

HACVS

Incorporating the



CRAWLEY COMMUNITY &
VOLUNTARY SERVICE
Charity No. 1094699
Company No. 44887 14

Mental Health Forum

Tuesday 7th February 2012

10am to 12pm

at

Horsham Area Council for Voluntary Service
Lavinia House, Dukes Square, Denne Road, Horsham

Minutes

Present

David Murphy	Crawley Association of Mental Health
Val Murphy	Crawley Association of Mental Health
Sue Moseley	Time to Talk Service
Sandra Ferguson	Horsham Area Council for Voluntary Service
Flis Thomas	Sussex Partnership Foundation Trust
Shirley Gray	MIND in Brighton and Hove
Gail O'Kane	West Sussex Housing Support Service (Richmond Fellowship)
Nick Jenkins	Horsham District Council Community Development
Judith Mays	West Sussex Adult and Community Learning
Debbie Cox	West Sussex Adult and Community Learning

1) Welcome and Introductions

David Murphy, Chairman, welcomed the group and members were invited to introduce themselves.

2) Libby Minto – Surrey Community Action; Digital Switchover

Libby introduced herself to the group and explained that from the 18th of April the London TV analogue signal will be switched off and only digital TV signal will be transmitted. This means that anyone who is not digital ready will lose their TV signal. Sky TV and Virgin digital satellite or cable customers will not be affected as these subscription services will continue uninterrupted. Service users who have integrated TV or a set-top free-view box on an ordinary TV will need to re-tune their TV to receive the digital signals on 2 dates: 4th and 5th April and again on the 18th and 19th April for London TV. (For Meridian (which may affect some parts of the district) the dates may be slightly different – Libby advised checking the Digital UK website postcode checker to find out which service applies to any given address).

There will be a Digital Switchover Help-scheme bus in Crawley town centre on the London TV switchover days to provide help and advice between 9am and 4pm. Libby stressed that any TV can be adapted with a set-top box to receive a digital signal. There is no need to replace a domestic outside aerial or replace a TV to receive the digital signal. Libby warned that some vulnerable people had been victims of scams to replace TV's, Aerials and to re-tune TV's when this was not necessary.

Some people who receive benefits and meet the criteria for eligibility may be able to receive assistance in preparing for digital switchover through the Help Scheme. For a fee of £40, they can be supplied with a set top box installed by a CRB checked engineer, 12 months aftercare and access to a helpline. For some people who are in receipt of benefits and meet the eligibility criteria, this service may be provided free. Literature regarding the digital switchover is able in a variety of formats and languages including easy read, braille, a range of languages and in auditory format by contacting: LMinto@surreyca.org.uk and can be delivered to organisations for dissemination to service users.

Libby informed the group that there would be a briefing session on supporting service users in Crawley on the 1st or 2nd March (venue and times to be confirmed).

The team are also looking for a volunteer to act as a contact person for the Crawley area. The role would involve 6 to 12 hrs per week and would have reasonable expenses paid.

Libby made a range of literature and guides available to the members and advised that all households would be receiving a digital switchover guide, but that it could easily be mistaken for junk mail, so to be on the look out for it.

Libby explained that in communal housing the landlord is responsible for a communal aerial but that individual TV sets also need to be digital ready in order to receive a signal. Some indoor aerials may not be adequate to receive a digital signal but Libby advised waiting until after switchover before investing in any new equipment.

Digital UK has a helpline that is available to all to use.

3) Nick Jenkins – Horsham District Council Community Development

The group welcomed Nick as a new member and he was invited to share some information about his work as Community Arts Officer within the Horsham District Council Community Development Team. Nick explained that the Community Development Team have a broad remit to engage the residents of Horsham District in community activities and events. Horsham District is a largely rural area with a main town (Horsham) and some smaller towns and villages. The community development team includes officers with responsibility for funding, sport, younger and older people, dance and they work closely with the community safety team. The team supports community cohesion through supporting partnerships, voluntary groups and societies, engaging with vulnerable groups and developing community events and activities. Nick described an example of a successful independent organisation set up by volunteers and supported by HDC back in 1999 that is still running today: Music Alliance. Nick described his work to support and develop a peer support social group 'Together in Mind'. Nick described the organisation and purpose of the group as a social group where people who have life experience of Mental Health issues could meet together in a social way with others who understand. The Mental Health Forum members unanimously acknowledged the value of such an organisation and offered advice and support in continuing the work, describing some other examples of this

model e.g. 'clubhouse model'. The forum discussed other peer support groups currently and historically and different models of organisation, agreeing that choice is the important factor and that it is positive risk taking and affirming for people who have experienced mental health problems to become involved in activities and groups that are self regulating. Nick asked the forum members if they would be happy to comment on the draft leaflet for 'TOG' in order to develop publicity material that reflects the true nature of the group to newcomers and there was unanimous agreement provided that the TOG members were happy with this. The forum discussed the optimum size of a group of this kind and it was generally agreed that the group was very successful in its current size / format and it was suggested that perhaps a move towards satellite groups would be more advantageous than trying to increase the size of the existing group. The forum thanked Nick for sharing his work with them and there was agreement that continued involvement with the forum would be most welcome and that a representative from TOG would be most welcome at future meetings.

4) Terms of Reference

The Mental Health Forum TOR's were distributed to the members present for review following the amendments suggested at the last meeting. There was some discussion around the issue of sharing resources for minute-taking and correspondence. Sandra informed the forum that with regret she would not be able to continue to attend future meetings due to a change in her responsibilities. In the meantime, enquiries about the forum could be directed to Rachel Skidmore (rachel.skidmore@crawleycvs.org) at Crawley Council for Voluntary Service.

5) Date of next planned meeting

Future dates are agreed as follows, subject to confirmation:

Wed 16th May 10am – 12pm at Crawley CVS (Orchard House, Crawley)

Tues 7th August 10am – 12pm at HACVS (Lavinia House, Horsham)

Wed 21st November 10 am – 12pm at Crawley CVS (Orchard House, Crawley)

6) AOB

Sandra reminded forum members that the forum, whilst facilitated by Horsham Area Council for Voluntary Service and Crawley Community & Voluntary Service, does belong to the membership. If any members have suggestions for speakers or would like to invite new people along they should feel free to do so. For the forum to remain sustainable, the member organisations must seek to provide practical support to the forum in terms of accommodation and administration.

7) Close