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Meeting held virtually on Microsoft Teams
Tuesday 6th July 2021 1.30 – 3.00 incorporating The AGM

Meeting Notes

1. Welcome, introductions and apologies

Attendees: , , Gareth Moir (Suffolk County Council), Barbra Bilston (Churches Together), Sarah Rashleigh (DWP), Sarah Stickings (Adult Services, SCC), Elizabeth Storer (Healthwatch), Chris Lawson (Active Suffolk), Irene Tibbenham (Friends of Thornham Walks), Anslem Gurney (Active Leisure), Angela Hodge (Care UK), Anna

Several apologies and out of offices were received.

2. AGM actions...

- a. Gareth Moir remains as chair
- b. Irene Tibbenham remains as vice chair
- c. Funds – The Mis Suffolk VASP has £2,378.80 currently held and managed by Red Gables although they have asked The VASP if the funds can be moved and held elsewhere.
 - i. Consider asking The Mix, Healthwatch, seek support from CAS and look into opening a possible bank account.

3. **Activity for priority groups – Anslem Gurney**

- Mid-Suffolk DC have set out in their health and wellbeing strategy to get more people active within priority targeted groups:
 - Children
 - Adults
 - People with mental health issues
 - People with a disability or additional need

There are various routes for people in these groups to access either reduced rate or free activity including referral by another worker e.g. community connector or via GP referral. There is also a priority to increase activity opportunities in rural areas.

4. **Members Update**

- Mid-Suffolk DC:
 - The district council will be submitting its health & wellbeing plan to council for ratification, along with their plan to set up a youth social prescribing programme.
- HealthWatch:

- The end-of-life survey is going through quality clearance and will give an insight into the experience of those who had been involved with services.
 - Guiding principles are also being developed in order to support the set-up of digital care.
 - GP's have seen an increase in the number of cases where aggressive behaviours are being directed towards staff in practices.
 - Access to NHS dental is still a huge issue in the community and people are asked to contact Healthwatch to report their experiences of being offer dental care.
 - Anyone having issues accessing health service should report it to HealthWatch on on 01449 703 949 or 0800 44 88 234
- Realise Futures:
 - Courses are coming to an end for the 20/21 year and a new timetable and menu with be drawn up for the 21/22 year.
 - Greater return to face:face sessions are happening but online access will still be available.
 - Care UK:
 - A number of dementia events have been hosted at Cedras House and a carers group has developed offering support to those in a careering role.
 - Active Suffolk:
 - Due to the increase in substance dependency, Active Suffolk will be working in partnership to deliver an activity and support session. This is going to be Ipswich based.
 - Adult Community Services:
 - Most staff are still working remotely, and there has been an increase in referrals coming from hospital discharges and the trend is presenting more complex needs requiring a variety of support.
 - There has also been an increase in requests for support to carers.
 - There is a level of fatigue amongst ACS staff, and they to are receiving more hostility from contacts.
 - Churches Together
 - Still supporting parishioners especially around loneliness, isolation, and bereavement. The numbers have required an enhancement in their pastoral support.
 - Thornham Walks:
 - The woodland walks are open, and new outdoor meeting/activity tables have been instated

5. VASP froward actions:

- a. A number of ideas were suggested to be carried forward in a VASP action plan for delivery and engagement of support in the district.
 - i. Address the issue of GP/Health worker suicides
 - ii. The establishment of Chat Benches
 - iii. World Mental Health Day October 10th 2021
 - iv. Promoting the benefits of mental health through physical activity
 - v. Having mental health stands where the opportunity is available

vi. Look at hosting a mental health show/event

Future dates:

Month	Date	Venue and Speaker
August	Thur 5 th	Summer Break
September	Tue 7 th	Thornham walks
October	Thur 7 th	
November	Tue 2 nd	
December	Thur 4 th	
January	Tue 4 th	
February	Thur 3 rd	
March	Tue 1 st	
April	Thur 7 th	
May	Tue 3 rd	
June	Thur 2 nd	
July	Thur 7 th	