

Mental Health and Wellbeing Strategy

Planning & Implementation Group (MHSPiG)

Wednesday 13th December 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 (MHSPiG Deputy Chair)	PM
Laila Awda, HWK Projects & Outreach Officer (minutes)	LA	Tony Williams, HWK Active Affiliate & Chair of the Mental Health Task Group	TW
Sue Ilsley, Mind in Kingston	SI	Amanda McGlennon, Head of Mental Health, Richmond & Kingston Clinical Commissioning Group	AMc
Chrystalla Karvella, Time to Change	CK	Million Joseph, Hestia	MJ
Alan Moss, Kingston Mental Health Carers' Forum	AM	Tony Baden, Samaritans	TB
Alexa Edgley, Camden and Islington NHS Trust	AE	Roger Barnes, Kingston Mental Health Carers' Forum	RB
Darren Fernandez, Strategic Co Production Lead, South West London and St George's Mental Health NHS Trust	DF	Karen Penny, Kingston Voluntary Action	KP
Simon Wylie, South West London and St George's Mental Health NHS Trust	SW		

No.	Item	Action
1.	<p>Welcome, apologies and introductions</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: Andy Rogers, Liz Trayhorn, Stephen Taylor, Richard Dalton, Iain Richmond, Kathryn Ingham, Rianne Eimers, Hamid Rahmanian, and Rachel Rowan.</p>	
2.	<p>Approval of minutes (meeting held 17.10.18)</p> <p>2.1 The minutes from the previous meeting were approved subject to the following amendments:</p> <ul style="list-style-type: none"> • Item 4.4 where ‘Youth Out Loud!’ is referenced should contain mention that the group looks at all health and social care needs of young people, rather than emotional needs only. • Item 5.4 refers to St George’s Hospital where it should refer to South West London and St George’s Mental Health Trust. • Item 6.6: ‘Champion’ is spelt incorrectly. 	2.1 LA
3.	<p>Outstanding actions report (meeting held 17.10.18)</p> <p>3.1 The meeting went through the outstanding actions log from the meeting held on 17th October 2018.</p> <p>3.2 It was agreed that item 4.3; the action for SB and PM to invite the 5 Councillors who are Mental Health Champions to the MHSPIG meetings, will be carried forward to the next meeting.</p> <p>3.3 Regarding item 4.4; progressing the work and conversation about Youth Out Loud! (YOL!), the group of young people governed through Healthwatch Kingston, Healthwatch Richmond (HWR) and Kingston and Richmond Youth Council, SB gave an update on YOL!’s progress. The first of five films they’ve been commissioned to produce is being created and is due to launch in March 2019.</p> <p>3.4 Regarding item 6.4, the setting up of a subgroup to amend the Peer Mentoring Framework document, DF provided an update to the meeting.</p> <p>3.5 All other actions were briefly discussed and noted as complete.</p>	3.2 SB, PM
4.	<p>An update on the context of our Thrive Kingston work.</p> <p>4.1 PM gave a presentation on the context of the Thrive Kingston work. LA to circulate slides to the meeting.</p> <p>4.2 Some elements that the presentation covered were:</p> <ul style="list-style-type: none"> • the national picture, ten-year plan, Thrive London, Healthy London Partnership, and South West London Health and Care Partnership • It was stressed that user experiences will always be taken into account in the work being carried out 	4.1 LA

	<ul style="list-style-type: none"> The meeting were also advised that the Emotionally Unstable Personality Disorder service will be rolled out by April 2019, and that interim services will be used in the meantime. <p>4.3 There was a discussion about the ease of navigating the Mental Health system. Some felt that the system is complex. The plans for a single point of access, through which all mental health referrals will come through was mentioned.</p> <p>4.4 The group were advised to direct any further questions they had on the presentation to PM by email.</p> <p>4.5 All were advised of a suite of Primary Care Mental Health documents available online at the following locations:</p> <p>http://www.londonscn.nhs.uk/wp-content/uploads/2015/01/london-mh-scn-primary-care-commiss-0720141.pdf</p> <p>http://www.londonscn.nhs.uk/wp-content/uploads/2016/08/mh-pri-care-edu-framework-checklist-082016.pdf</p> <p>https://www.healthylondon.org/wp-content/uploads/2017/11/Literature-review-Primary-care-mental-health-service-development.pdf</p> <p>https://www.healthylondon.org/wp-content/uploads/2017/11/Scoping-report-Primary-care-mental-health-service-development.pdf</p> <p>https://www.healthylondon.org/wp-content/uploads/2018/11/Primary-care-mental-health-guidance-with-evaluation-Sep-2018.pdf</p> <p>https://www.healthylondon.org/wp-content/uploads/2018/11/Primary-care-mental-health-economic-evaluation-capping-paper.pdf</p> <p>https://445oon4dhpj7givs2jih81q-wpengine.netdna-ssl.com/wp-content/uploads/2017/10/Primary-care-MHCN-report_clip.png</p> <p>https://www.england.nhs.uk/wp-content/uploads/2018/08/guidance-co-locating-mental-health-therapists-primary-care.pdf</p> <p>https://www.healthylondon.org/resource/good-practice-guidance-for-children-and-young-peoples-mental-health-care-in-primary-care/</p> <p>https://www.healthylondon.org/wp-content/uploads/2018/10/HLP-Next-Steps-Commissioning-Framework-2018.pdf</p> <p>https://www.centreformentalhealth.org.uk/sites/default/files/2018-12/CentreforMH_Filling_the_chasm_0.pdf</p>	
5.	Theme 1: Mental Wellbeing and Prevention update	

	<p>5.1 SB and CK gave an update on Time to Change Kingston. A bid has now been submitted to Time to Change for Kingston (TTCK) to become a funded Time to Change hub, which has progressed to interview stage. At the moment TTCK is an 'organic' or unfunded hub. TTCK is one of two hubs who have been shortlisted for an interview, and Kingston's will be on 24th January 2019. If successful, the funding will mean TTCK will get more targeted support and priority training from Time to Change as well as support for work places, children and young people, where there are options for training and resources. The TTCK Steering Group Meeting follows this meeting; all were invited to attend.</p> <p>5.2 There was a discussion about delivering Time to Change training. CK advised there have been TTC Champions in touch who want training. CK to liaise with SB and LA to organise dates for this.</p>	5.2 CK, SB, LA
6.	<p>Theme 2: Early intervention</p> <p>6.1 AMc provided an update on this area. It was advised that referalls for iCope have increased. It was alsomentioned that South West London & St Georges NHS Trust are undertaking a review of IAPT (Improved Access to Psychological Therapy) over next 3-6 months. The review will particularly look at the disparity of service across boroughs.</p> <p>6.2 TW gave update on an iCope (Kingston's IAPT service) review that is being carried out by the Healthwatch Kingston Mental Health Task Group. The questionairre has been tested and the number of questions has been reduced following this process. It has also been looked at by a professor at Kingston University, and there are talks of having some student's support with the analysis of the data. A revised version of the iCope questionairre will be completed tomorrow, and the survey should go live by Christmas. LA to ensure AE has a copy.</p>	6.2 LA, ABY
7.	<p>Theme 3: Community Connection</p> <p>7.1 It was reported that the Peer Support sub group of the MHSPiG had met since the last meeting. Comments have been made on the draft Peer Support Framework document and this will be brought to next meeting.</p>	7.1 DF
8.	<p>Theme 4: Access to support and services</p> <p>8.1 There were no specific updates to give on this area other than those already mentioned in meeting.</p>	
9	<p>Theme 5: Joined up care and support</p> <p>9.1 It was reported that Hilary Finegan is the new KCC (Kingston Coordinated Care) Programme Director and replaces Andrew Osborne (AO). She has been invited to attend future meetings but was not able to attend today.</p>	
10.	<p>AOB</p> <p>10.1 SI raised a query about the Recovery College, which is run by South West London & St George's NHS Trust, following feedback she has received from service users. She</p>	10.1 SW

	<p>wanted to know if it is available to all groups, and how you access it. SW will check this with colleagues and provide an update to SI (via LA if does not have her contact details).</p> <p>10.2 There was a suggestion to have a short presentation at the start of each MHSPiG meeting. The meeting approved of this idea. An action was raised for all members of this meeting to suggest topics to cover and email them to LA or SB.</p> <p>10.3 It was agreed that the first presentation could be on The Recovery College following earlier questions raised about it. SB to invite a representative from the college to the next meeting.</p> <p>10.4 A further action in relation to action 10.3 was raised for ALL to send any questions they have for The Recovery College to SB.</p>	<p>10.2 ALL</p> <p>10.3 SB</p> <p>10.4 ALL</p>
11.	<p>Dates of next meetings:</p> <p>11.1 It was agreed that the meeting for Wednesday 6th February 2019 1.30pm - 3.30pm will be cancelled due to clashing meeting diaries and also the fact that the MHSPiG agreed it would be useful for key lead stakeholders to meet before the next meeting in March to agree a direction of travel for the review (possible refresh/ prioritisation) of Thrive Kingston. All this in the context of the upcoming NHS 'Ten Year Plan' and other key strategic work such as the social care green paper, and the South West London Health and Care Partnership. LA to send Outlook cancellation for previous meeting. SB and others to organise meeting to review direction as above.</p> <p>11.2 Meetings will be scheduled 2 monthly from March. A future date will be advised soon.</p>	<p>11.1 LA</p> <p>11.2 LA, SB</p>