



Cambridge Mental Health Network Meeting

Thursday July 18th 2019, 10.30am-12
Cambridge Regional College (B002), King's Hedges Rd, Cambridge CB4 2QT

Meeting notes

Present: Jade-Anne Griffin (Co-Chair & CHS Group), Sarah Barker (CPFT), Anna Gilchrist (Illuminate) Emma Green (CPFT) & Helen Plight (OT student), KC Kade (SUN Network), Alison Kindred-Byrne (To The Moon and Back Fostering), Sue Mayes (Everyone Health), Sarah Restall (Winston House), Jane Rich (Co-Chair & Cambridge Community Arts), Tracy Thompson (CGL) Maria Varallo (Illuminate) and Tina Filby (notes.)

Presenters: Aly Anderson (CPSL MIND) and Anne Wigglesworth (SUN Network)

1) **Apologies:** Russell Bowyer (Everyone Health), Danielle Bridge (ABC Life Support), Tim Cracknell (GET Group), Mark Freeman (CCVS), Cath Langridge (CPFT), James Lewis (CHS Group), Esther McNeill (Cogwheel Trust), Kate Nation, & Tracey Self (Turtle Dove), Jacqueline Ntengerenji (CPFT), Joe Ogborne (Noise Solution) & Lucy Oliver-Harrison (Arts & Minds.)

2) **Matters arising from meeting on May 2nd**

There were no matters arising or corrections and minutes were approved.

3) **New CMHN website – progress report (Jane Rich)**

Jane thanked Joe Ogborne for all his hard work setting up the new CMHN website. The website is up in draft form, but still needs a few 'adjustments'. If you'd like to have a look, URL is Cambridgemhn.org and password is [cambridgemhn](http://Cambridgemhn.org) and please send any feedback to Jane. If any members haven't yet sent a brief description (<100 words) of their organisation/services + logo (to Jane), please can you do this urgently.

4) **Feedback to funders**

We have 2 years funding (from The MindEd Trust, Cambs County Council and CPFT) and need to demonstrate that we have been providing 'value for money'. We had thought of asking members for comments about how they had benefited from CMHN membership and possibly producing a short video, but a members' survey would best serve our purpose and (provided it is short!), is likely to elicit more responses.

5) **Presentations**

i) **CPSL MIND, Aly Anderson**

After a long tendering process, the contract for the Recovery and Inclusion service was awarded to CPSL MIND and the new Good Life Service and Fullscope (for young people) launches on 2.9.19. Until now, CCG, Peterborough and Cambridgeshire County Councils have all commissioned different services, resulting in some duplication. The new service will replace the CPSL MIND's Wellbeing service, Stepping Forward (Peterborough), the IAPT service and Counselling will continue as before and it will include some services previously delivered by Lifecraft, Metropolitan, Richmond Fellowship and Red2Green.

The Good Life service recognises that connecting people to their communities results in positive wellbeing. Using the 'Wellbeing Wheel', it acknowledges that peoples' mental health fluctuates and their needs will vary, requiring different support at different times. The new service is an integrated system looking at the whole person and will provide single point of access to a range of services. Peer support from people with lived experience of mental health issues will be an important feature. Initial assessment will set a positive note by focussing on individual's strengths, talents and skills and what they can (rather than can't) do.

CPSL MIND will be working in partnership with Money Matters (CHS Group), offering financial support for people claiming social care benefits, Suffolk MIND, who will deliver the Personality Disorder service in Peterborough and XenZone who run 'Kouth' online support service for young people. They will also work with many local organisations, including libraries, sports and arts providers and cafes in order to focus on connecting people to their communities and enabling them to live their best life.

From September:

- Home Community Support (Metropolitan) and Support2Recovery (CPSL MIND) users will transfer to the new service. Many of these people have been receiving this support over a long period and will all have a 1:1 session to explain the changes.
- 'Good Mood' cafes, linking with current Community Cafes will offer weekly informal support in each area.
- Weekly 'Open Door' will provide a calming 2-hour session with visualisation and grounding skills.
- Local peer support groups for Personality Disorder and Hearing Voices will continue.
- XenZone will continue to provide an on-line support service for young people (Kouth) with self help resources and peer support.
- An e-bulletin will be used for updates/events etc.

During the first year:

- New community-based specialist Personality Disorder service, delivered by Suffolk MIND will be rolled out across the county.
- Delivery partner, Xenzone will offer an on-line support service for adults called Qwell, providing 1:1, peer support and self help strategies.
- More peer support volunteers will be trained as mentors and group facilitators using ImROC principles.
- Good Life Innovation Fund will provide grants to people who want to set up community wellbeing groups/activities.

Sarah asked about changes to services delivered by Lifecraft?

Aly hopes they will continue to deliver Hearing Voices, but other services are still under discussion. Tracy commented that organisations need to make the best use of resources and mapping assets in the County would be a good starting point.

Jade-Anne commented that there should be equal emphasis on primary, secondary and tertiary services and Anne agreed that a person-centred, service user-led approach would work well.

Anne asked about the Home Community Support service, which is currently based on a number of hours, not on what a person wants or needs.

Aly confirmed that instead of 10 hours, the service will now offer 10 connections, which could vary from a phone call, visit to a cafe to a 1:1 session. This will be a big change for some people, but Aly

hopes that tailoring the service to individual need will help people to achieve more.

Fullscope service for young people: there are 7 charities collaborating on this 3-year programme (funding held by Arts and Minds), which aims to provide a more cohesive support service for young people.

ii) SUN Network, Anne Wigglesworth

SUN Network was set up 10 years ago by MIND, but last year, it became a CiC and is now fully independent. It aims to amplify voices of people who access mental health and/or drug and alcohol services and give them a say in shaping these services. The Network also maintains a close relationship with service providers.

SUN Network runs workshops, carries out both 1:1 and group visits, organises events and ensures service user involvement in everything they do. They work on a principle of co-production, where everyone's voice has an equal hearing and people work alongside others to achieve the same goal. All organisations need to constantly review their aims in order to move forward in the right direction, so SUN Network regularly seeks feedback from service users and involves them in service design, which may avoid more changes later on thereby saving time and money.

They have reviewed and evaluated the Prison Service, using feedback from service users, which has brought about some positive changes. They have also reviewed the Recovery Coach service, are producing a report on Employment and mental health and working with a group of post-natal mums.

Jade-Anne offered to send Anne information about New Horizons coaches (CHS Group project.) Sarah also mentioned Richmond Fellowship's Employment Service.

SUN Network is developing a new project to follow individuals for a year, contacting them about 4 times to have a conversation about their progress and services accessed. Data will be recorded, but will remain confidential and it is hoped the information compiled over a period of time will prove useful.

Sun Network is also trying to engage with BAME groups and introduce MHFA into these communities.

Please contact Anne if you would like any more information about SUN Network:
anne.wigglesworth@sunnetwork.org.uk.

6) Members' news

CHS Group (Jade-Anne Griffin): advised that bursaries are available to access Wellbeing services. Jade-Anne has just completed a Mental Health First Aid course and will be able to deliver MHFA to Metropolitan residents. County Council, City and South Cambs Councils also offer grants – see 'Making Money Count' website: <http://makingmoneycount.org.uk/>

Everyone Health (Sue Mayes): Sue Allan is a new co-ordinator, who may attend some future CMHN meetings.

To The Moon and Back Fostering (Alison Kindred-Byrne): was founded in 2017 and provides support to foster carers and young people in Cambridgeshire & Peterborough, aiming to find local families for local children. Many looked-after children have mental health issues and need trauma care.

In April, they hosted a conference 'Trauma, its Impact and How to Care for Ourselves' in partnership with Anglia Ruskin University (ARU.)

Jade-Anne offered to put Alison in touch with Danielle Bridge (ABC Life Support.)

Cambridge Community Arts (Jane Rich): their accredited courses will start in September. Several clubs/groups (drama, music, performance poetry etc) have been set up by students after completing previous courses, which provide ongoing support and motivation and grants for these are available through Building Better Opportunities project.

CCA is currently recruiting for an administrator and are running courses and Next Steps service in Fenland. They are working with Richmond Fellowship on employment, partnering with CRC for accredited courses and with Cambridge Ethnic Community Forum on a Creative Diversity project.

Illuminate (Maria Varallo and Anna Gilchrist): have been working on a mentoring project with ARU and will be working with John Lewis. Anna is developing Community groups in Ely and March to help reduce social isolation and making links with local cafes, where groups could meet informally.

Winston House (Sarah Restall): has been working in partnership with CGL.

SUN Network (KC Cade): is trying to encourage local businesses to provide funding for organisations in the homeless sector.

CGL (Change Grow Live) (Tracy Thompson): now has 30 volunteers, with more in training. Imams from local mosque have visited CGL to discuss mental health, drug and alcohol issues. They hope to become more involved in the Community and encourage representation from women. This marks an important step forging links and opening discussions with the Muslim community. CGL also hope to make new links with the LGBT community.

Meeting closed at 12.10pm. Jade-Anne thanked everyone for coming, Aly Anderson and Anne Wigglesworth for their informative presentations and Jeremy Lloyd at CRC for kindly booking the meeting room.

7) Any Other Business: none.

Date of next meeting: Thursday October 10th, 10.30am, Parkside Community Room, Cambridge CB1 1JF.