**Salford Mental Health Online Forum Minutes**

**Wednesday 30th September at 12.00 - 2.00pm**

**Attendees:** Dan Stears (Chair), Vania Burnell (Deputy Chair), Noami Evans, Karen Fitzsimon, Lawrence Caygill, Dennis Baldwin, Sarah Buckley, Caroline Allport, J Ahmed, Rob Hemmingway, Deborah Gallagher, Jim Cammell, John, Charlotte, Kathryn Cheetham, Catalina Salgau, Charlotte Goldsbrough, John Swallow.

**12.00pm – Introductions and Updates**

Welcome back and to our new members.

***The Big Reset Conversation*** is still open to anyone living and working in Salford. Until now the survey has been distributed to over 500 people and organizations with a good response: 300 survey compleated so far. The survey can be found here: <https://www.smartsurvey.co.uk/s/BigReset/>. Additional informations are available following this link: <https://www.salfordccg.nhs.uk/transformation/big-reset-conversation> . Members are being encouraged to fill in the survey making sure to state they are members of SMHF.

***Salford Suicide Day:***  To mark Suicide Prevention Day Start Inspiring Minds has organized a Vigil of Remembrance at a pop-up drive-in cinema at the back of Salford Civic Centre. The event has been sold but also streamed live with almost 200 devices connecting live. Overall the event was a success, very well received. We’ve received positive feedback as well, which is brilliant for the organizers. The Vigil can be watch online by following this link: <https://www.youtube.com/watch?v=RgaZIqN945A&t=224s>

NWAS will provide an update with patience stories.

Also an update from Beyond has been requested by a Forum member.

**12.30 PM – Introduction of the new MIND employees**

John – has been employed by Mind in Salford to develop the peer mentoring and the peers’ work. The Forum has a vital role in this development. “We are going to go back and forth with the Forum on both the development of this positions and to check the progress of the programme . People’s lived experiences is the most valuable resource to development good mental health services - unique insight, different from the point of view of the clinicians resulting in the services being more engaging, more meaningful, more productive and much more successful. Therefore I am very excited for this course we are going on for the next 18 months. Hopefully it will be just an initial 18 months and it will continue for years.”

John has held various positions: social care roles, substance abuse services, mental health, community development, youth work, volunteering projects in the community – bringing many skills and experiences to this role. He is hoping to contribute to the Forum’s growth and involve other people in the Forum in order to better influence the services around mental health and the wider community in Salford.

The aim for the next few weeks is to start recruiting some initial peers to train as mentors – recommendations very much needed. To this scope, it was suggested that putting togheter a leaflet to share/promote on social media platforms would have a good impact and ensure the meassage will reach as many Salfordians as possible. At the same time, both John and Charlotte are learning the team and their role, which is very important as the team is going to increase and expand in the next 6 to 12 months. “We’ll be working alongside Mind and CCG in order to help the Forum develop, in order for the Forum to achieve everything the members want it to be. Hopefully we’ll come back at a future meeting with a proper presentation.“

Charlotte is going to be involved more in the developmental side of things as she has experience in both project coordination and community engagement, developed in her previous roles, including with the LGBT Foundation.

**12.45 Developing the Forum**

It’s good to understand, especially in this challenging times, where would people like to see the Forum going. Dan suggested a few things for the members to think of/contribute with ideas:

- 10th of October – World mental health day – what should the Forum do on the day - John suggested a games day for people to just come together have some fun while celebrating this important day.

- Campaigns for people with mental health/for the rights of people with mental health – should the Forum back up programmes that encourages organizations to train their staff to recognize mental health signs in vulnerable people they come in contact with through their job.

Karen has highlighted good practices around safeguarding at ForHousing: staff and all contractors have to sign the safeguarding protocols and a good working procedure is in place. Any concerns can be flag on handheld PDAs which in turn will be taken over by the neighbourhood officer for investigation. Also, as part of the GM mental health, the Health and Social Care Partnership is looking at connecting housing and mental health. Jack Gould, who is the lead on the Housing strategy will come at a future Forum meeting to present their plans.

As Lawrence is leaving Mind, the board would like to invite him to join the Forum as a Trustee. What the board is lacking if finance experience, Dan informed the forum that Lawrence’`s role at Mind in Salford included finance.

Lawrence has presented himself to the members: “I’ve been working in the 3rd sector on mental health for the last 10 years. Charity wise my main strength is developmental with organizational growth bring in funding which increases capacity which leads to better impact. Over the last 6 months I’ve been working with the Forum to formulate a strategy to translate future aspiration of the Forum into fund-able projects in order to connect and support more people.”

No objections were raised so he was appointed as a Trustee as soon as his duties with Mind are over.

**13.00 – Social prescribing**

Nicola Spiby-Roberts – Social prescribing coordinator at Wellbeing Matters Salford. (You can read Nicola’s presentation in the Information Section)

Social prescribing is a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services like volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports. Social Prescribing is listed as one of the ten high impact actions in the NHS England General Practice forward view.

Recognising that people’s health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people’s needs in a holistic way. It also aims to support individuals to take greater control of their own health. Social prescribing as a whole can work for a range of people: someone with a long term condition, someone with mental health, low levels of anxiety and depression, those who are isolating or new to an area( We also offer interpreter support – just not at the moment due to Covid), individuals who want to make life style changes or who struggles with a change in circumstances etc.

Wellbing Matters is a neighbourhood model, operating across Salford with a Community Connector in each of the five health and care neighbourhoods and a city wide Community Connector. Wellbeing Matters is led by Salford CVS and through Salford Third Sector Consortium 6 VSCE anchor organisations employ a Community Connector ([The Big Life Group](https://www.thebiglifegroup.com/), [START inspiring Minds](https://www.startinspiringminds.org.uk/), [Unlimited Potential](https://www.unlimitedpotential.org.uk/), [Social Adventures](http://socialadventures.org.uk/), Inspiring Communities Together and [Langworthy Cornerstone](http://www.langworthycornerstone.co.uk/))

The Community Connector provides space for an individual to discuss what matters to them, help them to feel more connected to their community, and help create an action plan, help to increase confidence and feel less socially isolated by linking them into local groups and services. Our referral pathways are GP practice, Adult Health and Social Care contact team and Salford Enhanced care team. Referrals are made via the Elemental integrated . All referrals to be contacted 3-5 working days. But sadly we are not a long term support programme. We are supporting an individual over 8 sessions.

During Lockdown the Wellbeing Matters team has continued to support patients with telephone and online appointments, wellness checks and connecting to appropriate support.

We are also a ORCHA(Organisation for the Review of Care and Health Apps: https://ourdorset.orcha.co.uk/) Champion recommending various apps helping with individual wellbeing like: mood tracker apps, weight watch apps etc. We’ve been promoting social prescribing primarily with GPs, Adult Health and Social Care teams but also with PPG so that local patients groups are aware of it. We have a leaflet explain the process that is being distribute through the GPs (also available as an e-leflet).

Suggestions/Questions from members:

- the Forum could be included in the list of local support group for the people being referred for support.

- Could the support be extended to other projects like Project 34?

“Due to being a close referral circuit, the project was not advertised in the greater community. But we have links with various service providers and we might be able to work something out in the future.“

- Are there any support options for those without devices/WIFI, especially in the current situation.

“We have highlighted this as a group to be explored in the future. At the moment we cannot offer devices or WIFI access but we’ve been able to refer people to Good Things Foundation or ICT, but there is still space for improvments.”

**14.15pm – Any Other Business**

**Salford Mental Health Forum –** we are exploring possible pathways for the Forum. Ideas/suggestions are still welcome.

‘Gaddum Carers Salford have set up an online **coffee morning**: the coffee morning will take place on the first Tuesday of every month 11.00 am-12.00 pm. The virutal coffee morning gives carers opportunities to talk and connect with other carers and take a bit of ‘me’ time. The coffee morning includes activities such as mindfulness breathing, seated yoga, and quizzes.

For more information contact Gaddum Carers Salford on 0161 834 6069 or email [Salford.carers@gaddum.org.uk](mailto:Salford.carers@gaddum.org.uk)’

**Mind** **in Salford** has a project looking to engage people who think services are not set properly for them – we will be paying organizations to let us run a micro session with the ppl the organizations are supporting = we are hoping to learn what to do better with our services, to make them easier for ppl to engage with. Feel free to get in touch if you know such organizations. Caroline recommended contacting the Energise centre, while Dennis suggested the Beacon centre.

“J” Ahmed has organized **Suicide Prevention Words of Hope 2020** that can be watch online.

Dennis Baldwin has been appointed lived experience representative for **Greater Mancheter Adults’ Mental Health Delivery Programme Board** through the Independent Mental Health Network.

“J” Ahmed was also appointed on the same board. He is going to try to communicate with the Greater Manchester public through poetry – writing poetry at the end of each meeting reflecting on what happened during the meeting. He hopes this can replace meeting minutes with the aim of a greater engagement.

**DATE OF NEXT FORUM MEETINGS** – last Wednesday each month from 12.00 – 2.00pm

[**CLICK HERE TO DOWNLOAD THEM INTO YOUR CALENDAR**](https://zoom.us/meeting/tJwkcuugqDkuGdRJjg1GFqIjWH4d3pc7Wkxy/ics?icsToken=98tyKuCgpz4oEtKXtBqHRow-HY_4a_zwpnpbjadvthXiUgd1cyr8AcoWNuFvE4_n)

* 28th October
* 25th November

**Join online via this link** [**https://zoom.us/j/98952862430**](https://zoom.us/j/98952862430) **or call in by UK telephone on +44 208 080 6592**

**esources and Information Sharing**

**Challenge Poverty Week**

# **Challenge Poverty Week England and Wales: 12–18 October 2020**

Church Action on Poverty is exctited to be organising the first Challenge Poverty Week in England and Wales. We hope you'll support it if you can!

Challenge Poverty Week has been a highly successful event in Scotland for the past seven years, and has been mirrored by London Challenge Poverty Week since 2018 - but this will be the first time it has been replicated in other parts of the UK. This is a fantastic opportunity for people all over England and Wales to stand up and highlight the need to tackle poverty in their communities.

Challenge Poverty Week is an opportunity to highlight the incredible work being done by community groups around the country, and to show what can and must be done differently. It’s an opportunity for voices that are often ignored to be heard loud and clear. It’s a chance to show that a better, more compassionate society is possible – and that there’s no better time than now to start making it a reality.

Challenge Poverty Week England and Wales aims:

•   To raise voices in unison against poverty and show that we all want to live in a more just and compassionate country.

•   To show what is already being done at a community level to challenge and alleviate poverty.

•   To build awareness and support for long term solutions that focus on enhancing the dignity and agency of people in poverty themselves.

•   To change the conversation around poverty and help end the stigma.

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| **Social Prescribing – Wellbeing matters Presentation** |
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