

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

Tuesday 10<sup>th</sup> August 2021 10:30 – 12:00

**Present:** Heidi Tweedie, Martin Kirwan, Ailsa Innes, Alison Potts, Tracy Grant, Pauline Forbes, Louise Penfold, Paul Johnson, Kirsteen Pyett, Jarrod Leach, Pam Cremin

**Apologies:** Darren Bruce, Fiona Imlach, Anne Pendery, Tracie Wills, Anne Grant, Susan Johnstone, Nadine Weiland-Jarvis, Holly Hendry

**Chair:** Heidi Tweedie

**Minutes:** Aimee Wright

### **Organisations / Perspectives formally represented:**

Lived experience of MH challenges.  
- Young people & adult perspectives.  
tsiMORAY  
Police Scotland  
Moray Wellness Service (Penumbra)  
DBI Service (Penumbra)  
Scottish Recovery Network  
Circles Advocacy  
SAMH

Aberlour Child Care Trust  
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

### **Actions from meeting:**

- **All:** Reminder to network – Suicide Prevention Survey.
- **Louise/Aimee:** Promote Suicide Prevention Week.
- **All:** Email Pam with Intelligence on any gaps in service.
- **Heidi/Pam:** Follow-up meeting regarding monitoring and surveying for partners.
- **All:** Check Teams access is working for all partners. Feedback any issues to Aimee.
- **Aimee:** Create Teams video with basics.

### **Agenda for Next Meeting:**

- Supporting people who are intoxicated and suicidal – Anne P
- Discussion on different components each service/social enterprise offer to ensure no unintentional overlaps – Pam/Heidi
- Partners Survey follow up meeting around administration and monitoring – Pam/Heidi

### **Previous Meeting Minute:**

- All minutes agreed.

## **Meeting Topics:**

### **1. CHIME In**

Heidi: Calmer after summer holidays, team at the hub are happy to have been able to do outreach face to face at the conversation stations. Louise: Meaningfulness, a lot of work with suicide prevention week upcoming. Unfortunately, have had a very busy summer, real fire in belly in terms of what can be done and driven forward. Pauline: Not sure how feeling. Tracy: Feeling happy and have been very busy. Kirsteen: Recharged batteries during holidays. Connected with Louise while out was lovely to see in person. Martin: Feeling okay and more reconnected, less energy and focus but will dig a little deeper and looking forward to getting back to training. Ailsa: Susan Workman – advanced practitioner has joined team, feeling good sense of CHIME values. Paul: Feeling fine after annual leave, loads of emails but great support from colleague, looking at what needs moving forward. Aimee: Feeling refreshed after long weekend off, have really enjoyed being out in community doing some outreach at our conversation stations. Alison: Working from home for past 18 months looking forward to returning to office 1 week per month until restrictions are eased further. Nice to see colleagues face to face for own personal health and wellbeing needs and enjoy connection.

### **2. New Member Welcome**

Alison Potts: Registrar in Public Health based in NHS Grampian Public Health Dept, had wonderful conversations with Heidi. Working in Public Health and Wellbeing, relatively new remit. Looking into taking a preventative approach and promotion in wellbeing. Working alongside a consultant Paul Southworth who is slowly stepping back from COVID related works. Try to support systems already in place across Grampian, believe in communities telling us what they need and being there to support them in delivering.

### **3. Service Updates**

Heidi: Social Movement Enterprise Lead at MWH, strategically look at how we can as organisation create our vision – everyone has the right to a connected and hopeful life in Moray. 13 projects running at present, along side conversation stations and Peer research. 4 key themes: Neurodiversity, Criminal Justice, Digital Self-Management and Generic Wellbeing in Community. Working along side alliance on Digital, will share report with partners, general comments: some stuff works well however most people prefer face to face. Lack of awareness on service change for those who don't use services regularly.

Louise: Suicide Prevention Development Officer for the Northeast of Scotland. Work as part of small team, specific activities around suicide prevention, look at gaps and how to fill them along with suicide prevention training.

Ailsa: Based at Dr Greys Pluscarden Clinic, Psych Services and mental health officer.

Tracy: Service Manager for SAMH. Very busy and interested to link up with Alison as SAMH focus is Mental Health and Wellbeing as one and preventative and self-management services. A lot of positive feedback received and donations, watch this space for future plans.

Kirsteen: Social Work Team Lead based at Pluscarden Clinic, line management responsibility for mental health social work team and provide line management support to the primary care psychological therapy service.

Paul: MADP Manager link between the drug and alcohol partnership and MRRP. Doing some work in suicide prevention, and currently leading task force and survey.

Martin: Self-employed psychologist mediator, workplace occupational psychologist. Look at workplace/businesses on a view of doing suicide prevention.

Pauline: Support Manager for the community mental health and wellness service, provide peer support to Moray community age 16 and over. Very busy at present, currently has a waiting list but now has full team of staff in place. Provide self-harm training which is always very popular and great feedback. Ronseal "you do exactly what you say on the tin" lovely comment received.

Jarrold: PC Jarrold Leach Moray Council Community Safety Hub, liaison to police Scotland connecting people together. Another 20 officers due to be trained on DBI referrals, the aim is to have 1 in 2 officers fully trained. Immediate front line support for those who want/need help. Darren Bruce will be looking into alcohol and drug related offences.

Heidi Update on behalf of Becky: Young people, a lot of working happening at present. Funding from MFR cash for kids, to support young champions in a more formal way before October plans to go to a few schools and recruit some people and train them to deliver intervention to their peers and evaluate.

#### **4. Suicide Prevention Survey**

Task force group was created following on from the last meeting. Thanks to everyone who feedback to create the survey. The survey has been sent out to all partners and partners have shared with their connections and promoted on their channels. Slow up take only 4 returns to date but long lead time, which will be pushed closer to close date. Would be grateful if a reminder could be sent to all. Paul will chase progress later in month. Dates will be sent out shortly for action group. Once information has been returned, we can look at next steps to enhance response to support communities. Gordon MacPhail's are keen to get involved in suicide prevention great link to distilleries, Louise will follow up with Liam.

#### **5. Suicide App**

All updates for Moray have been complete. Will be promoted as part of Suicide Prevention week with promotions on social media. MWH will promote via news story and champion's update. Louise to forward any information to promote to Aimee for action. Discover pathways tool is working well and the app as a secondary tool to use alongside as partners.

#### **6. Workforce Wellbeing**

Kirsteen and Heidi had a great catch up around some items that had been identified before the pandemic took over. Some funding and resource had been identified to support looking into the Health and Social Care Workforce Mental Health and Wellbeing. Along with the impacts from the pandemic on individuals and practitioners, with the volume of information

and change that's been required to adapt throughout. Some work going on behind the scenes as the pandemic drew staff out of main roles into other projects. Survey that went out in January, with substantial numbers returned. Large numbers were interested in participating in peer support and promotion of mental health and wellbeing. Design some activities moving forward, arrange an action group for those interested. MWH have some capacity around developing the discover pathways tool and how the GPs use it. Lots of threads that come together such as Challenging stigma in the workplace using see me tools and working with HSC in Primary Care. Heidi would like to know what the MRRP would like to know about as there is so much going on and if anyone would like to know more about HSC themes to get in touch.

## **7. Partners Survey**

MWH are the administrators for MRRP this year as a pilot to see if it works well and keeps within the values. Part of the agreement is to run a survey however the details of the survey have not been agreed. Heidi would like to clarify with the partners if the survey should be for the partners or the community. Do not wish to over survey the community as this is feedback received regularly. Think about element of communications and thoughts as its not quite clear yet. Look at possibly holding something in the new year with the community. Partners agreed not to over survey community and look at option of small group of collective partners to discuss monitoring and administration for time being. Paul, Martin and Alison volunteered to be involved in any discussions. Heidi to discuss this option with Pam and feedback at next meeting.

## **8. Conversation Stations**

As part of the conversation stations in Elgin, Buckie and Keith we have spoken to over 100 people. Forres is scheduled to go ahead on Thursday 12<sup>th</sup> Aug.

The key themes that came out of Conv station Wellbeing Q1: (from most mentioned to mentioned less)

- How isolation has affected our wellbeing and how very big the NEED IS FOR FACE-TO-FACE CONNECTION OPPORTUNITIES.
- How young people have suffered through the pandemic, increase in drug, alcohol, anti-social behaviour, and the definite NEED FOR PEER-LED activities
- How isolation has been for people that do not have a big social network and the increase in depression and suicidal thoughts.
- How the lack of transport impacts on wellbeing and opportunities and focus on Elgin.
- Pathways tools and Community connector was signposted to quite a bit!
- Also, how there is a lack of funding for mental health and that we are doing important work that's very much appreciated by the community!

Additional two larger events to follow Cullen in partnership with the Cullen community centre and another in Tomintoul. Partners maybe able to come along, Jean Pryde is organising. If interested in having a stall email Aimee for more information.

## **9. Intelligence Gaps In Service**

Alisa discussed her email to pam 1. Crisis Management for people who have never used service before that may now be affected due to being unemployed, financial pressures, family pressures. If these people require immediate or prompt access outcome. 2. Discharge to community pressures. Working alongside multidisciplinary team the step down from someone being in hospital, finding discharge difficult due to restrictions in the community and people were coming back to hospital. How could we do it differently?

Discussions with Paul around drug and alcohol have highlighted some gaps in intelligence.

Heidi advised MWH will pull together data extracted from the conversation stations. Pam advised it would be useful to link people's perceptions from the conversation stations to actual data to see if this matches what is happening. If these marry up with perception and data, we can validate new funding and develop services in specific workstreams.

SAMH are using a peer research model to investigate suicide prevention. One workstream is around service delivery. Will feedback in to MRRP just at early stages of identifying peer researchers. The other 2 workstreams are based around the fishing community and young people.

MWH a strand of work around collective voice is peer research so if any tools or help is needed contact us.

## **10. Suicide Prevention Week**

Grampian Wide have a business leaders forum taking place on the 8<sup>th</sup> September, looking at suicide prevention in the workplace. Looking at what can we do to have feet on the ground, how do we support that? Martin Kirwan will be a guest speaker. Interest from supermarkets wishing to distribute materials. Delivering some training on run up and during the week. Always looking for suggestions or volunteers to get involved.

## **11. Communications**

Teams is causing some issues while trying to access some of the stored files this is down to firewalls with external organisations. Managed to resolve some issues with anyone who has made direct contact with Aimee. Anyone who still has issues please contact Aimee to discuss further and if problems persist, we can look at alternative file storage solution. Some people have found either accessing teams via web rather than app resolves issue or adding personal email address to account. Aimee to create a video for Team instructions on how to access documents.

## **12. CHIME out**

Heidi: Connected. Louise: Meaningfulness and fire in belly. Pauline: Connected and happy. Tracy: bamboozled but fine not from MRRP. Kirsteen: Good to catch up, more connected. Martin: feel a lot better than at start, looking forward to contributing to work. Ailsa: Nice to hear different workstreams. Paul: Great to catch up, looking forward to meetings, and happy family visit and daughter landed marvel contract feel good. Aimee: connected and motivated. Alison: Wonderful people. Jarrod: Impressed of volume quantity and quality of work. Pam: chaotic, standing desk feeling healthy, great to link in with everyone.

**Next Meeting:** 21<sup>st</sup> September 2021 at 10:30 - 12:00

**Next Chair:** Kirsteen Pyett

**Minute:** Aimee Wright

**Future Meeting Dates:**

21<sup>st</sup> September at 10:30 – 12:00

2<sup>nd</sup> November at 10:30 – 12:00

14<sup>th</sup> December time TBC