

## Mid Suffolk VASP Meeting

### Minutes of the meeting held at MSDC offices on 6<sup>th</sup> October 2016

Present:

Sue Parker – Chair

Laura Bullard – MSDC

Connor Leeks – Inspire Suffolk

Bailey Fleming – Inspire Suffolk

Beverley Stearn – Suffolk Family Carers

Denise Johnson – Suffolk Family Carers

Nigel Moyes – NSFT

Wendy Shepherd – SUF

Matt Wilson – Richmond Fellowship

Eddie Cross – NSFT

Elizabeth Storer – Healthwatch Suffolk

Barbara Bilston – Churches

Charlotte Clark – Central IDT

Jane Wardropper – Red Gables

Linda Attwood – Enigma

Gareth Moir – Suffolk County Council

Apologies: Martin Wright, Maria Price, Stephen Cooper, Patrick Palmer, Caroline Coleby, Fiona Palmer, Dani Davis.

1. Welcome, introductions and Apologies
2. Minutes and matters arising: All agreed.
3. Speakers: Conner Leeks and Bailey Fleming – Inspire Suffolk

Both Conner and Bailey gave a very informative and heartfelt account of Inspire Suffolk. They are working with people from the age of 3 with no upper limit. Most of what is on offer is in Ipswich only but this is being rolled out across the county. A group called DS Active runs on a Saturday for people with Downs Syndrome. They are running groups in the half term holidays for 4 to 16 year olds. They do work alongside One Life Suffolk. OHP slides printout to be sent out.

#### 4. Events Update

Sue gave feedback around the event held at The Mix. This was felt to be a success and one of the comments was: I feel so much better leaving than when I walked in through the door – thank you so much.

The feedback forms gave some constructive criticism. More publicity next time and possibly to look at something geared around young people.

The total cost was £140 - £90 for hire of premises and £50 for printing.

Events for World Mental Health Day - Stall in Bury Library on Monday 10<sup>th</sup>. Display boards in Sudbury Library all week. West Suffolk Networking event Wednesday 12<sup>th</sup>.

On 27<sup>th</sup> October Central IDT are running an event called Complexity and Later Life. This will be from 9am for professionals and 10am for Service Users finishing 1pm.

#### 5. Members Updates

Suffolk Family Carers – The wellbeing programmes continue. Starting on in Beccles

Red Gables – This is now a Wellbeing Centre. Volunteers manage the gardens. There are plans to plant more trees with a 'story telling chair' in situ. We can support Red Gables and the fundraising for their arboretum by voting with tokens in Tesco. Further fundraising events include a fashion show and table top sale. Also at Red Gables is a new volunteering project to get people and businesses in Stowmarket linked together.

Nigel Moyes – The Recovery College is in Year 4 term 1 and the new timetable is available. IMROC – peer support workers have been recruited to Woodlands. UCS – the event 'Can you hear me, the voice of the Service User', plans are underway for another event. Planning meeting to be held on 11<sup>th</sup> October. Event date for next year 22<sup>nd</sup> March 2017 at Trinity Park. There is hope for free places for service users.

Suffolk User Forum – AGM 19<sup>th</sup> October. Dates soon to be released for Stepping Forward events across the county on Supported Housing. These will be in November.

Richmond Fellowship – Matt updated us on the progress Janet is making since her accident. Good wishes to be sent to her via Matt. Hoping to return this side of Christmas.

Enigma – Plans to open a group in Hadleigh. Membership still increasing. Linda gave information about a new group starting in Stowmarket in the evenings for people with depression. One Life Suffolk are going to Red Gables at 12 noon on 1<sup>st</sup> November. Linda has applied to Homestart to be one of their volunteers.

Eddie – Carers Lead for NSFT working with Triangle of Care.

Healthwatch – AGM 27<sup>th</sup> October 9.30 – 2pm Any questions to the speakers have to be sent in prior to the meeting.

Barbara Bilston – Café 52 in Stowmarket is open Saturday mornings for 10 to 14 year olds. A safe place to chat and meet friends and its free.

Laura Bullard – Nigel Brett is leaving on 26<sup>th</sup> October. Thanks go to him for all his hard work and support.

Gareth Moir – Spoke about Greggs Foundation and funding available up to £2000. He will send through link.

**Date and Time of next Meeting: Tuesday 1<sup>st</sup> November 2016 1.30pm @ MSDC Offices**