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| **Please Reply to :**  **Wendy Shepherd**  **email:** Wendy@suffolkuserforum.co.uk  **Tel: 07961089607**  **or**  **Gareth Moir**  **e mail: Gareth.moir@suffolk.gov.uk**  **web: www.suffolkvasp.co.uk** |



Meeting held at:

Needham Market Community Centre

1 School Street

IP6 8BB

Location: THE GREEN ROOM

THURSDAY 2nd NOVEMBER 2017 1.30 – 3.30

Minutes:

1. Welcome, introductions and apologies:

Present: Liz Roper, Elizabeth Storer, Irene Tibbenham, Simon King, Linda Attwood, Dani Davis, Janet Jones, Gareth Moir, Wendy Shepherd

Apologies: Barbara Bilston, Bev Stearn, Nigel Moyes, Martin Wright, Lesley Drew

1. Minutes from October meeting and matters arising WS and All

Amendment: TTC discussion took place with regards to a funding bid that IT had started for the TTC Champions fund.

1. Time to Change update – Simon King and All

SK highlighted his visit to the Enigma Group to discuss TTC. He quantified (for the purpose of being eligible to submit a funding applications) that as long as you are signed up as a champion, and lived experience ‘did not mean having to be diagnosed or having service support’ but to have had some experience of when your mental health had been affected. GM asked if SK could feed back to TTC that when signing up as a champion that this type of clarity could be shown as many could mark themselves out of being champions without lived experience when signing up if they belive a diagnosis or having accessed service intervention.

The members of the funding panel will be Simon King (Suffolk TTC Hub), Sarah Lungley (Mental Health Co-ordinator, Suffolk Libraries), Vikki Versey (Young Persons Health Ambassador) and Todd Sullivan (Mental Health Ambassador, Lowestoft)

IT shared the funding application that she had written to apply for funding to TTC in order for the VASP to support a Time To Talk Day event at Stowmarket Train Station in February. VASP members present supported the bid and offers of support made.

LR also introduced the idea of hosting a vintage tea party. After discussion the members agreed that this is something that should be worked up in proportion for the second round of funding.

IT also brought up the possibility of piggy backing on events at Thornham Walks in the future.

The Suffolk VASP will be re-launching on social media under the following…

twitter@oursuffolkvasp Instagram.com/oursuffolkvasp

ACTION: SK to pass this message onto TTC.

ACTION: JJ to speak with the café owner at Stowmarket Station.

1. World Mental Health Day Feedback

None of the local businesses approached to be involved in world mental health day took up the offer of having someone from VASP coming into the work place, however Suffolk Family Carers brought the bus to Stowmarket on the 12th October to be on hand to provide information. Richmond Fellowship also created a window display in Stowmarket Library to signify that it was world mental health day.

1. AOB and Members Updates:

Richmond – Any decorations for the VASP’s Christmas tree at this years Christmas tree festival can be dropped off to Janet at 3 Cricket Meadows, Stowmarket, or posted to Wendy at the SUF office in Kesgrave.

Healthwatch – Health watch published their report into young people’s mental health, which had received media coverage in the EADT and BBC Look East. There were a couple of main themes summarised from the report around cyber bullying, self-harm, sleep problems and where to get the right information from. The report can be found at <https://www.healthwatchsuffolk.co.uk/wp-content/uploads/2015/02/MHoF-State-of-Suffolk-Summary-LQ.pdf>

SCC – GM attended the first of a set of talks/workshops on Ageing Well hosted by StowHealth. It is certainly a useful subject and there are plenty of links to mental health and maintaining cognitive ability. The next workshop is on 23rd November about The Ageing Brain, with subsequent workshops in the new year.

Needham Market GP surgery is hosting a Sue Ryder Volunteer on a Wednesday fortnightly to be on hand to offer advice and guidance around dementia.

SUF – In the new year SUF will be running 8 week courses for their members on Exploring What Matters

SUF’s AGM went well and they have appointed an Engagement Officer for the East of the county.

WS also promoted the community advocacy drop in sessions in Stowmarket Library as part of Total Voice Suffolk. These are held every Tuesday from 12 until 2.30. No need to book, just come along.

Enigma – LA attended the Recovery College open day and was on hand to provide some developmental feedback to the college in its efforts to recruit new attendees and provide the best possible experience possible.

1. Date and time of next meeting Tuesday 5th December 2017, 1:30pm – 3:30pm, Needham Market Community Centre, Green Room.
2. AOB

Wendy reminded everyone that the December meeting would be the last one she chaired and will be stepping down at that point. As yet no-one has come forward as a replacement.

Meeting dates for 2018

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| **Month** | **Date** | **Venue and Speaker** |
| January | 4th | Green Room |
| February | 6th | Green Room |
| March | 1st | Green Room |
| April | 3rd | Green Room |
| May | 3rd | Green Room |
| June | 5th | Green Room |
| July | 5th | Green Room |
| August |  | NO MEETING |
| September | 4th | Green Room |
| October | 4th | Green Room |
| November | 6th | Green Room |
| December | 6th | Green Room |
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