

Note of Meeting

Present:

Sandra Ferguson HACVS  
Sue Moseley Time to Talk  
Maitha Darwish CHAT  
Marina Moores Sussex Partnership NHS  
Foundation Trust  
Stephen O'Donohue Carers Support Service  
Collin Burns MIND

Glyn David Richmond Fellowship  
Mike Ashbee MIND  
Jo Fisher Independent Lifestyles  
Debbie Cox West SUSSEX Adult and Community  
Learning  
Will Knight Carers Support Service  
Steve Byhurst MIND

1. Welcome / apologies

Apologies from Kelly Cunningham from Richmond Fellowship and Rachel Skidmore  
Crawley CVS.

2. Richmond Fellowship – presentation given by Glyn David deferred to last item on agenda.

Glyn gave a brief overview of the work of Richmond Fellowship in the Horsham Area including Wellness Recovery Action Plans, Community Support, Hospital In reach and support with Self directed support packages. A new helpline telephone number is soon to be launched and further promotional material will be forwarded to the forum for dissemination in due course.

3. Sussex Partnership NHS Foundation Trust Patient Advice and Liaison Service – Marina gave an overview of some changes that are taking place within the structure of the Trust towards pathology based pathways of care. The changes will mean that CMHT 's as they are at the moment will disappear and be replaced by teams that will be organised according to speciality of skills and knowledge in particular pathologies (e.g. Dementia or psychosis etc) and there will be a single point of referral to the appropriate team across the county. The number of buildings will be reduced and recovery and treatment centres will be established across the county area which may have an impact o accessibility and transport issues. Further information about the changes will be disseminated in the near future and Marina plans to attend the next forum meeting to keep members up to date with developments.

4. MIND –

Colin Burns described the MIND peer mentoring service using a case study approach and described the ways in which this service meets the needs of a number of individuals by facilitating the development of confidence and independence. The mentors and mentees are matched according to ability and needs, interests, personal and life experience and a variety of other characteristics. The project is proving to be very beneficial to many and Colin provided some leaflets for members to take away.

Steve described his work on the West Sussex wellbeing initiative which is a website resource for local people to find information on issues concerning them about mental health. The group discussed some issues around the lack of emotional wellbeing support services designed particularly for men and the differences in men and women in their ability / interest / likelihood of engaging with current mainstream services.

5. The forum members were given the opportunity to provide brief organisational updates: Debbie Cox from West Sussex Adult and Community Learning gave a brief overview of the new classes designed for emotional wellbeing and the need to access the appropriate audience to promote the classes. The group gave some general advice about accessing information and bulletins from a variety of networks including the CVS' e-bulletins etc.
  
6. Date of next meeting: 9<sup>th</sup> November in Crawley CVS.