

Ase review and Making Recovery Real in Moray Partnership Meeting

Tuesday 16th January 24 11 – 12:30

Online, Teams

Present: Carol Smith (Moray Wellbeing Hub), Heidi Tweedie (Moray Wellbeing Hub), Kirsteen Pyett (Health and Social Care Moray), Eileen Rennie (Health and Social Care Moray), Rachel Barclay (Police Scotland), Tracy Grant (SAMH)

Apologies: Elidh Brown (tsiMoray)

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. pathways update – Eileen will review and send us through – 2 pathways to review	DONE, sent to MWH
1. pathways update – Kirsteen to review and advise of any updates	DONE
2. Carol to reach out to Lisa Taylor about use of the health promotions bus	Carol
3. C/ H to discuss with MWH team re who can drive HP bus if available	Heidi/ Carol
4. MWH potential for evening 'drop in' spaces	Heidi
5. Contact Isobel to see if can book in person mtg into Katys diary	Kirsteen P - DONE
6. Carol to contact Tracy Sellar to arrange resource top ups and MRRP	Carol

PROPOSED AGENDA FOR THIS MEETING:	OWNER:
1. Chime In	All
2. FIXED – overview of terms of reference	Chair
3. Update on Actions	All
4. Partner Updates	All
5. Partner Highlights and headlines	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**

- Kirsteen – part of integrated team in both primary and secondary care- meaning
- Carol – Wellness College Coordinator at MWH meaning
- Eileen – team lead for moray psychology team and the Mental Health & Wellbeing team - connected
- Rachel – Mental Health and Suicide Prevention Moray Police Officer, connected
- Heidi – Social Movement Enterprise Lead at MWH, strategic direction, partnership working connecting into grassroots. Identity.
- Tracy – service manager for SAMH, manage the Moray contracts, looking for connection

Next Meeting Chair & Time Confirmation

- **Tuesday 6th February 1-3pm** in person at UHI
- Chair – TBC

2. **FIXED – overview of terms of reference – accessible under downloadable documents via <https://moraywellbeinghub.org.uk/making-recovery-real/>**

3. **Actions**

1. **MRRP to review film and comment on Community Research Network draft Ideas and Challenges document accessible on MWH webpage under projects - <https://moraywellbeinghub.org.uk/projects/>**

DONE

2. **Heidi to speak with Pete re use of logic model**

DONE

3. **Carol to firm up time options for in person day (6th Feb) and send out to MRRP**

DONE

4. **Partner Updates**

Eileen – psychology side – changeover to new systems, making the referral process as seamless as possible, new way of coming straight into the service. Should all happen quickly. Trying to speed up self-referrals.

Eileen – Mental Health & Wellbeing Practitioners – bit of change, new start for Maryhill, consolidating the team. Working on getting more resources for the practitioners, developing a 'thrive and survive'; group for people who have had childhood trauma. At the moment working on

pilot, can have 2 groups running at any time, trialling in person and online. There is an existing group but within secondary care, there was a gap in primary care.

ACTION – pathways update – Eileen will review and send us through – 2 pathways to review - changes received by CS via email during meeting

Kirsteen – last heard on ligature/ MRI works – awaiting confirmation of Scottish Government funding. No formal feedback as yet, NHS Grampian reviewing what they have heard back from SG, awaiting this before cascaded to wider community & workforce.

KP – Mental Health & Social Work team – doing a lot of work on adult support and protection. We have two staff members (who are already qualified social workers) undertaking the training to become MHO's. Course is until late summer so we won't know if they have passed until around aug/sep and its likely that it will be Oct before able to undertake work.

ACTION – pathways updated – Kirsteen to review relevant pathway. – comments collected during meeting - have had a look at the pathways blurb and nothing to change at present. The advocacy referral info there just to note that this tender is out of contract and will be out to market but as far as I am aware circles will continue meantime

Tracy – continuing to be busy working closely with CMHTs supporting duty system and on call, recruiting for new contract with AIR clinic (NHS rehab facility)

Rachel – DBI training, rolling it out in Aberdeenshire and Moray. When receiving calls about attempted suicide, looking at stats of who calling and surrounding circumstances, running theme is alcohol. Plan is to get posters out to pubs, if feeling suicidal..contact numbers, also wondering about the Mobile info bus – health improvements team have this.

Eileen advised about the street pastors (changing name to Moray pastors, out from 10pm-4am in the morning), don't have enough to staff this at the moment. May be more approachable, potential for partnership.

Can Lisa Taylor help with access to the bus? ACTION. Can we see who is able to drive the bus from our team, could we reconfigure our drop ins for evening drop ins. Tracy advised SAMH have a new suicide prevention (Tracy Sellar) – ACTION – reach out to Tracy re resources restock, MRRP, Include email address for everyone here.

Heidi MWH – drop ins update on medical centres and community drop ins, attendance levels, peer support, CV and digital. Making a digital hub for wellbeing, others such as FACT have digital drop ins for general, we focus on wellbeing, e.g. accessing near me. Work being done on getting the public CV report out. KP comment re drop ins:

[12:00] Kirsteen (Guest)

sounds really effective the human element of awareness raising as opposed to the power of a poster!

Community Research Network – what makes Moray mentally wealthy, recording what services already do.

Upcoming events – LLTTF, C4W – wellness planning, online LLTTF now full, idea to have ongoing courses for the community for self-management.

ICON – ND families support project, for families to access better support.

Time to talk day – 1st Feb, great day to promote, resources from SeeMe, we have the peer support event that day. Providers network happening on the Friday.

Parent and Infant Mental Health – training up parents to be able to help other parents.

Sports Mental Health accreditation scheme – there is a SAMH one also running, this one focused locally.

Mental Health First Aid recently delivered to several groups from Moray Council, looking to find a way to take this forward.

Stigma within health services – felt heavily by those experiencing longer periods of MH challenges.

5. Planning for 6th Feb

ACTION – get in touch with Isobel Firth (isobel.firth@nhs.scot) to see if can put this as tentative into Katies diary. – Kirsteen P has done this.

Tracy can make it

Rachel could attend for a short while at the start

Kirsteen P can attend

Agenda – refocus, what is within control, what is outwith, do we have strategic buy in – Heidi will pull this together, anyone with ideas of models, tools to get in touch with her

10. CHIME out

- Kirsteen – connected
- Carol – connected
- Eileen – connected
- Rachel – hope
- Heidi – connected and hope
- Tracy – 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. Refocus of MRRP and supporting docs	All
5. Funding of MRRP	Carol/ Heidi
6. Chime Out	All

FUTURE/ RECURRING AGENDA ITEMS:	OWNER:
1. Child & Parent Survey Findings to be shared with group when available	Paul
2. Update on PH MH Network meetings	Kirsteen C/ Paul