

Mid Suffolk VASP Meeting Minutes																																																														
Date:	Thursday 5 th May																																																													
Venue:	Lecture Theatre, Mid Suffolk District Council Offices																																																													
Time:	1.30 pm to 3.30 pm																																																													
Attendees:	<table border="0"> <tr><td>SP</td><td>Sue Parker</td><td>Chair Mid Suffolk VASP</td></tr> <tr><td>WS</td><td>Wendy Shepherd</td><td>Deputy Chair Mid Suffolk VASP</td></tr> <tr><td>LH</td><td>Liam Hughes</td><td>Sport England</td></tr> <tr><td>AB</td><td>Andrew Baker</td><td>Suffolk County Council – Active Suffolk</td></tr> <tr><td>MW</td><td>Martin Wright</td><td>NSFT Governor</td></tr> <tr><td>LA</td><td>Linda Attwood</td><td>Enigma</td></tr> <tr><td>DD</td><td>Dani Davis</td><td>Enigma</td></tr> <tr><td>SM</td><td>Sarah Matthews</td><td>Sustain</td></tr> <tr><td>GT</td><td>Gillian Thompson</td><td>Sustain/Recovery College</td></tr> <tr><td>NM</td><td>Nigel Moyes</td><td>Ipswich VASP</td></tr> <tr><td>IT</td><td>Irene Tibbenham</td><td>Friends of Thornham Walks</td></tr> <tr><td>KR</td><td>Karen Ruth</td><td>Beyond the Wall</td></tr> <tr><td>LH</td><td>Lee Harradine</td><td>Beyond the Wall</td></tr> <tr><td>BS</td><td>Beverley Stearn</td><td>Suffolk Family Carers</td></tr> <tr><td>MP</td><td>Michaela Pooley</td><td>NSFT</td></tr> <tr><td>JB</td><td>Jo Belfield</td><td>CAS</td></tr> <tr><td>SHB</td><td>Sally Jane Webster</td><td>Nature Space</td></tr> <tr><td>JJ</td><td>Janet Jones</td><td>Richmond Fellowship</td></tr> <tr><td>BB</td><td>Barbara Bilston</td><td>Stowmarket Churches</td></tr> <tr><td>CC</td><td>Caroline Coleby</td><td>Home Freedom Project (Mears)</td></tr> </table>		SP	Sue Parker	Chair Mid Suffolk VASP	WS	Wendy Shepherd	Deputy Chair Mid Suffolk VASP	LH	Liam Hughes	Sport England	AB	Andrew Baker	Suffolk County Council – Active Suffolk	MW	Martin Wright	NSFT Governor	LA	Linda Attwood	Enigma	DD	Dani Davis	Enigma	SM	Sarah Matthews	Sustain	GT	Gillian Thompson	Sustain/Recovery College	NM	Nigel Moyes	Ipswich VASP	IT	Irene Tibbenham	Friends of Thornham Walks	KR	Karen Ruth	Beyond the Wall	LH	Lee Harradine	Beyond the Wall	BS	Beverley Stearn	Suffolk Family Carers	MP	Michaela Pooley	NSFT	JB	Jo Belfield	CAS	SHB	Sally Jane Webster	Nature Space	JJ	Janet Jones	Richmond Fellowship	BB	Barbara Bilston	Stowmarket Churches	CC	Caroline Coleby	Home Freedom Project (Mears)
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Apologies	Nigel Brett, PC Claire Wayman, PCSO Matt Brown, Fiona Palmer, Lois Smith (CCG), Elizabeth Storer, Julia Carr, Martyn Burnside, Matt Wilson																																																													

	Action
1. Welcome, introductions and apologies	
<p>2. Sport England – initiatives for Suffolk Speakers: Liam Hughes and Adam Baker Adam Baxter from SCC and Liam Hughes from Sport England http://www.mostactivecounty.com/</p> <p>There are 25 LA areas working with Sport England. After Olympics there was much interest in sport. Suffolk is only LA to look at Mental Wellbeing; long term issues but also depression and anxiety.</p> <p>Sport England staff talk with faculty for Mental Health.</p> <p>Sport Suffolk/SCC focussing on points of transition age groups</p> <p>1) YP 15=25 Ipswich</p> <p>2) 50-70 working age to retirement at risk of losing friends. Stowmarket and hinterland</p>	

<p>Liam gave the example of a social isolation story. Lady lost husband – got isolated mental health got worse – put on weight. What is solution?</p> <p>Need to connect and focus. Associate physical activity with meeting people.</p> <p>SP Isolation issues aggravated by lack of rural and urban transport</p> <p>LA many people don't like gym. Adam: SCC and NSFT etc. working collaboratively</p> <p>KR + LH. Stradbroke leisure centre very popular of for people with disabilities. KR ran a successful pop up coffee shop.</p> <p>Adam: SCC are testing a concept</p> <p>IT: people need to encourage friends and neighbours.</p> <p>SP depressed people not easy to engage.</p> <p>Adam wants to know what works well. He wants to set up a steering group</p> <p>SP suggest contact MSDC staff. Adam.Baker@suffolk.gov.uk</p> <p>Liam spoke about Campaign to End Loneliness. He is impressed with physical activity across Suffolk.</p>	
<p>3. Leading Lives Speaker: Louise Clarke Louise was unable to attend the meeting</p>	
<p>4. Events/ updates 30/5 Re-launch of Thornham estate to raise the profile of the estate. 18/5 John Peel Centre, East of England Ambulance stakeholder event. VASP Wellbeing day at Red Gables at end of September. IT: Pledge to bring a friend to the event. How can we attract visitors? JW Red Gables Garden Project will be at Suffolk Show on 31st May, in the Coop tent. JW – event at Red Gables on 18/6 Edible basket workshops garden project and wellbeing event. JW 5th July Elvis music event at Red Gables. IT Spirituality event took place in Diss. NSFT delivering spirituality therapy training. NM: Ipswich VASP 2nd Wed of month at Suffolk Mind, Ipswich 10-12 NM: Healthwatch now based in Claydon – they will have a stand at Suffolk Show.</p>	<p>SP/SB</p>

5. Minutes of last meeting, AOB and member updates

MINUTES:

- ⑩ MEAL Living Well in Later Life very good for networking but bad weather kept some people away.
 - ⑩ NB will attend Richmond Fellowship event in Sudbury with the VASP stand
 - ⑩ PCSO and PC and mailing list.
 - ⑩ Sue got Community Hero award. She attended Coop HQ in Ipswich with Jane Davey and Mr. Parker and thoroughly enjoyed the award event.
- a) LA Enigma Peer support group – long term mental health issues + craft group at Red Gables
- b) NM Recovery College now has base for East of County - Ipswich
- c) NM no longer chair of Dual Diagnosis group. Place to be taken by rep from Turning point
- d) NM attended very successful UCS event at Trinity Park. ¾ of audience were students. NM spoke. This was a very proud moment.
- e) MW CQC at NSFT on 11/7. NSFT hope to come out of special measure. There have been major changes in leadership.
- f) MW: Ipswich hospital have different funding formula. This is per procedure whereas NSFT gets a random lump sum
- g) Next Year SP suggest dual diagnosis theme for conference. Andrew Goode, Guenever Pachent and Gary Page are organising it.
- h) SP. Do trust staff get training in dual diagnosis and dementia? MP will find out.
- i) MP went to NSFT dementia training event for staff.
- j) MP recommended watching "Still Alice", a film about Alzeihmers.
- k) WS report is SUF Newsletter
http://www.suffolkerforum.co.uk/suf/userfiles/file/SUFNewsApril_May2016.pdf
- l) WS mentioned 19/5 mental wellbeing workshop took place at John Peel centre
- m) WS visited Wickam Market – there are lots of projects run by volunteers

Date of next meeting: 1.30 – 3.30pm
Dove Room, MSDC, Tuesday 7th June
Speaker: Georgia Britton – NORCAS 65+ Project

