

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

Tuesday 7<sup>th</sup> November 23 10:30-12:00 noon

Online, Teams

**Present:** Carol Smith (Moray Wellbeing Hub), Heidi Tweedie (Moray Wellbeing Hub), Kirsteen Pyett (Health and Social Care Moray), Lynn Dowsett (Health & Social Care), Katie Kinnear (NHS Grampian), Kirsteen Carmichael (Health & Social Care Moray)

**Apologies:** Martin Kirwan, Elidh Brown (tsiMoray) Jonathan Davis (Police Scotland), Karim Mahmoud (DHI)

**Chair:** Kirsteen Pyett

**Minutes:** Carol Smith (Moray Wellbeing Hub)

**Guest:** Alastair Pattinson, Dr Gray's General Manager.

**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. Request of Katie to take this forward with Shaun and Simon about future of MRRP.	Heidi/ Kirsteen/Katie
2. Update on C H & W Funding – Update to partnership via special mailing to be completed	Carol
3. Kirsteen C to provide update on Healthpoint 'blurb' for discover pathways	Kirsteen C

<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. Events planning/ Any other business	All
6. Provisional - Discover Pathways Overview	All
7. 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 – empowerment
- Heidi – hoping for hope, & empowerment
- Kirsteen Pyett – Integrated adult MH management team – Hope – small in numbers but hopeful to have recovery focused conversations
- Lynn - hopeful
- Katie – Team manager Integrated Service Manager, Mental Health, Drug and Alcohol Service , learning about what CHIME is, connection – still feeling new so building connections

### Next Meeting Chair & Time Confirmation

- Tuesday 12<sup>th</sup> December **10:30 – 12 noon** on Teams **change of time to 13:30 on 12<sup>th</sup> December.**
- Chair – tbc
- Agenda – feedback on the CRN event and relevance of this for MRRP/ Update on meeting with Katie/ CV report feedback/ dates of commissioning activity

### 2. **FIXED – overview of terms of reference – accessible under downloadable documents via**

<https://moraywellbeinghub.org.uk/making-recovery-real/>

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

Consider if need to add to this if we need a minimum number of attendees to hold the meeting.

Carmen had spoken about writing MRRP into H & SC Partnership strategy to build this in and hold us accountable. Wish to build more structure and formalise the partnership.

Carmen had pointed H towards Shaun and Simon before she left – basic message that yes would be great to have this included in the strategy, S & S would be the ones to take this forward.

#### **Request of Katie to take this forward with Shaun and Simon about future of MRRP. - ACTION**

Plan for another 1 hour session with Katie and Heidi, other MRRP members welcome, to discuss how to move forward now Carmen has moved on. Time and date to be set up.

Update from SPG – 50% of people who take their own life are not known to medical services. How do we reach them. Heidi and Katie agreed to do an SBAR around how to have MH support within A & E.

Heidi shared interest in Living Life To The Full course, fully booked, not all turned up to the session but that is where people are on in their journey. This is a licenced product. CBT based.

Chime for Wellbeing course – need a surge of bookings otherwise will postpone to the new year, aim to do some information sessions for sign posters or anyone interested.

**3. Ward 4 decant information session with Alasdair Pattinson, Dr Grays Hospital General Manager (below notes only for MRRP not public – for public info use the prepared statement).**

Senior officer for work we are doing on proposed construction of MRI at Dr Grays. There are papers circulating that may have seen. a more recent one is just being published. Can share with the partnership once live.

Implications on Mental Health (MH) services – preferred option for location of MRI means will cause significant disruption to MH services. So had to come up with a temporary plan to deal with relocating due to difficulties noise disruption and works would cause to MH services – staff and patients.

Ligature works within ward 4 are required. Both projects now brought together.

Looked at options for temporary relocation – Cornhill has relevant ligature works, ruled out due to distance for patients, their families. Then looked at community hospitals locally – decided now will temporarily locate to Muirton – need to do works to develop this to bring up to standard that ward 4 is currently, room for 18 patients to move from ward 4 to Buckie, this has been worked up and costed. consultations been done.

Then have to move current patients at Muirton – 8 patients to be moved to Seafield, some works to be done prior. Has been worked up and costed

Also need solution for outpatients at Dr Gray's site – pluscarden. 3 elements to look at – solution for 2 – outpatient – clinic operating 5 days a week, have managed to locate for duration of construction plan within Dr Gray's site. Accommodation for staff will move to Southfield, available from December for duration of project. Place of safety – option appraisal has been pulled together and will be reviewed at this week's meeting – this is the last piece of this to be firmed up.

MRI costs and works – now better understood

Ward 4 ligature work – better

All put into one project and proposed to Scottish Government. Has been approved by internal boards – NHS and asset management. Aware this is significant pressure on funding availability. Projects on hold until prioritising process has been completed, expect to hear by mid-December. Had hoped to start preparations for some of this work in December but this will be on hold. Both projects have around 12 months in each for completion. Two big benefits for the population of Moray – accessibility of MRI and improved ward 4. Will also allow for renewed options for how to use Muirton and Seafield facilities.

Need to take back to NHSG for approval – expect approval if funding confirmed as achieves 2 big strategic objectives required.

Feeling from Government is positive. HSE notice risk will be considered.

Heidi attending the bi-weekly meetings as MRRP presence as well as MWH – want information out to the community but not scare them. Only useful information need be passed on.

Alasdair is also connected with Health and Wellbeing Forum.

Other information is available via the bi weekly group. Expect comms and engagement will ramp up after discussions with the government. May need to revisit the FAQs already available.

#### **4. Actions**

##### **1. Fiona to share information about cafes**

DONE – advertised via MWH channels

##### **2. Elidh to share links for upcoming funding information sessions**

DONE

##### **3. MWH arrange delivery of posters for upcoming courses to Jade at DBI**

DONE

#### **5. Update on C H & W Funding – Update to partnership via special mailing to be completed**

The main update at this time regarding the Community Mental Health and Wellbeing Fund is the reminder that it is now open to applications, there have already been two information sessions, and now there are two upcoming workshops on Writing Funding Applications, which can be shared with groups looking to apply. The workshops are not solely relevant to this fund, but have been put into the calendar now to ensure that potential CMHWF applicants can benefit from this training in good time to help with preparing applications to the fund. It would be great if this information could be shared with MRRP partners.

[Writing Funding Applications Tickets, Wed 22 Nov 2023 at 18:00 | Eventbrite](#)

[Writing Funding Applications Tickets, Thu 23 Nov 2023 at 10:30 | Eventbrite](#)

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

**Heidi** – regular Collective Voice reports to share with partners – voice from community about services in Moray. We will arrange for this to be sent out to the partnership.

Collective Voice – query around staff at ward 4 not knowing about our visit so have they been able to promote our sessions to them e.g., C4W in Elgin starting this weekend.

Event on 28<sup>th</sup> November – Community Research Network – opportunity for collective MRRP voice to be heard. Will be presenting the information that has been collected. Launch of challenges and ideas and consider how can/will link in with statutory partners.

IJB Development Day – Katie - Service manager of A & D and MH – worked closely with Pete and Elizabeth from PH to think about models e.g. medical model vs recovery model, how to support emerging demographics. Kirsteen P and Iain Macdonald (lead on social prescribing) was there. Sandy Riddell also – non executive board member. Very knowledgeable about these topics. Heidi – presented around MRRP/ MWH

IJB have had several reports over the years submitted to them around pressures in H & SC. Looking to keep budget lines – e.g., staff requirement and retention.

Session started as MH development then moved into the strategic focus.

Kirsteen shared results from MH & W practitioner survey, Sandy was keen to discuss this more.

Potential for 2<sup>nd</sup> development session.

What is the ask of discussion with Simon and Shaun – is there an appetite for that 2<sup>nd</sup> dev session or should we look for a session with Sandy with MRRP.

## 6. CHIME out

- Heidi – empowered, reassurance of doing the right thing on behalf of the partnership.
- Lynn – good to have clarity from Alasdair, meaning, connection.
- Kirsteen C – meaningful, feel positive going forward.
- Kirsteen P – increased hope
- Carol – empowerment still, feel we are still pushing forward.

<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