

## Mid Suffolk VASP Meeting

### Minutes of meeting held at MSDC on 6<sup>th</sup> September 2016

<b>Date:</b>	6 <sup>th</sup> September 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
	WS	Wendy Shepherd	SUF
	GM	Gareth Moir	SCC Localities and Partnerships
	NM	Nigel Moyes	Ipswich VASP
	BB	Barbara Bilston	Stowmarket Churches
	IT	Irene Tibbenham	Friends of Thornham Walks
	LA	Linda Attwood	Enigma
	NB	Nigel Brett	Babergh and Mid Suffolk DC
	FP	Fiona Palmer	SDAA, BSENC, UR
	RT	Rob Taylor	The Befriending Scheme
	EC	Eddie Cross	Carer Lead, Central IDT, NSFT
	MP	Maria Price	Homestart Mid Suffolk
	PP	Patrick Palmer	Suffolk Bereavement Support
	MW	Matthew Wilson	Richmond Fellowship
	LB	Laura Bullard	Babergh and Mid Suffolk DC
	SB	Suzanne Britton	Mid Suffolk VASP Admin
<b>Apologies</b>	Lois Bull, Patrick Yardey, Elizabeth Storer, Julia Carr, Martin Wright, Anne Humphrys, Vanessa Lomax, Janet Jones, Danni Davis		

	<b>Action</b>
<b>1. Welcome, introductions and apologies</b>	
<b>2. Minutes and matters arising</b>	
<p><b>3. Speaker:</b>  <b>Gareth Moir – Community Capacity Officer</b>  <b>Public Health/SCC Localities and Partnership Team</b></p> <p>The team acts as a single point for community resilience; this includes Children Services and Adult Services, set up to reduce duplication by providing a joined up agenda. Partners are CAS, MSDC, Voluntary Sector, VASP Forum, schools and other specific organisations. The aim is to reduce the need of intervention from statutory services, There are specialist roles for eg. gypsies and travellers, domestic abuse and refugees.</p> <p>Service Manager is Sarah Blake. Gareth is currently networking and is based at MSDC.</p> <p>SB asked if the service took feedback, eg transport. GP said yes.</p> <p>NM said that more had to be done for 'hard to reach' groups and homelessness.</p>	
<p><b>4. Speaker:</b>  <b>Martin Wright, NSFT</b>, had sent update email to SP which she read out. (content attached)</p>	

<p><b>5. Event updates</b>  Health and Wellbeing event 28<sup>th</sup> September at the Mix, Stowmarket  SP printed off 600 leaflets for WS and SB to distribute around Stowmarket  NM volunteered to 'meet and greet'.</p>	<p><b>WS/ SB</b></p>
<p><b>5. Updates and AOB</b></p> <p><b>a) Patrick Palmer – Suffolk Bereavement Support (SBS)</b>  Patrick, who co-founded Icen, is currently setting up SBS.  He updated on Suffolk Cruse, a separate bereavement service had recently suspended new referrals but things would be back to normal from 1<sup>st</sup> October 2016.  SBS is an unincorporated group, supported by CAS with policies, business plan and fundraising. Service is free.  There are currently long waiting lists of people wanting counselling.  SBS will run groups of 5-10 people helping them work out coping strategies.  Service will start in Hadleigh, from above the library, and will cover Babergh and Mid Suffolk. There will be afternoon and evening sessions. Website nearly ready. PP is looking for professional volunteers, aiming for 2 facilitators for a group of 10.  IT mentioned Bury Death Cafe run by Nigel George.  NB suggested PP get in touch with Tracey Loynds at Hadleigh Health Centre.  FP mentioned Andrew Bingham (Stowmarket based) social group  PP stated that funeral directors had been contacted.  Groups for men will start in Ipswich.</p> <p><b>b) Maria Price – Homestart</b>  <a href="http://www.homestartmidsuffolk.org.uk/">http://www.homestartmidsuffolk.org.uk/</a>  Homestart has been running for 34 years. The service has received £200,000 funding and will develop support in West Suffolk. Families can self-refer.  Homestart train volunteers to work in families with children under 11. 95% of families have emotional difficulties.  Homestart recruits volunteers of all ages as long as they have parenting experience. Training takes place 1 day a week for 6 weeks. Currently courses are in Stowmarket on Thursdays and Bury on Fridays. Further courses will be available in West Suffolk, Homestart are running a pilot project with University of Suffolk – Children and Young People Wellbeing Plan; under 5's have emotional issues. A questionnaire is available online.</p> <p><b>c) IT</b> - Vote for Thornham Walks who have been selected for the Tesco bad scheme.</p> <p><b>d) SB</b> – Red Gables running new volunteer recruitment project. Ring 01449 673947 for further information.</p> <p><b>e) BB</b> – commended SFC for their work with people who care for people with addiction.</p> <p><b>f) LA</b> – There are 4 people at Enigma group on Wednesdays at Red Gables. Vacancies need filling.</p> <p><b>g) FP</b> – Regal cinema are running film screening for people with dementia and their carers. Mama Mia on 18/9, followed by social event at the Mix from 2-3pm.  <a href="http://www.regalstowmarket.co.uk">http://www.regalstowmarket.co.uk</a></p>	
<p><b>Date of next meeting: Thursday 6<sup>th</sup> October 1.30 – 3.30pm at MSDC Dove Room</b></p>	