

## Mental Health and Wellbeing Strategy Implementation Group

**Wednesday 22<sup>nd</sup> August 2018, 1pm - 3pm**

Quaker Meeting Room, Kingston Quaker Centre

Fairfield East, Kingston upon Thames, KT1 2PT

### DRAFT MINUTES FOR APPROVAL

Present

| Stephen Bitti, HWK Chief Officer (MHSIG Chair)  | SB   | Dr Phil Moore, Deputy Chair and Mental Health Clinical Lead, Kingston CCG (MHSIG Deputy Chair) | PM     |
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| 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    |
| Angus Gartshore, Interim Divisional Director, Community Mental Health Services, Camden & Islington NHS Foundation Trust | AG   | Hamid Rahmanian, Camden & Islington NHS Foundation Trust                                       | HR     |
| Christopher Snelling, MET Police  | CS   | Sue Ilsley, Mind in Kingston   | SI     |
| Alan Moss, Kingston Mental Health Carers' Forum   | AM   | Tony Baden, Samaritans   | TB     |
| Elaine Dowling, Royal Borough of Kingston   | ED   | Roger Barnes, Kingston Mental Health Carers' Forum   | RB     |
| Gillian Moore, SWL & St George's NHS Trust  | GM   | Maria O'Dwyer, Camden and Islington NHS  | MO     |
| James Martin, Time to Change Champion   | JM   | Chrystalla Karvella, Time to Change  | CK     |
| Ciara Espinosa, Your Healthcare   | CE   | Simon Wylie, SWL & St Georges Mental Health Trust  | SW     |
| No.   | Item   |  | Action |
| 1.  | <b>Welcome, apologies and introductions</b>  |  |        |
|   | 1.1 The Chair (Stephen Bitti, HWK Chief Officer) welcomed everyone to the meeting and all attendees introduced themselves. |  |        |

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|    | <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 Rogers, Camden and Islington NHS, Phyliss Prendergast-Flynn, SWLSTG, Nike Alesbury, HWK Trustee, Nigel Spalding, HWK Trustee, Liz Meerabeau, HWK Chair, Darren Fernandez, SW London NHS, Hilary Dodd, Alzheimer’s Society, Grahame Snelling, HWK Trustee, Doreen Redwood, SW London NHS, Gil Fletcher Meloun, Fircroft Trust, Gayle Lowery-Jones, Hestia, Karen Penny, Kingston Voluntary Action, Rachel Rowan, Kingston Clinical Commissioning Group, Iain Richmond, Service Manager - Mental Health, Kingston Adult Social Care, Kathryn Prout, Camden &amp; Islington NHS</p>  |  |
| 2. | <p><b>Approval of minutes (of MHSPIG meeting held 27.06.18)</b></p> <p>2.1 For Item 1.2 of the previous minutes Phil Moore should be noted as an apology</p> <p>2.2 There is a typing error - needs to be corrected to ‘Kingston’</p> <p>2.3 Item 8.4 needs to be amended as the last sentence should not be there.</p>   | <p>2.1 LA</p> <p>2.2 LA</p> <p>2.3 LA</p>              |
| 3. | <p><b>Outstanding actions report (meeting held 27.06.18) paper was provided at meeting</b></p> <p>3.1 Item 6.3 of the outstanding actions report was discussed, which referred to the creation of a ‘high-level’ document to update local people on progress made against the agreed deliverables of the Mental Health Strategy (MHS). The document would need to state the key priorities and actions in a clear and accessible format. It was noted that there are some good examples of this type of reporting from Thrive London.</p> <p>3.2 LT stated that she would only be able to do this for areas that were her responsibility. It was agreed that a sub group would be set up and include AMc, LT, RR and SB to look at how this document might be put together. LA to liaise on a date.</p> <p>3.3 The meeting referred to item 7.2 of the report; peer support and the development of a peer support framework document. DF sent his apologies prior to this meeting and will provide an update on this matter at the next MHSPIG meeting.</p> <p>3.4 Item 8.3 of the report has now been completed - LT has circulated the Time to Change (TTC) bid guidance and criteria to the MHSPIG for attendees to share with their networks and email thoughts about the upcoming TTC bid application, how the virtual TTC Kingston hub can recruit TTC champions, and any other thoughts.</p> | <p>3.1 LT, SB, AMc, RR</p> <p>3.2 LA</p> <p>3.3 DF</p> |
| 4. | <p><b>ToR re-draft (v3): Review &amp; Approval</b></p> <p>4.1 The ToR re-draft, (circulated prior to meeting) was discussed. SB agreed to make the following amendments:</p> <ul style="list-style-type: none"> <li>Kingston Carers’ Mental Health Forum needs to be changed to Kingston Mental Health Carers’ Forum.</li> </ul>  | <p>4.1 SB</p>  |

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|    | <ul style="list-style-type: none"> <li>Under 'Item 1. Purpose', the wording of the first bullet point should be changed from 'to assure service provision meets the community needs' to 'so that service provision meets community needs'.</li> </ul> <p>4.2 Subject to the mentioned amendments, it was agreed that the TOR can now be forwarded by PM and AMc to be escalated/agreed by CC and with Iona Lidington, Director of Public Health, RBK.</p>  | 4.2 SB, PM, AMc |
| 5. | <p><b>Thrive Kingston One Year On: Summary of Time to Change Kingston Bid Workshop</b></p> <p>5.1 LT presented the summary of the feedback from the workshop that took place at the Thrive Kingston: One Year On event on 20<sup>th</sup> June 2018. The key ideas on how to progress the work of the MHS and TTC Kingston reported by those at the event included:</p> <ul style="list-style-type: none"> <li><b>Who needs to be involved:</b> workplaces, service users, children and young people, sport clubs, housing and culture.</li> <li><b>How to ensure marginalised groups are engaged and who to target:</b> BME communities, homeless, men, other.</li> <li><b>Type of events:</b> local events, targeted, sport/art, media, use high impact images, use of Thrive London's social media.</li> <li><b>Recruiting people:</b> education employment, Mental Health support groups, other health, housing, voluntary and community groups.</li> </ul> <p>5.2 The meeting agreed the broad areas highlighted from the Thrive Kingston: One Year On workshop feedback. It was noted that 'lonely people' and the LGBT+ community should be added to the section entitled 'who needs to be involved'.</p> <p>5.3 There was a short discussion about how to progress the work. LT asked how to ensure that the right people are included as part of the TTC Kingston Steering Group to reach the target groups identified in the workshop feedback. It was agreed that this will be considered further as the TTCK steering group is developed, and the number of TTCK champions involved increases.</p> | 5.2 LT          |
| 6. | <p><b>MHS Year 2 Priority Themes and Work Areas: (Verbal updates)</b></p> <p>6.1 It was explained that some of the priorities from the year 1 MHS were not progressed. These included workplace mental health and the prevention part of children's mental health. The MHSPiG agreed these should be added to the priorities for year 2.</p> <p><b>Establishing a TTC Kingston Steering Group</b></p> <p>6.2 This item to be covered in item 7 of the agenda.</p> <p><b><u>Early Intervention - Work area: I-Cope Review</u></b></p> <p>6.3 TW gave an update of the HWK MH Task Group's project in which they are carrying out a qualitative service user review of iCope, Kingston's IAPT (Improving Access to Psychological Therapies) service. The review will begin soon and run until the end of the</p>   | 6.1 LT          |

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|           | <p>year. This will be conducted through one to one interviews, paper and online questionnaires. HWK and the MH Task Group will also contribute to the iCope retendering, though this is not likely to take place this financial year.</p> <p>6.4 AMc advised that there is going to be an increase of 6% to iCope and that long-term conditions will soon be involved. A suggestion was made to try to capture this in the review. TW to consider / liaise with Task Group and AMc on this matter.</p> <p><b><u>Community Connection - Work area: Peer Support/Connected Kingston</u></b></p> <p>6.5 This item was postponed until the next MHSPiG meeting as DF and AO had sent apologies.</p> <p><b><u>Access to services - Work area: Single Point of Access (SPA):</u></b></p> <p>6.6 A verbal update on the SPA work was given. There is a proposal to have a separate MH SPA and ways in which to better involve and integrate primary care and physical health are being explored.</p> <p><b><u>Joined up care and support - Work area: Co-production / 1 year On Event</u></b></p> <p>6.7 A question was raised as to whether people involved in co-production work could be paid it was felt that at this stage, there will be no financial offer made for those volunteering.</p> <p>6.8 The matter of keeping people informed about the progress of the MHS was raised. In addition to the production of the document mentioned in item 3.1 of the minutes, the group agreed the minutes of the MHSPiG would be published on the HWK website, with the proviso that care is taken not to reveal any patient identifiable information and that it may be necessary for the MHSPiG to withhold some identified documents.</p> <p>6.9 There was a discussion around how often to update the public on the work of the MHSPiG i.e. fixed date vs ad hoc newsletters. It was agreed that MHSPiG attendees can contact HWK with information to be circulated to stakeholders and that the list of consented stakeholders will be emailed to inform them that the MHSPiG minutes are available on the HWK website.</p> | <p>6.4 TW,<br/>AMc</p> <p>6.8 LA</p> <p>6.9 LA</p> |
| <p>7.</p> | <p><b>Time to Change Kingston Community Hub Partnership Bid</b></p> <p>7.1 There was a discussion about the TTCK funding bid and the deadline for returned applications will be Friday 16 November 2018 at 5pm was noted. CK said that the previous application made by Kingston to TTC for hub funding scored highly. It was agreed that to strengthen the bid it should:</p> <ul style="list-style-type: none"> <li>• Involve champions more</li> <li>• State what all partners involved in the bid will do to support TTC Kingston's work.</li> </ul> <p>Further suggestions made were to:</p>  |  |

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|     | <ul style="list-style-type: none"> <li>Engage with leaders of the minority group organisations in the Kingston area e.g. Korean, Sri Lankan, in order to mobilise more people in the community</li> <li>Look at sustainability and how to encourage reducing stigma across all of the community longer term</li> <li>Run events that would allow more community engagement</li> <li>Set up a TTC Kingston Steering Group before the application is submitted.</li> </ul> <p>7.2 A key area to focus on now is to get existing Champions together and encourage them to come to events. A suggestion was made that Champions from other areas can come to TTC Kingston events to raise awareness in the borough. The question of how to find out if someone signs up to be a Champion was raised. CK will speak with the digital teams about this</p> <p>7.3 A TTC Kingston Steering Group a pre-meeting was due to follow the MHSPIG meeting. CK advised that around half of the membership of the steering group should be people with lived experience of mental health. The MHSPIG agreed to go back to organisations they represent and encourage people to sign up as Champions. Anyone who is interested in becoming a Champion should contact HWK.</p> | <p>7.2 CK</p> <p>7.3 ALL</p>                     |
| 8.  | <p><b>Thrive London update (newsletter was circulated in advance of the meeting)</b></p> <p>8.1 The MHSPIG were asked to contact LT if they had any question. Attention was brought to Thrive London’s work training youth first aid instructors. The MHSPIG were advised that people could follow the work of Thrive London on Twitter.</p>  |  |
| 9.  | <p><b>AOB</b></p> <p>9.1 LT raised that she would like the ‘prevention concordat for better MH and member MH champions’ to be added to the agenda for the next meeting.</p> <p>9.2 TW advised the group that there will be a Neurodiversity Arts Festival being run by Fast Minds on 14<sup>th</sup> and 15<sup>th</sup> September at Kings Gate Church and that all were welcome to attend.</p> <p>9.3 CK will share the details of her contact in Kingston University with PM.</p> <p>9.4 A question was raised about the targets for those with schizophrenia and psychosis and a discussion followed. The importance of getting people allocated to right treatment early on was highlighted.</p> <p>9.5 An update was given from CS from the MET Police about the interventions currently in place locally for people they deal with that have a mental health problem and under section 136 / in contact with police etc. SB invited CS to present an update on the outcomes from this work to the MHSPIG at a future date. CS to notify LA when he feels this would be suitable.</p>   | <p>9.1 LA</p> <p>9.3 CK</p> <p>9.5 CS<br/>LA</p> |
| 11. | <p><b>Dates of next meetings:</b></p>   |  |

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|  | 11.1 The calendar invites will be amended to reflect the following future meeting dates:<br>Wednesday 17th October 2018 1.30pm - 5pm<br>Thursday 13th December 2018 1.30pm - 5pm<br>Wednesday 6th February 2019 1.30pm - 5pm | 11.1 LA |
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