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Meeting to be held at:  
Needham Market Community Centre,  
1 School Street, IP6 8BB

**Tuesday 4<sup>th</sup> September 2018 1.30 – 3.30**

**Notes:**

1. Welcome, introductions and apologies

**Attendees:** Martin Wright – NSFT Governor, Grant Wright – Phoenix Counselling, Linda Attwood – Enigma, Aruna Sharma-Balls - Babergh & Mid Suffolk DC, Barbara Bilston – Churches Together, Simon King – Healthwatch Suffolk, Gareth Moir – Suffolk County Council, Jo Belfield – Community Action Suffolk, Patrica Durrant – DWP, Job Centre, Carol Reed – Homestart Mid/West Suffolk, Terri-Ann Perkins – Suffolk Family Carers, Liz Ellis – IDT,

**Apologies:** Irene Tibenham – Friends of Thornham Walks, Wendy Shepherd – Suffolk User Forum, Elizabeth Storer – Healthwatch Suffolk, Carol Eagles – Citizens Advice Mid-Suffolk, Janet Jones – Richmond Fellowship, Matt Wilson – Richmond Fellowship, Fiona Palmer – BSEVC & Stowmarket DAA

2. Minutes from July's meeting and matters arising – **All**

- Minutes and agendas will now be sent out in PDF to aid the use of different computer systems.
- The community centre has been booked for future meetings and dates will follow.

3. Time to Change update – **Simon King**

SK recapped on TTC Hub project and the work that has taken place through the hub. A brief overview of finding away to make the hub self-sustaining has been proposed and this was aired with a focus on setting up and supporting champions groups. GM to follow back up with TTC to contact Enigma & Richmond fellowship.

An overview of the Stowmarket event was given where there were over 300 interactions including 98 people who sat down for tea & cake. Although this was not an event for offering support to those with mental health conditions there were a number of people who received sign posting details of support, demonstrating the need to keep promoting what support is out there.

The new VASP awareness leaflet was handed around receiving positive views.

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4. Guest Speaker – **Marielena Giner**, Patient and Public Involvement Officer, IESCCG  
 Marielena outlined her job role of engaging with people about the services and work of the CCG. She provided details of the 'Community House' in Nansen Road, Ipswich in light of the stabbings in Ipswich, where information and support is being offered across a range of services and needs.  
<https://www.facebook.com/nansenroadcommunityhouse/>

The information from the different conversation consultation is beginning to be collated and will be fed into the transformation plan (**ACTION: MG offered to provide a contact form the transformation team to come to a future meeting**)

MG also highlighted a project that is going to be trialled Grab Bag; this is a bag that can be handed to people providing a raft of information discreetly and in a swift manner.

5. World Mental Health Day 10<sup>th</sup> October 2018  
 Discussions took place around running something for WMHD 2018 which has a theme of young people and a changing world. There were suggestions of partnering with The Mix and/or high schools to deliver something to engage with young people. **ACTION: ALL to send suggestions to GM or to approach any contacts with schools to establish a link.**

#### 6. NSFT – A representative

CQC are currently carrying out a visit of NSFT to see how things are moving on. Governors have put forward what they feel has improved e.g. open to capacity at Dragonfly unit in Lowestoft, and the work in contacting the local authorities to address the issue of homelessness and associated mental health needs, the links with Samaritans and how best to support those who are likely to call, however there are still concerns expressed around the wholesale change in management and the vacancy level in staffing being carried, the waiting list times to access services and whether care plans are being fully completed.

There is energy around the transformation of primary & secondary care and how this service can be best used to support the presenting needs.

November 2<sup>nd</sup> NSFT are hosting a social prescribing event at Ipswich Town FC, booking is essential to get a place **ACTION: booking details to be circulated**

#### 7. Events – ALL

10<sup>th</sup> September – World Suicide Prevention Day, awareness workshops, support and information sessions, Quay Place Ipswich

10<sup>th</sup> October – World Mental Health Day

- 5pm – 10pm Be Yourself Time to Change event at Le Tour Café, Ipswich
- Empty Chair Crafts event, Quay Place 1pm – 3pm
- Babergh & Mid-Suffolk District Councils (BMSDC) holding work place mental health awareness sessions at their touch down points in Stowmarket & Sudbury

18<sup>th</sup> October Parental Mental Health scoping workshop being organised by BMSDC details to follow

26<sup>th</sup> October All the Rage – volunteer matters, hosting a session of multiple activities

7<sup>th</sup> November Volunteer network forum hosted by CAS 10am-12pm Red Gables

29<sup>th</sup> November Quiz Nigh with food in aid of Phoenix Counselling Service teams of 6 max £12pp

#### 8. AOB and Members Updates – **ALL**

Enigma – A member of the Enigma facilitation team are leaving the group and although members of the group have been able to be redirected into alternative Enigma groups the Thursday group looks likely to be closing due to facilitator capacity and no one else being in a position to co-facilitate.

Job Centre – A jobs fair in Ipswich on 20<sup>th</sup> September at Ipswich Town Hall will have employers and advisors to hand as well as support services from Ace Anglia and Age UK.

HomeStart Mid & West Suffolk – After the success of the Community Shop in Eye, they are opening a second shop in Stowmarket High Street.

Suffolk County Council – if funding is secured a possible Social Prescribing Hub could be developed out of Hartismere Hospital, and there are plans to develop a green therapy programme in Stowmarket.

Community Action Suffolk – Jo Belfield is starting a project that links the need for volunteers back in world war 1 to the continued need now and the fact that some needs are still relevant and exist now.

#### 9. Dates for 2018 and 2019

Month	Date	Venue and Speaker
October	Thur 4 <sup>th</sup>	Green Room
November	Tue 6 <sup>th</sup>	Green Room
December	Thur 6 <sup>th</sup>	Green Room

2019 meeting dates keeping to the same rota of first Tuesday/Thursday

Month	Date	Venue and Speaker
January	Tue 1 <sup>st</sup>	<b>NO MEETING</b>
February	Thur 7 <sup>th</sup>	Green Room
March	Tue 5 <sup>th</sup>	Green Room
April	Thur 2 <sup>nd</sup>	Green Room
May	Tue 9 <sup>th</sup>	Green Room
June	Thur 4 <sup>th</sup>	Green Room
July	Tue 2 <sup>nd</sup>	Green Room
August		<b>NO MEETING</b>
September	Tue 3 <sup>rd</sup>	Green Room
October	Thur 3 <sup>rd</sup>	Green Room
November	Tue 5 <sup>th</sup>	Green Room
December	Thur 5 <sup>th</sup>	Green Room

