

Mental Health and Wellbeing Strategy Implementation Group

Tuesday 2nd May 2018, 2pm - 4pm

Quaker Meeting Room, Kingston Quaker Centre

Fairfield East, Kingston upon Thames, KT1 2PT

DRAFT MINUTES FOR APPROVAL

Present

Stephen Bitti, HWK Chief Officer (Chair)	SB	Tony Williams, HWK Active Affiliate & Chair of the Mental Health Task Group	TW
Riane Eimers, Mind in Kingston	RE	Darren Fernandes, Co-production Lead, South West London & St Georges Mental Health Trust	DF
Liz Trayhorn, Mental Health Lead, Public Health, Royal Borough of Kingston	LT	Laila Awda, HWK Projects & Outreach Officer (minutes)	LA
Tony Baden, Kingston Samaritans	TB	Karen Penny, Kingston Voluntary Action	KP
Rachel Rowan, Kingston Clinical Commissioning Group	RR	Alan Moss, Kingston Mental Health Carers' Forum	AM
Paul Featherstone, Balance	PF	Daniel Barton, Thrive London	DB
Kathryn Prout, Kingston iCope	KP	Arlene Thomas-Dickson, Richmond & Kingston Clinical Commissioning Group	AT
Andrew Osborn, KCC Program Manager, Royal Borough of Kingston (RBK)	AO		

No.	Item	Action
1.	<p>Welcome, introductions and apologies</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 received from Kathryn Ingham, Gillian Moore, and Kate Dudley prior to the meeting.</p>	
2.	<p>Approval of minutes (meeting held 30.01.18)</p> <p>2.1 The minutes of the previous meeting were approved.</p>	
3.	<p>Outstanding actions report (meeting held 30.01.18)</p> <p>3.1 The meeting went through the outstanding actions report.</p>	

	<p>3.2 Regarding Item 4.2 of the o/s actions report, Rachel Rowan (RR), Kingston Clinical Commissioning Group (CCG) updated the meeting on the relocation and restructure of Kingston & Richmond CCG. RR clarified that she will now cover Kingston as the mental health lead and that Tonia Michaelides remains the managing director of Kingston and Richmond CCG.</p> <p>3.3 Regarding item 4.3 of the o/s actions report, this has now been agreed with the CCG.</p> <p>3.4 It was reported that item 6.3 has now been completed, and that the remaining items will link to the items later on the agenda under Thrive London and Connect Well.</p>	
4.	<p>Implementation Plan Gap Analysis update</p> <p>4.1 This subgroup has met 4 times since last meeting to look at the work already done across the borough to see where work was already being done to progress Thrive's priorities, and identify where there are gaps in provision. RR and LT gave an update on the work done by this group. It was noted that AO has been involved with this work as there are links to work on Connect Well / social prescribing with a view to ensure mental health services and issues are being incorporated into it. Connect Well will involve patients having a single point of access from which they are signposted to social prescribing services. The importance of ensuring that this single point of access includes mental health services was highlighted. The gap analysis will be brought together into a document which should help the group to know what areas to focus on moving forwards. LT to circulate what's been done at a later date.</p> <p>4.2 It was mentioned that there is some concern about the progress of the Mental Health Strategy from Stakeholders. It was noted that this is a 5-year strategy, which is in the start of its second year and the gap analysis and other work shows things are progressing. It was agreed to hold a one year on event in June to report back to the people who were involved in developing the strategy.</p>	4.1 LT
5.	<p>ToR update and Implementation Plan Priorities 2018-19</p> <p>5.1 There was a discussion around the merging of the Mental Health Planning Board and the Mental Health Strategy Implementation Group. It was stressed by attendees that if the groups were to merge the MHSIG would become decision making. The group then agreed that the priorities of the two groups were in line with each other and that the two groups should merge. This will now need to be processed by the CCG with respect to governance approval. SB agreed to meet with AM and TB to create a new draft ToR (a merge of the MHPB and MHSIG ToR) and circulated prior to the next meeting.</p> <p>5.2 'Thrive MHS proposed priorities 2018-19' was presented to the group.</p>	5.1 SB
	<p>5.3 It was agreed that a final version of the draft ToR will be signed off by the MHSIG at the next meeting. It then will then need go via RR for NHS ratification.</p>	5.3 SB, ALL

6.	<p>Peer Support Sub Group update</p> <p>6.1 Darren Fernandes (DF), Co-production Lead, South West London & St Georges Mental Health Trust gave an update about the Peer Support Sub Group. DF reported on a mapping exercise which was conducted by the group, which had limited responses. The exercise involved looking at different types of peer support in the area, what governance exists and whether it is formal or informal.</p>	
	<p>6.2 Tony Williams (TW), HWK Active Affiliate & Chair of the Mental Health Task Group, explained about 'Peer fest' which is a festival celebrating peer support organisations. There is £30,000 available (£10k when win, £15k to deliver and £5k to measure outcomes) through a bidding process which has a deadline of 18th May 2018. There is a second round of bidding in early June. A condition is that a grassroots peer organisation must be the lead. One of the benefits from this would be exposure for the lead organisation. The first stage is to see if there is a peer organisation who is keen to take part. Riane Eimers (RE), Mind in Kingston, stated that Mind would be unable to lead but would support a bid. TW will send application form to RE to look over. DF will send a message out to organisations to see if there is any interest, and liaise with TW further about the matter.</p>	6.2 TW, DF
7.	<p>Future co-production - opportunities</p> <p>7.1 Liz Trayhorn (LT), Mental Health Lead, Public Health, Royal Borough of Kingston, highlighted the importance of maintaining a co-produced format for the Mental Health Strategy and that efforts should be made to ensure the involvement of people with lived experience to shape services, and to keep those engaged with previously involved.</p> <p>7.2 LT provided some suggestions for the development of future coproduction including: (i) An event on 20th June - Healthwatch Kingston to send invitation to event and include an apology for delay, brief update on progress including Time to change hub including application form, connect well, SPA etc., Purpose of event to be to get involved in Time to Change (TTC) hub, and more detail on different areas of work, champions, event, workplace etc. A proposed agenda for June 20th event was also presented to include an intro on TTC hub and thrive London hub, Role of champions, recruitment, Vision and Steering group and communication, (ii) All leads on priority areas to update stakeholders quarterly via newsletter to be coordinated by Healthwatch Kingston. (iii) The idea of a coproduction sub group was discussed. SB suggested that as the TTC steering group meeting would involve people with lived experience, it might facilitate more involvement in the MHSIG.</p>	
	<p>7.3 The meeting agreed to hold the 'One Year On' event on 20th June. RR to check availability of CCG members.</p>	7.3 RR
8.	<p>Time to Change: Kingston as an organic hub - opportunities</p> <p>8.1 LT gave a brief explanation of TTC which is the national mental health anti-stigma strategy. It was explained that Kingston bid to be a hub and did not get funding but is now an organic hub which is non funded but has access to training and resources. To</p>	

	<p>progress the hub a key aspect is to recruit people with lived experience of mental health issues. It was clarified that the hub is virtual in nature and involves working in partnership across Kingston organisations.</p>	
9.	<p>Thrive London: Kingston as a local hub - opportunities</p> <p>9.1 Daniel Barton (DB), Thrive London, gave a short talk on Thrive London:</p> <ul style="list-style-type: none"> • DB advised that the Mayor of London is making £30million available for this project, which is a City wide movement to improve the wellbeing of Londoners. It has been developed by speaking to experts over 12 months which was summarised into a document highlighting 6 priority areas. Thrive London is a movement framing Mental Health as a matter of social justice. It is about developing local partnerships to develop Thrive London. Thrive London can offer money, communication and project management support. • Examples of the work done by Thrive is the roll out of youth first aid training across the city. DB explained that the work on Thriving Communities looked at causes of mental health problems across boroughs and Kingston scored lowest for risk factors. From July to October Thrive will run an ‘are we ok London?’ campaign, which can be adapted to local areas and is on the website to be used. They also offer MH awareness training • TTC was mentioned and the difference between the two was highlighted in that Thrive London’s work is more broad - it covers all wellbeing, prevention and health promotion, whereas TTC has a focus on anti-stigma. DB reported that Thrive London are developing intervention pilots which will be delivered to around 200 people, particularly in deprived areas. • There is a ‘Young London’ inspired programme which is launched in partnership with other organisations to increase social interaction opportunities for young people at risk. • Thrive London aim to understand each borough’s strengths and challenges in order to work with them. A lot of their projects are commissioned out to Local Authorities and voluntary sectors. • There was a discussion around the next steps and how Thrive London can coordinate across organisations in Kingston. A discussion should be had around the challenges locally. A meeting will be set up with DB to discuss this further at a later date. 	
10.	<p>AOB</p> <p>10.1 There is a Connect Well Kingston community stakeholder event due to take place on 22nd May. LT will draft an email to send the invitation to this and mention social prescribing / Thrive Kingston aims. LA will then circulate this email to stakeholders.</p>	10.1 LT, LA
11.	<p>Dates of next meetings:</p> <p>Wednesday 27th June 2018 1.30pm - 5pm</p>	

Wednesday 22 nd August 2018 1.30pm - 5pm	
Wednesday 17 th October 2018 1.30pm - 5pm	
Thursday 13 th December 2018 1.30pm - 5pm	
Wednesday 6 th February 2019 1.30pm - 5pm	