

## Mid Suffolk VASP Meeting

### Minutes

<b>Date:</b>	7 <sup>th</sup> July 2016		
<b>Venue:</b>	Dove Room, Mid Suffolk District Council Offices		
<b>Time:</b>	1.30 pm to 3.30pm		
<b>Attendees:</b>	SP	Sue Parker	Mid Suffolk VASP Chair
	GB	Georgia Britton	NORCAS 65+ (Speaker)
	NM	Nigel Moyes	Ipswich VASP
	DD	Danielle Davis	Enigma Peer Support Group
	LA	Linda Attwood	Enigma Peer Support Group
	BB	Barbara Bilson	Stowmarket and District Churches
	BS	Beverley Stearn	Suffolk Family Carers
	JC	Julia Carr	VASP Coordinator
	WS	Wendy Shepherd	Suffolk User Forum
	GM	Gareth Moir	Suffolk County Council – Public Health
	VL	Vanessa Lomax	Age UK
	RT	Rob Turner	Befrienders
	SB	Suzanne Britton	Mid Suffolk VASP admin/Red Gables
<b>Apologies</b>	Martin Wright, Fiona Palmer, Nigel Brett, Elizabeth Storer, Linda Baxter, Caroline Coleby, Maria Price, Stella Morris		

	<b>Action</b>
<b>1. Welcome, introductions and apologies</b>	
<p><b>2. Speaker</b>            Georgia Britton spoke about NORCAS 65+            The project was started in Jan 2015, funded by the Big lottery. Work covers misuse of alcohol, illegal substances, over the counter medication and prescription medication. Under 65's are supported by Turning Point. Worried families can contact the service but the person's consent is needed.            Further information circulated to VASP members by email on 12/7/16            website: <a href="http://www.phoenix-futures.org.uk/">http://www.phoenix-futures.org.uk/</a></p>	
<p><b>3. Minutes and matters arising</b>            Wendy hasn't met with John Hague yet.            Health and Wellbeing Board was discussed.</p>	

<p><b>4. Event updates</b></p> <p>a) SP updated on Health and Wellbeing event on 28<sup>th</sup> September. So far 34 organisations had asked to attend. WS suggested contacting Solar Pharmacy, Onelife, Noise Solutions. SP said that SOBS weren't available. The event is targeted at the general public and at clients of participating organisations. JC offered to write a press release. She said she had 'goodies' left over from Time to Change event.</p> <p>b) Needham Market event on 21/7 at the Community Centre, organised by the Rural Coffee Caravan. NM, LA, WS and SB offered to assist VASP stand.</p> <p>c) NM: Healthwatch AGM 27<sup>th</sup> October in Elmswell Blackbourne The theme is suicide and the speakers will be Norman Lamb MP and Natasha Devon MBE Ipswich VASP meets 2<sup>nd</sup> Wednesday of every month. Recovery college running well. September will be Term 1 Year 4.</p> <p>d) LA – Enigma now running 2 session at Red Gables, Tuesdays and Wednesdays. There are 8 people in each group. The Diabetes UK roadshow will be in Ipswich on Sunday 10th July at Christchurch Park, Ipswich.</p> <p>e) WS – SUF – Stepping Forward events – suicide prevention 19/7 Bury 20/7 Kesgrave 22/7 Kirkley SUF and SOBS vision of 0 percent suicides. 18/10 – Suffolk AGM at John Peel Centre – am.</p>	<p><b>JC</b></p>
<p><b>AOB</b></p> <p>SP – Dementia Alliance in Hadleigh received an award from Babergh/Mid Suffolk. Tracey Loynds received top award of the year. Royal College of Psychiatrist Conference: Tracey Loynds and Fiona Palmer will attend</p>	<p><b>TL/FP</b></p>
<p><b>Date of next meeting: 1.30 – 3.30pm</b> <b>6<sup>th</sup> September – Dove Room, MSDC</b></p>	