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Please Reply to :

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

Tuesday 3rd October 2018 1.30 – 3.30

NOTES:

1. Welcome, introductions and apologies

Attendees: Simon King (HealthWatch Suffolk), Wendy Shepperd (SUF), Gareth Moir (SCC), Aruna Sharma-Balls (MSDC), Linda Attwood (Enigma), Charley West (HomeGroup), Kate Hinchliff (Suffolk Family Carers), Liz Ellis (NSFT IDT)

Apologies: Grant Wright (Phoenix Counselling), Martin Wright (NSFT), Elizabeth Storer (Healthwatch), Lesley Drew (NSFT), Barbara Bilston (Stowamrket Churches Together), Irene Tibbenham (Thornham Walks), Carol Reed (Home-Start Mid-Suffolk), Carol Eagles (MS CAB),

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

- **Point of amendment was that the facilitator leaving Enigma is Dani The Co-Founder of Enigma**
- **Resend NSFT Social Prescribing event at Ipswich Town FC**

3. Health Watch – **Simon King**

A model 'Mental Health Friends' similar to dementia friends model is being set up with the aim to be connected to the VASP's and other support. Simon also run through up coming events that have been previously and subsequently promoted by Julia's email.

4. Guests:

a) Home Group – Charley West

Replaced the previous service offered by SNAP just over a year ago to offer housing related support across Suffolk. The service is broken up into geographic areas and is for those aged 16+. Referrals have to go through HRS on Suffolk County Council website <https://www.suffolk.gov.uk/adult-social-care-and-health/housing-help-and-support/apply-for-housing-related-support/> Support is for anything housing related but it can lead into being signposted/referred into other support/assistance services.

b) Suffolk Family Carers – Kate Hinchliff, Military Families Lead

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The Military Families support service offered by Suffolk Family Carers, is currently a two year funded piece of support work available to current serving personnel and their families where there is a caring role. Further updates on the work around this project will be available soon as Kate gets in to post. **GM** – to send Kate contact details for Wattisham base and Sally Watson.

5. Events Calendar:

- a. Various events taking place for World Mental Health Day
- b. 26th October 10am – 4pm Hearing Voices, University of Suffolk
- c. 27th October 6:00pm – 9:00pm Recovery's Got Talent Show, for info contact info@rgt-bse.co.uk
- d. 29th October 9:30am – 3:00pm 500 Messages of Hope, at The Mix
- e. 2nd November, 12:00pm – 4:30pm, Mind Body & Soul, Social Prescribing. To book https://www.surveymonkey.co.uk/r/Mind_Body_and_Soul or call: 07443 293644
- f. 29th November Quiz Night in aid of Phoenix Counselling 6.30pm - 7.30 pm for food and Quiz starts at 8.00pm, at Stowmarket golf Club.

6. NSFT – A representative

7. World Mental Health Day 2018 – given the short time scale and no engagement from the school it was suggested to be on the Rec to catch young people as they finished school to have a conversation about mental health & wellbeing, whilst offering a free drink to anyone who has a conversation. **LA** to give GM telephone number for the café **GM** to contact café,

8. Future Events (Christmas event, Time to Talk Day 7th February 2019, World mental health day 10th October 2019,)

- a. All agreed that after this World Mental Health Day look to discuss arranging an event such as a soup lunch in December.

9. AOB and Members Updates

- a. AOB: putting a suggestion forward to consider some thematic meetings, once a quarter or three times a year.
- b. Members Up Dates:
 - i. Enigma – Now have a waiting list to attend the groups so will be running drop in session alongside the Meet Up Monday's at The Café on The Rec (Monday's 10-12) and Linda will be their on a fortnightly basis starting 5th November.
 - ii. MSDC -
 - iii. SUF – The mental health transformation survey received 768 responses (444 service users, 169 carers, 155 professionals) alongside the wider questioning sessions. The responses are now in the process of being collated and will be fed back on and how they will be responded to.

10. Next meeting dates

Month	Date	Venue and Speaker
October	4th	Green Room
November	6th	Green Room
December	6th	Green Room
January 2019	No meeting	
February 2019	7 th	
March 2019	5 th	
April 2019	4 th	
May 2019	7 th	
June 2019	6 th	
July 2019	2 nd	
August 2019	No meeting	
September 2019	3 rd	
October 2019	3 rd	
November 2019	5 th	
December 2019	5 th	