

## Mental Health and Wellbeing Strategy Planning & Implementation Group

Wednesday 17<sup>th</sup> October 2018, 1.30pm - 3.30pm

Quaker Meeting Room, Kingston Quaker Centre

Fairfield East, Kingston upon Thames, KT1 2PT

### DRAFT MINUTES FOR APPROVAL

Present

Stephen Bitti, HWK Chief Officer (MHSPiG Chair)	SB	Dr Phil Moore, Deputy Chair and Mental Health Clinical Lead, Kingston CCG (MHSiG Deputy Chair)	PM
Laila Awda, HWK Projects & Outreach Officer (minutes)	LA	Liz Trayhorn, Mental Health Lead, Public Health, Royal Borough of Kingston	LT
Tony Williams, HWK Active Affiliate & Chair of the Mental Health Task Group	TW	Amanda McGlennon, Head of Mental Health, Richmond & Kingston CCG	AMc
Susannah Horwood, The Fircroft Trust	SH	Hamid Rahmanian, Camden & Islington NHS Foundation Trust	HR
Andrew Osborn, Royal Borough of Kingston	AO	Sue Ilsley, Mind in Kingston	SI
Alan Moss, Kingston Mental Health Carers' Forum	AM	Tony Baden, Samaritans	TB
Million Joseph, Hestia	MJ	Roger Barnes, Kingston Mental Health Carers' Forum	RB
Darren Fernandez, SW London NHS	DF	Karen Penny, Kingston Voluntary Action,	KP
Candice Dunne, Release, YMCA	CD	William Ostrom, HWK Trustee	WO
Gillian Moore, SW London NHS	GM	Will Walker, Hestia	WW
No.	Item		Action
1.	<p><b>Welcome, apologies and introductions</b></p> <p>1.1 The Chair (Stephen Bitti, HWK Chief Officer) welcomed everyone to the meeting and all attendees introduced themselves.</p> <p>1.2 Apologies were noted from the following via direct email responses or Outlook calendar declines: Stephen Taylor, RBK, Lotte Van Kouwen, Achieving for Children, Andy</p>		

	Rogers, Camden and Islington NHS, Phyliss Prendergast-Flynn, SWLSTG, Nike Alesbury, HWK Trustee, Nigel Spalding, HWK Trustee, Liz Meerabeau, HWK Chair, Hilary Dodd, Alzheimer's Society, Grahame Snelling, HWK Trustee, Doreen Redwood, SW London NHS, Gil Fletcher Meloun, Fircroft Trust, Gayle Lowery-Jones, Hestia, Rachel Rowan, Kingston Clinical Commissioning Group, Iain Richmond, Service Manager - Mental Health, Kingston Adult Social Care, Kathryn Prout, Camden & Islington NHS	
2.	<b>Approval of minutes (meeting held 22.08.18)</b>  2.1 Minutes from the previous meeting were approved.	
3.	<b>Outstanding actions report (meeting held 22.08.18) paper will be provided at meeting</b>  3.1 The meeting went through the outstanding actions log and updated.	
4.	<p><b>Theme 1: Mental Wellbeing and Prevention update</b></p> <p>a. Year 1 priorities Early years, children and family, schools -prevention &amp; Workplace mental health</p> <p>b. Year 2 priorities (TTC / Thrive London hub (includes engaging businesses and schools))</p> <p>c. Any recent developments - Appointment of mental health champions to strategic committees <a href="https://moderngov.kingston.gov.uk/ieListDocuments.aspx?CId=137&amp;MId=8527">https://moderngov.kingston.gov.uk/ieListDocuments.aspx?CId=137&amp;MId=8527</a></p> <p>4.1 LT and PM gave an update on this area. Some highlights mentioned were the plans to support 5 school pilots and an application for funding that has been made by South West London Health and Care Partnership to do some work on children's mental health with a focus on self-harm. Mention was made of funding for youth mental health first aid training, initially for instructors, from the Greater London Authority.</p> <p>4.2 LT explained that there is a new post in Public Health, RBK, which should help support her team's delivery.</p> <p>4.3 LT advised that there will be now be Councillors who are Mental Health Champions on all of the Council's five strategic Committees who are as follows:</p> <ul style="list-style-type: none"> <li>• Children's &amp; Adults' Care &amp; Education Committee - Cllr Anita Schaper.</li> <li>• Community Engagement Committee – Cllr Olivia Boulton</li> <li>• Environment and Sustainability Committee – Cllr Zain Abbas</li> <li>• Finance and Contracts Committee – Cllr Mark Beynon</li> <li>• Strategic Housing and Planning Committee – Cllr Lesley Heap</li> </ul> <p>SB and PM to invite them to MHSPIG meetings, and explain the format to them.</p> <p>4.4 SB explained that Youth Out Loud!, a new group of 13-17 year olds governed through HWK, Healthwatch Richmond (HWR) and Kingston and Richmond Youth Council has now</p>	<p>4.3SB, PM</p> <p>4.4 LA, KP, SB</p>

	<p>been set up as a result of work of HWK to find out about young people's emotional needs. The group are made up of young people aged 13-17 from Kingston and Richmond who will look at the health and social care needs for young people. The group have a funded digital youth project. KP, SB and LA to liaise in future, about involving other youth groups in this work.</p> <p>4.5 There was a discussion about inviting Doreen Redwood and Jo Steer / another representation from Achieving for Children to these meetings. It was agreed that we should look at inviting them to meetings when there will be segments on the agenda specific to transition and young people's mental health</p>	<p>4.5 LA,LT, SB</p>
<p>5.</p>	<p><b>Theme 2: Early intervention</b></p> <p>a. Year 1 Priorities Directory of services &amp; Develop primary care)</p> <p>5.1 AMc gave a verbal update on primary care.</p> <p>b. Year 2 Priorities (iCope review)</p> <p>5.2 TW explained the iCope review which is being carried out by the HWK Mental Health Task Group. There will be an online, phone and paper questionnaire going live at the end of 2018 / first quarter of 2019.</p> <p>5.3 A suggestion was made for TW / SB to approach HWR as they recently reviewed their local Improved Access to Psychological Therapies (IAPT) service.</p> <p>5.4 There was a discussion around the process of being discharged from South West London and St George's Mental Health Trust and further re-visits to Primary Care services and iCope.</p> <p>c. Any recent developments</p> <p>5.5 A verbal update was given on recent developments. There has recently been a remodelling of ADHD assessments. There is an increased demand on services.</p>	<p>5.3 TW, SB</p>
<p>6.</p>	<p><b>Theme 3: Community Connection</b></p> <p>a. Year 1 Priorities (Peer Support Networks)</p> <p>6.1 DF gave an update on the peer support sub group which looks at how to support peer support organisations in the borough. As a result of a recent incident at a peer support meeting the Terms of Reference (ToR) was reviewed to ensure that attendees are providers of peer support, rather than a network of people receiving peer support.</p> <p>6.2 The Revised Terms of Reference for the Kingston Peer Support Providers Network Steering Group which was circulated prior to the meeting was discussed. The group noted the suggested amendments. LT will send a tracked changes document to DF with thoughts on further amendments. A final version will be brought to the next meeting for sign off. The 'Peer Mentoring and Support Framework of Governance' which was also circulated prior to the meeting was discussed. There was a suggestion that this might be</p>	<p>6.2 LT, DF</p>

	<p>better divided into two different document. LT will send a tracked changes document to DF with thoughts on further amendments.</p> <p>6.3 It was agreed that there will be rules of engagement for all HWK meetings, and as the host these rules will apply at the peer support meeting too. SB to bring this back to this group for sign off.</p> <p style="padding-left: 40px;">b. Year 2 priorities (Peer Support &amp; Connect Well)</p> <p>6.4 The Peer Mentoring Framework (DRAFT) which was provided prior to the meeting was discussed. Thanks was expressed to Tony Willis, RBK, for his support on creating the document. It was noted that the document could be shortened as a lot of parts can be moved to an appendix. Reference to Thrive Kingston also needs to be added. A subgroup will be set up to further amend the document based on the issues raised and bring this back to the group</p> <p style="padding-left: 40px;">c. Any recent developments</p> <p>6.5 An update was given on Connected Kingston (previously called Connect Well Kingston). The site is now live at <a href="https://connectedkingston.uk">https://connectedkingston.uk</a>. It is a directory of voluntary sector and community groups. An action was raised for everyone in the meeting to go onto the site and use the feedback button that is on the site to report any their experience of using the site.</p> <p>6.6 There is Connected Kingston Champion training on how to start conversations with the public, and how to use the tool to direct or refer people onto Community Connectors. Training is open to anyone who is a first point of contact with the public. Details of training can be found at <a href="https://www.eventbrite.co.uk/o/kingston-voluntary-action-2342424994">https://www.eventbrite.co.uk/o/kingston-voluntary-action-2342424994</a></p>	<p>6.3 SB</p> <p>6.4 DF</p> <p>6.5 ALL</p>
<p>7.</p>	<p><b>Theme 4: Access to support and services</b></p> <p style="padding-left: 40px;">a. Year 1 priorities (Triaging and Single point of access (and care co-ordination when required))</p> <p style="padding-left: 40px;">b. Year 2 priorities (SPA and mental health &amp; connect well)</p> <p style="padding-left: 40px;">c. Any recent developments</p> <p>7.1 AMc gave a verbal update to the group, which included:</p> <ul style="list-style-type: none"> <li>• the Local Commisooned Services (LCS) has been developed</li> <li>• iCope, the local IAPT service is now likely to target those with long term conditions such as diabetes and COPD</li> <li>• For Personality Disorder treatment, an interim model should be in place this year for 18 months and work is being done on having a consistnt system across Kingston and Richmond.</li> <li>• Dementia diagnosis rates are below targets - finding people who have Dementia is an issue</li> <li>• IAPT recovery rates are good</li> <li>• A review of the crisis cafes is underway</li> </ul>	

8.	<p><b>Theme 5: Joined up Care and Support</b></p> <ul style="list-style-type: none"> <li>a. Year 1 priorities (Roadmap of services and establishment of Mental Health and Wellbeing Hub)</li> <li>b. Year 2 priorities (Coproduction event and agree process)</li> <li>c. Any recent developments</li> </ul> <p>8.1 AO talking through the single point of access for adult social care Mental health. A document will be circulated to ask for this groups thoughts in the future. There will also be some engagement with service users in the next 6 months.</p>	
9.	<p><b>AOB</b></p> <p>9.1 The group agreed to the rearrangement of the meeting room for future meetings.</p> <p>9.2 There was a suggestion to have a paper produced to link how the Mental Health Strategy links to the wider national strategy on mental health.</p> <p>9.3 Meeting times were clarified as below.</p>	
10.	<p><b>Dates of next meetings:</b></p> <p>Thursday 13th December 2018 1.30pm - 3.30pm</p> <p>Wednesday 6th February 2019 1.30pm - 3.30pm</p>	