

**North Tyneside CCG Patient Forum  
Mental Health Working Group**

**Tuesday 24 July 2018**

**10.30am**

**205 Park Road**

**Wallsend**

**NE28 7NL**

**Attendees**

Susan Dawson	Priory Medical Group
Anne Carlile	Priory Medical Group
Steve Manchee	Lane End Surgery
Ray Calboutin	Park Parade Surgery
Janet Arris	North Tyneside CCG
Craig Nicholson	North Tyneside Council
Dr Sarah Mitchell	Memory Clinic, Hawkeys Lane, North Shields
Carole Reed	Community and Health Care Forum

**Apologies**

Michele Spencer     Community and Health Care Forum

**Welcome and Introductions**

The members welcomed Janet Arris from North Tyneside CCG the Chair for this meeting and Craig Nicholson from North Tyneside Council (NTC) his first attendance at this meeting.

**Notes of last meeting (Tuesday 24 April 2018)**

Agreed as a true record.

**Mental Health Week**

Anne informed the members that the Mental Health Week held in May had been an absolute success. She has received the report update from Beth Williams at Launchpad and emailed it to Michele. The picnic in the park on the 19 May was excellent with a particularly high attendance. There were many workshops including art, crafts and talking and listening projects, photography and social prescribing – and the weather was lovely on the day. This was all organised by a relatively small group of people with little money so it was a massive achievement. Anne told the group that Beth Williams put an awful lot of work in but may not be able to repeat the same effort next year without extra support. The Marketing Event at the YMCA was also well attended.

**Mental Health Integration Board (MHIB)**

Craig explained he is employed by NTC and is involved with mental health so works closely with Janet. He has strong links with the MHIB, the Health and Well Being Board and the Link Provider Forum. The restructure of the MHIB will make it smaller and sleeker with three implemented age specific groups that will keep ongoing links between them. The further structure of this will be discussed at the MHIB meeting next Monday aiming to provide a level of consistency and continuity without creating

any danger of having another layer of bureaucracy. Craig expressed an interest in attending future meetings with this working group.

### **Dr Sarah Mitchell, Memory Clinic Update**

Sarah talked about the different things that are happening at the Memory Clinic this includes a social group who meet once a month run by people with dementia for people with dementia. There are also music themed groups and dementia friends sessions. If a person is diagnosed with mild dementia they may be discharged and given a follow up appointment some time later. Their contact details are kept on record and if any problems arise with the patient they will be given post diagnostic support. She informed us that referrals are up within the clinic; the staff range from psychologists to community mental health nurses and occupational therapists with a support network linked up nationwide. Sarah is particularly impressed with the memory clinic based in Hartlepool.

Sarah circulated copies of the latest feedback questionnaire (copy attached) which asks patients about their assessment and experience and how satisfied they are with the memory service. When asked what happens to this information Sarah said it is shared with the NSNAP Integration Team for comments and response. If anyone is unhappy with the service that was provided the problems will be looked into and they will be contacted (although contact details are not required on the questionnaire) but are kept confidentially. Also the patients' family will be kept informed. Anne suggested that it would be a good idea to circulate the questionnaires at the next Patient Forum although it's not certain any forum members suffer from dementia they maybe have family who do. Sarah also circulated an information leaflet which has been in development since the last meeting; it includes helpline telephone numbers and other useful data about assessment and diagnosis. Sarah also explained about the Dementia Engagement Improvement Group which offers grants and accommodation; part of this network is Hearts and Minds which is based at the University of York. Sarah acknowledged that Age UK give a lot of peer support to people with dementia and work in conjunction with the clinic.

**Q** Do some patients get referred by their GP with memory problems but who do not actually have dementia?

**A** Yes some people may just be anxious or have a history of depression but still need support. GPs are referring more patients at present than they have in the past.

Sarah will email Michele with the questionnaire and any other relevant information. She also thanked the members and said the feedback from this group is very useful.

### **Future Agenda Items and Work Plan**

There will be further discussions about the various mental health groups at the next meeting in October including the Working Age Mental Health Board which has a five year strategy action plan and reports to the Health and Well Being Board.

**Q** Is it true that waiting times for Talking Therapies are now as long as nine months?

**A** The waiting lists have complex thresholds and can be a challenge, referrals to IAPT are up which puts a strain on the service

**Q** What support is there for people for people waiting for appointments after being referred by their GP?

**A** We are not in a position to be positively assertive looking at giving support and keeping in mind the patient may have waited a considerably long time to see their GP in the first place. The Alzheimer's Society website is particularly useful. Janet will invite Claire from IAPT to come to the next working group meeting to hold a further discussion.

The CCG are to produce a refresh of the Children & Young People's transformation plan which is based on the five year forward view, which includes implementing an early intervention in the psychosis service, eating disorders service and emotional well being. A green paper indicating a strategy for mental health early intervention in schools has been published. Janet will invite someone from the Child and Adolescent Mental Health Service (CAMHS) to a future working group meeting to explain things in more detail.

### **Any Other Business**

It was confirmed that Healthwatch have a new executive Paul Jones he may be interested in attending our Patient Forum.

It was suggested that it might be useful for the Forum to open a Twitter account to attract publicity.

Date, time and venue of next meeting  
Tuesday, 23 October 2018 at 10.30am  
205 Park Road, Wallsend NE28 7NL

### **Actions**

1. Janet to invite Claire Studholme from Talking Therapies to next meeting.
2. Janet to invite Dr Julie Owens, Consultant Child & Adolescent Psychiatrist CAMHS to January meeting.
3. Janet will discuss Social Prescribing with Anya Paradis.
4. The Mental Health Team from the Oxford Centre or The Green to be invited to a future meeting by Janet.
5. Michele to approve circulation of the Memory Clinic questionnaire at the next Patient Forum