

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

Tuesday 26<sup>th</sup> September 10:30-12:00 noon

Online, Teams

**Present:)** Carol Smith (Moray Wellbeing Hub), Heidi Tweedie (Moray Wellbeing Hub), Fiona Imlach (Quarriers), Jade Archibald (Penumbra DBI), Kirsteen Pyett (Health and Social Care Moray), Anne Pendery (Circles Advocacy), Elidh Brown (tsi Moray)

**Apologies:** Martin Kirwan, John Webster (Police Scotland), Tracy Grant (SAMH),

**Chair:** Elidh Brown (tsiMoray)

**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. Fiona to share information about cafes	Fiona – DONE (Carol to share with minutes)
2. Elidh to share links for upcoming funding information sessions	Elidh
3. MWH arrange delivery of posters for upcoming courses to Jade at DBI	Carol

<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. Update on C H & W Funding	Elidh
5. Provisinal - Ward 4 decant information session with Alastair Pattison	All
6. Events planning/ Any other business	All
7. Provisional - Discover Pathways Overview	All
8. 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 – feeling flummoxed & guilty for causing confusion, hopeful for a good meeting,
- Heidi – seeking empowerment
- Jade – DBI in Moray – glad to be actually connected, had IT issues this morning
- Kirsteen Pyett – Connection
- Fiona – from Quarriers carers support service in Elgin – hoping to survive till Friday then off on holiay
- Elidh – hopeful
- Anne – hope, life a bit challenging at the moment, always find these meetings uplifting, thanks in advance.

### Next Meeting Chair & Time Confirmation

- Tuesday 7<sup>th</sup> November **10:30 – 12 noon** on Teams
- Chair – Kirsteen Pyett

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

- Tuesday 12<sup>th</sup> December

### 2. **FIXED – overview of terms of reference**

Terms of reference – advised these are available on webpage, adhere to these each meeting, don't go through them each meeting.

### 3. **Actions**

#### 1. **Check if Jade is set up to receive MRRP mailings**

Done, also added MRRP tag to Anne Pendery as this had dropped off.

#### 2. **Follow up on recent funding application – Local Action Fund, for discover pathways updates.** nothing further received from Local Action Fund

#### 3. **Fiona to send info re cafes to MWH/ MRRP Group**

Fiona will send details to us. - DONE

#### 4. **MWH arrange delivery of posters for upcoming courses to Tracy SAMH.**

Arrange for delivery Tuesday 26<sup>th</sup> September

**5. 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. Update on C H & W Funding**

Soft launch on Friday, will be open until beginning of January. Decisions would be made in January then fed back to groups. Elidh will share links to info sessions.

Abi keen to hold session on funding applications.

Not huge changes from last year. All partners fed in, Connection a really important outcome, projects have to note connection as a CHIME value.

Top grant this year is 12,500. Went up from 10 to 12k last year.

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

**Jade** – DBI – MH & W Practitioner (Peer) referrals through the roof at the moment, nearly finished office set up, seeing an increase in people looking for face to face, happy to hold leaflets for any of the partnerships. Pop them in the postbox at the office. Majority work from home, mainly because the office space hadn't been set up for working. Based at old rail buildings across from Laichmoray hotel in Elgin.

**Kirsteen** – recent GP meeting – looking at Memorandums Of Understanding Scot Gov issued 4/5 years ago to alleviate pressure on GP work streams, consensus that MH is still seen as number 1 pressure in GP – mild to moderate/ severe distress. Pathway open for GPs and MH & W Practitioners to refer to DBI working well. Gap in moderate to severe, just not at threshold for secondary care for MH services. Keen to see if something can be developed for this in the area. No new funding so visiting test of change options for this.

**Anne** – no significant events to note at the moment, do have some staff shortages. Went to H & W training by Institute of government .... Very good in terms of international key note speakers. Employer/ Employee joint responsibility for maintaining H & W, everyone being able to access the appropriate help. Very useful session. Rectangular breathing – tip of the day, breathe out (long edges) more than breathing in (short edges). Also out of contract, expecting something coming.

**Fiona** – going through tendering process at the moment, so waiting on outcome of that.

**Heidi** – Went to the opening of the Discovery College, in Eastgate Centre, have welcoming space, meeting rooms, art room, upstairs, looking to get a lift, huge space. Peer support workers spoke about their passion and how excited they were to work with people, those in recovery around mental health, substance use, all people, open to anyone. Real diversity of people. Have funding for next year and a half, have a prospectus with all their courses listed. Want to share and encourage people to look at this. They are keen for partnership working. MRRP – we have spoken about this – different versions have been tried.

Walks of Hope – incredibly powerful through September, around 20 people, will write up a summary to share with this space and A&D and SPCG groups. Idea to have one for the Winter Solstice.

Seeme event – national leaders in attendance, looking at focus of Seeme plan to make a difference.

Have been attending the Ward 4 decant meetings, info was recently sent out to the MRRP. It's not signed off by govt as yet. Finding the balance of communicating versus not panicking. Alistair keen to come along and chat with us, couldn't make it today, think he may attend the H & WB forum. May have a shared space – possibly with Heidi with lived experience, community, Alistair as HSCM.

Peer Support network – have a network set up, then a Moray peer support provider group (anyone who helps other provide peer support). Also have a national network set up to share best practice, share benefit of lived experience voices being held.

CRN – looking for any MRRP members to be partners to create network. Will be an event around November. Links up with MRRP as agenda similar between the two. What gives Moray Mental Wealth.

Future of MRRP – continuing to push wherever we feel we can get leverage on keeping the focus on this. Met Katie, new strategic lead, explained history of MRRP, Katie may also be doing something at IJB around Mental health. Also have Pete Matthews who has stepped in to hold space while Paul S on parental leave. Lot of partnership working, challenge of a disconnect, attend meetings and recognised for MRRP approach, for best practice and benefits of this but stops there. Need to put things in place to recognise prevention agenda. Part of this is around national standards, e.g. A & D have MAT standards. Carmen had advised writing into the strategic delivery plan was the lever she could look at. Document set out to go to Carmen. Perhaps Katie can help up bring back to looking at deliverables and bring focus back.

**Anne** – EUPD (emotionally unstable personality disorder) group that has approached MH management about concerns around care plans, stigma around EUPD. Response generally that there are no complaints so not something that needs to be addressed.

**Carol** – Foundations, wellbeing courses coming up across Moray, anyone who supports anyone can benefit from BAGS, information was sent out to MRRP

PIMH – had sessions last month for parents to have a taster session to be peer researchers.

Digital – bringing this into the drop ins, can provide devices for people who require these to improve their wellbeing.

Drop ins – as usual these are running in Forres medical/ Linkwood medical/ Elgin and Buckie

**Elidh** – TSI – have shared information through Fairer Moray Forum Group – H & WB forum – on Tuesday 3<sup>rd</sup> Oct at Inkwell. Presentation at the start from Moray Community Foundation – for individuals experiencing a financial crisis, need a referee – good awareness of fund and how to access it. Hope to reach a few more to teach how to access this. Concerns raised that experiences have shown it is difficult to ensure there is a referee to ensure money is spent as it should be. Will also have Justin Jansen delivering some information about the MAT standards. Recently attended a meeting including peer support, SRN in attendance, Tsi Scotland event. Useful to look at where things are in Moray and where partners are. Interesting to see how people access peer support to conscientiously enhance their peer support skills.

Had flagged up at recent meetings that it would be really beneficial to have CHIME included in indicators.

### The Moray Community Mental Health and Wellbeing Fund Year 3 launches from 29<sup>th</sup> September

To find out more, book a place at one of the upcoming information sessions and check the tsiMORAY website from Friday 29<sup>th</sup> September for details on how to apply.

Evening Information Session

[Community Mental Health and Wellbeing Fund Briefing - Evening Session Tickets, Tue 10 Oct 2023 at 18:00 | Eventbrite](#)

Morning Information Session

[Community Mental Health and Wellbeing Fund Briefing - Morning Session Tickets, Thu 12 Oct 2023 at 10:00 | Eventbrite](#)

### 6. CHIME out

- Heidi – empowered
- Elidh – inspired & hopeful
- Fiona – hopeful, that people we support are reaching the help and support they need
- Anne – hopeful, and more settled that we are all sharing the same frustrations
- Kirsteen P – feeling more connected
- Carol – hopeful, great seeing the determination of the partnership
- Jade – hopeful we can keep fighting for the support people of Moray are looking for.

<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. Update on MRRP funding	Heidi
5. Events planning/ Any other business	All
6. Provisional - Discover Pathways Overview	All
7. 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

