

# Fareham & Gosport

## Voluntary Sector Health Forum

Notes of the meeting on 4 July 2017 - Fareham Community Church

The meeting was hosted by Community Action Fareham.

A list of those who attended and those who sent apologies is appended to these notes.

### Welcome & Introductions

Paul O'Beirne of Community Action Fareham began by welcoming new attendees to the Forum:

- Rowena Dodds – Solent Mind
- Tom Harper – Richmond Fellowship
- Laura Reay – Everyone Active
- Caroline Hillier – Everetts Pharmacy

All attendees then introduced themselves on their own tables.

Apologies were given, these can be found in the appendices to these notes.

### Notes of the Last Meeting

#### Sustainable Transformation Partnership (STP)

Following on from the briefing at the last meeting, there is no further information about the STP

#### Multi-speciality Community Provider (MCP – or otherwise called Vanguard or Better Local Care)

Fareham and Gosport is an “accelerated site” for the MCP; the MCP contract is being developed by the CCG but there is no substantive information yet.

### Why Focus on Mental Health?

Paul reported that Dr Emma Nash, who is the CCG's clinical lead for mental health (Dr Nash is a GP at Portchester) would like to set up a Mental Health Forum. This is so that the form of the service specification for the MH services is drawn correctly and that good feedback about service delivery is gathered so that patients can be assured that the service is being delivered properly and secondly, that any change to the service can be identified and implemented.

### Presentation by Rowena Dodds from Solent Mind

Rowena outlined the services of the Fareham Wellbeing Centre that is provided by Solent Mind.

She identified her wish list as having:

- Adult Service
- Needing funding to work co-operatively with the CMHT to provide early support for crisis care
- Young People's Service
- Even earlier intervention
- Whole school approach
- From 8 years onwards



Please [click here](#) to view Rowena's presentation.

Following Rowena's presentation questions were asked:

Q: Is there a waiting list to use your services?

A: There is a waiting list, however, we have also now started doing telephone triage so this has made the waiting times go down a bit.

Q: Your presentation showed an improvement in mental health in 92% of your clients between the ages of 14 – 18 years, how is this calculated?

A: Service users give details of their mental health, social, self-esteem issues etc when they start using the organisation, and are asked for this information again when they finish using the service.

Q: Do patients self-assess?

A: Yes they do

Q: Do you have walk-ins available?

A: Yes, we have drop in times & dates posted on our doors.

Q: Do you have to prioritise who you see due to being over-stretched?

A: No, and we have several groups, so we can also invite people into the groups that are suitable for them.

### **Presentation by Tom Harper from Richmond Fellowship**



Tom is newly appointed to Richmond Fellowship for supporting people in South East Hampshire including Fareham and Gosport; he works out of the Community Church. Tom outlined the service. Richmond Fellowship is now part of Recovery Focus, an expert group of charities with the shared aim to inspire individual recovery nationwide. They wish to recruit peer support volunteers.

Please [click here](#) to view presentation.

Following Tom's presentation questions were submitted:

Q: You mentioned in the presentation that referral is via statutory organisations, have you considered taking referrals from other voluntary organisations?

A: Community based services can refer, I have some referral forms. If you come into contact with people who would like our help please give out our referral forms. Please [click here](#) to access form. If we can't help we will always signpost to other organisations.

Q: Are the groups run by your service available at weekends and in the evenings?

A: Our groups are very new at the moment and we are still putting them in place. We currently have a group running at Café Imbizo. Going forward, if we hear from people that they would like a particular day or time we will try to make that happen.

Q: What age groups do you support?

A: We support people from 18 – 65 years, people who are of working age.

Q: Are you getting people who would normally be referred to adult services?

A: All services can refer to us if they wish to.

Q: How are you funded?

A: Contracted through HCC for Gosport & Fareham.

## Presentation by Tom Armstrong-Collette from Kroma



Tom outline the work of Kroma including the high degree of Mental Health pressure on members

Please [click here](#) to view presentation.

Following Tom's presentation questions were submitted:

Q: Are you doing work with Chrysalis?

A: We work alongside them.

## Noticeboard

Paul mentioned:

- Community Action Fareham have put our membership forms on the info sharing table. Membership of Community Action Fareham has many benefits, including help with funding opportunities, training, DBS checks, payroll services, equipment loan, room hire & shopping centre unit hire at low cost, plus much more. [Click here](#) for more information.
- Paul pointed out the information sharing table where leaflets from most groups in attendance were available.

## Break for Lunch

Groups invited to network over the lunch period.

## The Mental Health Impact of being a Carer – Princess Royal Trust Presentation by Andrea Fitzpatrick



Please [click here](#) to view presentation.

Following Andrea's presentation questions were submitted:

Q: We spoke at the last HF meeting about the importance of anyone who is a carer telling their GP when they feel they need support. Is it difficult for people to be fast-tracked to support if people are not aware that they are carers?

A: This is where we come in, we want to get over the stigma of mental health issues, please always speak to your GP.

Q: The emergency planning for carers – can people be eligible if there is not yet a care plan in place?

A: Anyone can access support from us and can be put on an emergency list for referral while the plan is put in place.

## Structured Table Work & Open Meeting Discussion

Paul asked everyone to rate on a scale of 0 – 10 if they feel that long-term conditions can have an impact on the mental health of individuals and their carers. (0 no impact, 10 high impact).

Table number	Impact on Mental Health Score
1	9
2	9
3	10
4	9
5	7
6	8

A3 sheets were then handed out, 1 per table, with the following questions:

**Q1: Given the importance of mental health, do you think that is it important that groups supporting people with long term conditions give input to shape and monitor the MH services? Please identify one item to feedback.**

A: Yes, they are the best placed people to know / identify what is needed and what is missing in service at present. More information from individual groups – can identify common themes / common needs.

A: YES! – Will the people who give this input be listened to?

A: Look at the steam-lining communication between charities to establish common needs and pathways. Anonymous surveys for feedback.

A: Without any input how can you develop the services? The groups will understand the value of the input. People with long-term conditions need to be consulted.

**Q2: If important for groups, how can the input / opinion of the specification be given? Please identify one item to feedback.**

A: Feedback ideas to a forum to gather info and find common themes.

A: Panels to assess the progress of a process.

A: Gather information and deliver it to mental health services. Feedback forms / surveys / meetings.

**Q3: How can groups give feedback for monitoring of service delivery and reshaping the specification for the future? Please identify one item to feedback.**

A: Need a system to check on service effectiveness and adjustment if needed.

A: Telephone, face to face, online (minus the jargon)

A: Recognising the need for flexibility in the service.

A: Steering groups, feedback from service users, is there a reduction in clinical need for MH?

## QA – Self Administration of Medicine Policy

Paul announced that the policy is available, please [click here](#) for a copy.

**Next Meeting**

The next meeting will be hosted by Gosport Voluntary Action on Tuesday 5<sup>th</sup> September at Gosport Town Hall, High Street, Gosport, PO12 1EB from Midday. The theme of the meeting will be 'keeping well in winter'.

Please book onto the meeting as usual [here](#).

**Please be advised that the meeting scheduled in Fareham for Tuesday 7<sup>th</sup> November has been moved to Tuesday 21<sup>st</sup> November 2017.**

**Close of Meeting** – Our thanks to Tom Harper & Annette O'Beirne for their assistance in setting up on the day.

**Attendees:**

<b>First Name</b>	<b>Surname</b>	<b>Organisation</b>
Alison	McNulty	Surgery Signposters
Andrea	Fitzpatrick	Princess Royal Trust
Annette	O'Beirne	Community Action Fareham
Caroline	Hillier	Everetts Pharmacy
Laura	Reay	Everyone Active
Dominic	Lodge	Southern Health NHS Foundation Trust
Elizabeth	Kerwood	F&G CCG
George	Ringrow	Diabetes UK
Istvan	Szucs	The Rainbow Centre, Fareham
Jeanette	Perry	CHAT, AVFG
Jessica	Woolridge	Community Action Fareham
John	Habberley	G&F MS Society
Judy	Newman	Community Action Fareham
Julie	Petty	Gosport BC
Laura	George	Community Action Fareham
Lucie	Debenham	Alzheimer's Society
Lynda	Young	Fareham Stroke Club
Michael	Stephenson	Inform Fareham Focus Group
Nicholas	Quest	KROMA
Nicky	Staveley	Gosport Voluntary Action
Pat	Gulliford	Friends of Fareham Comm. Hosp.
Paul	O'Beirne	Community Action Fareham
Rowena	Dodds	Solent Mind
Sally	Bigham	Gosport Voluntary Action
Tom	Armstrong-Collett	Kroma
Tom	Harper	Richmond Fellowship
Vivienne	Pugh	Community Action Fareham
Gary	Price	
June	Powell	Community Action Fareham
Brenda	Woon	F&G CCG
Margo	Berry	Osteoporosis
Valerie	Rossiter	Parkinson's UK
Debbie	Ross	Open Sight

**Apologies:**

<b>First Name</b>	<b>Surname</b>	<b>Organisation</b>
Caroline	Hodkinson	Lee Residents Association
David	Kett	Macular Society
Gail	Tong	HCC
George	MCAleese	MS Society
Graham	Edwards	Live Well With COPD
Jayan	Pillai	Community Action Fareham
Jeanette	Mansbridge	DWP - Jobcentre Plus
Julie	Fisher	Wheatsheaf Trust
Karen	Seale	Brendoncare
Mandy	Bright	Gosport Voluntary Action
Mary	Sheppard	QAH
Melanie	Whitfield-Tinkler	Harbour Cancer Support
Pamela	Webber	Hants and IOW Ileostomy Association
Pat	Shirley	F&G CCG
Tina	Randall	Wessex Cancer Trust
Tom	McInulty	Macular Society
Valerie	Kelly	Citizens Advice Gosport