 6 post.

### **4. Events planning/ Any other business**

Anne – YP zone up and running, working really well - in 5 schools and outreach, Still have volunteers and coordinator doing mentoring. Commissioning side – social work can refer for 1-2-1. Summer programme going well – opportunities for teenage to get respite, doing fun activities, e.g., sewing, horse-riding, ice skating.

Lynn – fully staffed now, all fully inducted, Lynn more into her role, keeping waiting times down, looking to promote service more. Looking to start group sessions, linking up with MWH.

Kirsteen – Health Improvement Team NHSG – social prescribing model still at Forres and Lossiemouth, Buckie not yet commenced.

As part of SPG – ASSIST training, Louise and Jonathan now trainers, rolling this out to train across Moray.

MH & LD PEGS, - anyone who would like to come along to this, need lived experience into this. In person meeting, every 6 weeks or so. Goes Aberdeen City/ Shire/ Moray. Kirsteen will advise when next Moray one is so we can advise champions.

SONAS – not getting much referral of 18-25 year olds, are MH & W aware? Lindsay Nelson could advise – Kirsteen will follow up.

Carol – MWH – current projects - PIMH, Peer Support. Pain Chime starting this week.

## 5. Discover Pathways Overview

Update following meeting:

Data prior to April sat on a separate database and would not be comparable to current reported data, out Tech consultant now record these in a different format. Positive engagement figures, range is 500-1300 over March/ April/ May.

Points to note:

- Independent living pathway created early 2023
- Urgent access available on all pages and been accessed on average 80 times per month, this was the highest viewed page.
- New pages will have inflated hits due to us testing out development
- an average of 21.3 people per month accessed Mental Health & Wellbeing Support, Mental Health Therapists and Specific anytime support closely following in numbers.

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

- Anne – more connected, gained knowledge.
- Lynn – connected, achieved a lot, informative.
- Kirsteen – connected, nice small group to interact.
- Carol – connected, informed.

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11. Provisional - Discover Pathways Overview	All
12. Chime Out	All

<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