



Date & Venue	Monday 8 th April, Marlborough House, St. Leonards on Sea
Attendees	CL, EM, JB, SS, CC, GT, LF, AS
Organisations attended	Healthwatch, EFT, Newstyle Events, Community Connectors
Apologies	LQ-S, GD, SW, LM
Minute Taker	CL

Agenda Point	Minutes	Action/s	Date
Welcome & Housekeeping	<p>CL welcomed the group- gave a brief overview of People in Partnership and recent activities. CL apologised for the poor signposting to the venue. CC gave a brief overview of the Community Connectors service. JB- Newstyle events, have a community event coming up and would encourage support services to attend to promote what they offer. AS- Education Futures Trust- 'Invest Programme' supports those who do not get Mental Health support to access the community. 12 month support. AS has accessed 'Asset Based Community Development training' recently.</p>	<p>JB to send information RE event to CL to distribute AS to send CL information regarding EFT services</p>	<p>ASAP ASAP</p>
Last Meeting Minutes & Matters Arising	Agreed- no further actions		
Service & Volunteer Updates	<p>CL explained that PIP are currently doing some work within the Job Centres to identify how work coaches can better support their clients. PIP continue to recruit for volunteers.</p>		
Elizabeth Mackie, Healthwatch (The NHS 10 Year Long Term Plan)	<p>EM direct route back into the Department of Health- National Watchdog for NHS Health and Social Care Services (on behalf of patients and people). Healthwatch identify issues and work to make the NHS more sustainable. There are 7 focuses in the NHS Plan however PIP¹ and Healthwatch will focus in on Mental Health.</p> <p><u>Feedback/ Key Themes</u> There is inconsistency with regards to the delivery of care from GP surgeries across Sussex. Discussion regarding the difficulties with communicating with receptionists who are the 'gatekeepers'. Annual mental health checks are not evenly distributed and accessed by all. Some individuals are unaware that they can access mental health checks as well as physical health checks.</p>		

¹ People in Partnership



	<p>Sussex Mental Health Line- access is still difficult. There are also challenges in terms of the correct message and music to play while people are waiting on the line.</p> <p>Information Sharing between services leads to service users having to repeat their story regularly which can cause stress and trigger a decline in Mental Health. Services should hold events/ focus groups in places that are not so clinical such as a local café or supermarket.</p> <p><i>Also thinking about who accesses those who need support e.g. post workers, hairdressers etc.</i></p> <p>Discussion with regards to Mental Health support in schools and how we can support young people. Approaches around having conversations with young people regarding their mental health could consist of facilitating conversations that are not face to face may be better (e.g. in the car, on a walk).</p> <p>Discussion around how social media exacerbates ‘fake news’ which can have a negative impact on wellness. There can often be unrealistic ideals/ photo shopped images posted on social media which can put pressure on individuals.</p> <p>There are still challenges with regards to how quickly a mental health issue or condition is diagnosed and treated meaning that individuals can be unwell for a substantial amount of time with understanding why.</p> <p>Psychiatric Hospitals/ units do not have enough beds and this can lead to a delay in treatment/ appropriate support.</p> <p>Access to high quality information is a priority in ensuring that individuals have a positive and efficient experience of care.</p>		
<p>AOB & Date of next meeting</p>	<p>Signposting to Marlborough House not clear. In future use surgery address & direct to suitable parking.</p> <p>EM enquired with CC regarding a ‘drop in’ to feed back into Healthwatch.</p> <p>AS explained the challenges EFT² have had accessing GP practices for partnership working</p>	<p>CL to distribute CCs email address regarding room bookings at Marlborough House.</p>	

² Education Futures Trust