

Making Recovery Real in Moray Partnership Meeting

Tuesday 22nd August 10:30-12:00 noon

Online, Teams

Present: Carol Smith (Moray Wellbeing Hub), Heidi Tweedie (Moray Wellbeing Hub), Fiona Imlach (Quarriers), Tracy Grant (SAMH), Brogan Bowie, Jade Archibald, Kirsteen Carmichael (Health & Social Care Moray), Kirsteen Pyett (Health and Social Care Moray),

Apologies: Alisa Innes (Moray Council), Karim Mahmoud (Digital Centre of Excellence), Eilidh Brown (tsi Moray)

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~~

~~Aberlour Youthpoint~~

ACTIONS FROM THIS MEETING	OWNER:
1. Check if Jade is set up to receive MRRP mailings	Carol - DONE
2. Follow up on recent funding application	Heidi
3. Fiona to send info re cafes to MWH/ MRRP Group	Fiona
4. MWH arrange delivery of posters for upcoming courses to Tracy SAMH	Carol

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

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

Carol – connected

Heidi - a strong sense of identity around MRRP, hoping to talk about future

Tracy G – Services manager SAMH – hope to be connected again, not made it along due to service delivery

Brogan – Mikeysline – feeling hope, first meeting

Jade – DBI in Moray – feel connected and hopeful to find out more about the meetings, check if is on mailing list, if not resend information

Kirsteen Pyett – looking forward, feeling more connected

Fiona – from Quarriers carers support service in Elgin, feeling connected, not made it along for a while due to service delivery

Kirsteen C – area PH Coordinator in Moray for NHSG – hopeful for a positive meeting,

Next Meeting Chair & Time Confirmation

- Tuesday 26th September **10:30 – 12 noon** on Teams (please update calendars, was originally planned to be in person)
- Chair – Elidh Brown

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

1. Tuesday 7th November Chair – Kirsteen Pyett
2. Tuesday 12th December

3. Actions

1. **Carol to follow up on pathways updates with tech team at MWH for Sonas and Aberlour Youthpoint**

*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. **Heidi to follow up on ward 4 decant comms strategy – keep on agenda for each meeting**

HT - part of comms working group, rest of participants were NHS. recent Northern Scot article. Ward 4 ligature works and also MRI installation going together

Moving around involves Muirton and Seafield, lots of preparatory work that needs to happen before movements can begin. still don't know when, down to Scot Gov, have signed off on some of the funding but not all as yet. MRRP involved in this to bring the 3rd sector and lived experience. Usually a letter from Simon Boker Ingram, raised that may not be digestible for the public. Plan is to work with groups in the localities to deliver information. Recommendations to have it gently in our conversations if appropriate. We don't expect this to happen this year, no official timeline set out.

When get into we can send out, will have QR code to existing FAQs page.

Anyone heard anything in community? Not really, as long as people are well not thinking of impact that may have on them if they become unwell.

Tracy has offered office space to the CPNs, much appreciated. There are around 80 members of staff that also need to have space.

Nothing heard through carers channels as yet.

Suggestion around potential for applying for further funding for the ward – opportunity for artwork, garden space, recovery considerations.

3. Set up session on pathways with whole partnership to review current content, confirm ownership and establish routine for review and update

Suggestion – take forward

4. Kirsteen C to confirm when next Mental Health Learning Disability PEG will be in Moray – looking for lived experience to attend.

Meeting every 6 weeks, grampian wide group, always looking for lived experience to attend, meet 1 in Aberdeen city, 1 in shire, then 1 in Moray on rotation, in person, but opportunity to join online via teams also at each meeting. Next one in Moray is Thursday 21st Sept – 10 – 11:30, venue tbc. Kirsteen C looking at this.

5. Kirsteen C to confirm with Lindsay Nelson about SONAS updated service for 18-25 year olds – to be updated on pathways

Focus on Family approach up to that age, young people living at home. Leaflets in production, Lyndsey happy to give us information for the pathways.

6. Lynn to follow up on queries around HSCM Newsletter, can pathways be added to this, and information about the MH & W Practitioners

Carry forward.

4. Events planning/ Any other business

Funding conversation

Tracy - SAMH – still very busy, 1 year into all digital support planning, feedback from service users has been really good, sitting with support workers going through referrals, support plans
Have had some refurb done to offices,
Have won the YPI (Young person's initiative run by Wood group, pupils pick a charity and present what they would like to do with the £3000 prize) with Gordonstoun, have asked C & YP director as will do some work at the school around welfare and wellbeing. Use info to put resources into school.
Have new staff members, will be interviewing for team leader post soon. Will take pressure off and help widen strategic view and grasp.
Any charities that are of interest could get in touch with Tsi who are looking for charities.

Kirsteen - Wonder if it is worth putting a date in the diary for Oct to discuss funding if goes through. Will be attending GP cluster meeting coming up.
Feedback from user survey of practitioner – 95.3% said 'a lot' to was practitioner visit was effective
Did you feel listened to – 95.2 yes, a lot, 0.7 no
Feel concerns were understood - 91.2 yes a lot
General feeling of ok that got an appointment, waiting time
Confirmed that there is a practitioner attached to each practice

Brogan – Mikeysline, stopping point is Nairn, but now moving into Moray, getting a feel for this, waiting for leaflets for online services. Met Suicide prevention Team through SAMH now looking at banners leaflets, etc to get these into areas. Let Brogan know if any opportunity to work together. Intention of Mikeysline – first came about because of a small number of suicide within a friendship group, now don't have to be at crisis. More about mental wellbeing, have people who regularly use the text line, holistic approach of what suits of the Support, aged 11 up, all genders.
Mikeysline is funded through grants & donations.

Jade – DBI – have offered all GPs the opportunity to refer to DBI, and the MH & W Practitioners, 45 in service at the moment.

Fiona – now schools are back referrals likely to go up. now combined two teams, closer working. Managed to get some funding with parent carers, started FIKA sessions, registered carers can join in, have carers cafes in Elgin, Forres, Fochabers. Also starting a parent carer café soon. Cross with ICON group – Informing and connecting our neurodivergent families, would be great to link up. Find out information about the cafes – Fiona will provide information, keen for MWH to attend.

Heidi – 10 projects on the go at the moment. Continually looking to recruit and activate champions – support to set up groups, have training, we have a Peer 2 peer course starting start in September. Sport 24 continues, links to active recovery Moray MH Accreditation for sports clubs. Collective Voice – PIMH continuing – recruiting people pregnant or with children under 3 looking to provide peer support in Moray, can offer childcare money and support for individuals. Seeme Scotland – challenging stigma in HSCM and in schools. Looking for HSCM 'places' that we could deliver training to. Collective Voice work continues to gather voice on local services and supports. Working on being able to provide a public report every 2 months or so. Drop ins – now have 4 venues for drop ins. Anyone can drop into us, we gather voice and signpost, have new leaflets please let us know if would like any hard copy leaflets.

Digital project – can now provide equipment, main focus, is 1-2-1, group sessions at drop ins to sit with people who need assistance.

Delivery of course with PH NHSG – Chime for wellbeing (formerly WRAP) Living Life to the Full, Being a Good supporter, semester approach as part of wellness college

CRN carries on. Peer support project in partnership with Arrows, SAMH and Scottish Recovery Network, recent event really successful, have a providers forum that would love you to be part of.

Give Tracy posters to put up.

6. CHIME out

- Heidi – feeling really hopeful
- Tracy – connected and hopeful, back in the fold
- Fiona – nice to get along to a meeting, excited and hopeful about the future
- Brogan – connected, lovely to speak to people with a shared passion
- Kirsteen P – connected, great meeting
- Carol – connected and hopeful, really positive meeting
- Jade – hopeful and connected.

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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