



## Cambridge Mental Health Network Meeting

Thursday May 2<sup>nd</sup> 2019, 10.30am-12

PwC, Maurice Wilkes Building, St John's Innovation Centre, Cambridge CB4 0DS

### Meeting notes

**Present:** Jane Rich (Co-Chair & Cambridge Community Arts), Sarah Barker (CPFT), Emma Green (CPFT), Jade-Anne Griffin (Co-Chair & CHS Group), Cath Langridge (CPFT), Anna Lowe (Richmond Fellowship), Kate Nation, Jo Pietersen & Tracey Self (Turtle Dove), Lucy Oliver-Harrison (Arts & Minds), Sarah Restall and Eduardo Bort (Winston House), Tracy Thompson (CGL) and Tina Filby (notes.)

1) **Apologies:** Russell Bowyer (Everyone Health), Danielle Bridge (ABC Life Support), Tim Cracknell (Vice-Chair & GET Group), Jenny Esson (Recovery College), Sue Mayes (Everyone Health), Esther McNeill (Cogwheel Trust), Andrea Myers (Clarion Futures), Jacqueline Ntengerenji (CPFT), Joe Osborne (Noise Solution), Maria Varallo (Illuminate.)

#### 2) Matters arising from meeting on Feb 7<sup>th</sup>

There were no matters arising and minutes were approved.

Lifecraft services are being amalgamated with CPSL MIND. They have previously worked together, but many Lifecraft members consider they take a different approach and offer a distinct service.

#### 3) Financial update (Tina)

Account balance is: £1,585.13 and apart from some admin costs, there are no expenses outstanding.

#### 4) New website

Jane had obtained a couple of quotes, which Steering Group discussed and agreed to accept most competitive from Jo Ogborn (Noise Solution.) He will design a new website, using Squarespace and provide training for a total of £250. Annual cost of hosting and domain name will be £120, slightly more expensive than our previous host, but he was based in Peru and unable to offer any website support!

Website will have a Home page, Members' page, with links to their organisations and ideally a facility to pay membership fees on-line. It may also include job opportunities and events.

Members will shortly be asked to send a brief description of their organisation and services to upload on the new website.

#### 5) Presentation: Change Grow Live (CGL) – Tracy Thompson

CGL took over the Drug and Alcohol Service from Inclusion in October 2018 and now operates from just 3 hubs: Mill Road in Cambridge, Wisbech and Huntingdon. They provide a structured service, but are a charity, not a statutory body and co-locate with Richmond Fellowship in Wisbech and Huntingdon and may soon have a similar arrangement in Cambridge.

CGL provides a **drop-in service** 9am-4pm. After assessment, service users will be allocated a co-

ordinator, who will work with them to formulate a care plan, which will include treatment plan, information about any suitable groups and may include referral to nurse or GP. This process can take between one and three weeks, depending on motivation levels and starting place. Service users may be signposted to courses or possibly the Edge Cafe, which offers a range of community work. CGL is keen to strengthen community links and extend support by setting up Recovery Cafes in different locations, with available peer support.

**Ambulatory detox** is offered in Huntingdon and Wisbech and will soon be available in Cambridge. The service user attends a hub to see a nurse over a week, without the need to go to hospital. There are also pre and post rehabilitation groups.

Each site will also offer **group sessions of CBT** on a rolling basis of around 10 weeks for those already accessing the service.

Huntingdon and Wisbech also offer **Psychological Services** (group sessions) of 12 weeks and there are satellite Recovery Cafes in Ely, Chatteris, Whittlesea, with another planned in North Cambridge.

**Recovery Services:** service users' forum reported an absence of continuing support after someone leaves structured services, so Recovery Cafes, which aim to top and tail structured services, were set up in Ely and Huntingdon in response to this need, another is planned in Wisbech and The Edge Cafe is used in Cambridge. Cafes offer a weekly session, open to anyone who has problems with substance misuse, to talk to peers, volunteers or staff member, who can provide information about other services (housing, Jobcentres etc) and offer important social contact, reducing risk of isolation. CGL would like to set up more cafes across the County and also use as regular check-ups.

CGL is now 6 months into its contract and Tracy would welcome feedback on how organisations and service users perceive the new service.

Q. Tracey asked whether there was an age-appropriate service for young people?

A. CASUS (Child and Adolescent Substance Use Service) offers drug/alcohol service tailored to young people up to age 25.

There is a needle exchange in Cambridge, Wisbech and Huntingdon.

Q. Eduardo asked whether Tracy could visit Winston House and talk about services available, including those for service users with dual diagnosis.

A. Tracy confirmed she would be going out into the Community and intends to visit GP surgeries to update all their information and provide details of CGL's new services.

Everyone Health has programmes for smoking cessation and pre-dependency alcohol and will work alongside CGL.

## **6) Members' updates**

**Everyone Health (Sue Mayes):** (update by email of a new service) the High Risk Health Trainer will work closely to support patients with serious mental illness. This can be anyone who has any diagnosable mental health issue, such as anxiety, depression, bipolar, psychosis, schizophrenia and personality disorder. We focus on improving key lifestyle behaviours, such as diet, exercise and well-being and signposting to other relevant services.

If anyone has any queries, they can contact Mental Health Trainer: 07802 380 578.

carolinejohnson@everyonehealth.co.uk.

Anyone working with an individual who they want to refer in can either complete the Everyone

Health referral form or individuals can self-refer by calling 0333 005 0095.

My Cambridge clinics are;

Monday am Papworth Trust, Hawthorn Way

Monday pm Cambridge Fire Station

Tuesday am Tenison Road (this is for Clozapine clinic service users only)

Tuesday pm The Meadows Community Centre

Individuals get up to 8 x 45 minute sessions and all sessions are free to the service user.

**Arts and Mind (Lucy Oliver-Harrison)**: Previously Executive Director at The Yard Theatre, offering contemporary and progressive arts in the Community, Lucy joined Arts and Minds as Director in April and looks forward to working with other local organisations. She will develop a Business Plan over next few months and would welcome any feedback.

**CPFT (Cath Langridge, Emma Green and Sarah Barker)**: CQC will be visiting the Community teams this month. CPFT is offering a new, very structured Individual Placement and Support Service (IPS), (within Community Mental Health teams), to support people straight back into work and enable them to sustain employment by working with employers to ensure necessary support is in place. IPS has 2 years' funding, with a manager and 4 support managers across the County.

**Richmond Fellowship (Anna Lowe)**: commented on change in commissioned services, with focus on achieving paid work outcomes. RF still offers its 'Regain, Retain' service and Assertiveness workshops.

Anna also mentioned free 'Vision to Learn' (mostly health and social care) level 2 courses, open to people on benefits or in work looking for a career change. RF can support service users interested in these courses. Stephenson College also offers Distance Learning courses, with tutor support.

**Winston House (Sarah Restal and Eduardo Bort)**: will welcome support in dealing with drug/alcohol issues, particularly for those with dual diagnosis.

**Turtle Dove (Kate Nation, Jo Pietersen and Tracey Self)**: provides practical work experience for young women at various events, including parties, weddings, charity fundraisers and previous CMHN Network Events. Following feedback from service users, Tracey is now providing emotional 1:1 support. Jo is on work placement as part of her Business Studies qualification.

Turtle Dove is now part of the Cambridge and Peterborough Women's Consortium, along with Cambridge Women's Resources Centre, Women's Aid and Rape Crisis. Turtle Dove is working with CWRC on a joint bid for a peer support project.

**CHS Group (Jade-Anne Griffin)**:

Update from James Lewis (Digital Inclusion Officer) – looking for referrals for flexible 6-week course, 'Make IT Work for You' for adults who are unemployed/on low income and live within Cambridge City area. This can be delivered in a community location or in the service user's home (for anyone suffering from anxiety or transport issues) and will cover basic IT skills using PCs, laptops, tablets or smartphones, finding affordable internet services, applying for jobs/benefits, setting up bank account, saving money on-line and can be tailored to individuals' needs. Please contact James if you know of anyone suitable: 01223 713749 or james.lewis@chsgroup.org.uk.

'New Horizons' project is managed by Lynne McAulay and provides coaches to help people move closer to employment market (not necessarily into work), by building confidence and improving resilience, improving digital and employability skills and providing advice with money and debt

management. Contact Lynne for more information: [lynne.mcaulay@chsgroup.org.uk](mailto:lynne.mcaulay@chsgroup.org.uk).

Metropolitan Housing is introducing Neighbourhood Representatives, which may mean a change in service.

Jade-Anne can work with service users on improving soft as well as hard skills. Some of the options available includes cookery workshops, yoga group, health and well-being project, possible drama group, confidence building course (working with Illuminate) and support for anxiety (working with CPSL MIND.)

Metropolitan offers grants (from £0-500 seed funding up to £5,000) to residents to run their own community groups. Volunteer roles are available within Metropolitan for anyone looking for work placement. Pilot project on social prescribing with Nuffield Health is finishing this week, but Jade-Anne will continue to work with current service users until end of July.

CCG is still reviewing GP practice clusters, aiming for a balanced numbers of patients. Each cluster will employ a social prescriber.

**Cambridge Community Arts (Jane Rich):** is planning to deliver more accredited courses and will be recruiting someone to oversee Quality Assurance.

CCA will launch new programme in June with 6 courses in Cambridge, including a new 1-year 'Digital Creative Arts' course and 3 courses in Fenland. They are also running a 'Next Steps' programme to support people who have completed CCA courses, on to further courses or possible employment. There is support for students to set up sustainable self-run clubs, during or after completing their courses.

CCA is also recruiting trustees, applying for charitable status and submitting a funding bid.

There will be an Open Day in July with more course information and opportunity to meet tutors.

**7) Any Other Business:** Tracey also mentioned that CAB offers help with claiming Universal Credit, either at CAB or the Jobcentre.

**8) Date of next meeting:** Thurs July 18<sup>th</sup>, 10.30am-12 at Cambridge Regional College, CB4 2QT.