

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

Tuesday 24 April 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
Holly De Luca	North Tyneside CCG
Michele Spencer	Community and Health Care Forum
Carole Reed	Community and Health Care Forum

Apologies

Andrew Fothergill	West Farm Surgery
Sylvia Hall	Nelson Medical Group

Welcome and Introductions

The members welcomed Janet Arris from North Tyneside CCG as the new Chair for this meeting.

Notes of last meeting (Tuesday 23 January 2018)

Agreed as a true record.

Mental Health Integration Board

The members were given the Mental Health Integration Board agenda and a letter to Scott Woodhouse and Wendy Burke from Councillor Margaret Hall regarding the Health and Wellbeing Board Work Plan 2018-20. The aims are to develop an action plan that will improve the mental health of residents in North Tyneside. Scott Woodhouse and Craig Nicolson will be reviewing the previous action plan from the Integration Board to see how this can be developed. The CCG is undertaking a piece of work to review the crisis pathway. Healthwatch have also undertaken a survey about peoples experience of mental health services. The outcome of the survey and the pathway mapping will inform an action plan. The pathways within ADHD and autism are also under review. The adult provision of the NTW has a surprisingly high amount of referrals across the whole of the CCG not just North Tyneside. Launchpad will be holding a 'conversation' event in May where users of services will be talking to stakeholders about gaps in provision. The members agreed it would be a good idea to invite Craig Nicholson, Commissioner from North Tyneside Council to a future working group meeting to give an insight into mental health within the local authority.

Mental Health Mapping

The current mental health mapping sheet which gives a sense of what help and information is available in North Tyneside is available but the App is not quite completed. Members have been working on this with Marc Rice, the prototype for it was really good but unfortunately is not user friendly and does not reflect what is needed. When finalised it will be a very useful tool for young people. This will also be shared with Healthwatch once their staffing position is resolved. Launchpad are producing a leaflet to be used as a community resource this is a work in progress as things within the voluntary sector are often changed. Beth Williams updated feedback will be cascaded to the members. It is recognised that patients like to offload their mental health worries, and they are helped by care navigators who promote self care within GP surgeries. Kosmos is a participatory arts project within Launchpad who support people's mental health and wellbeing and ask them to share support networks.

The way forward for this group

It was agreed this working group has had huge success from inviting speakers to the meetings and taking part in field trips so much has been learnt during this time. Now that Janet is the new Chair we can work together on a future work plan. The members agreed that they enjoyed being pro-active within mental health issues. Holly informed members that the Psychiatric Liaison Team would give feedback on waiting times and information on the demand for the service as well as Talking Therapies and Long Term Conditions to the Patient Forum. She confirmed she is now part of the Transformation Team and her role of Local Support Officer for North West has been taken over by Tracy Charlton.

As supporting provisions have been withdrawn from schools all school nurses in the borough are now based at Shiremoor only, it is possible there will be teacher redundancies to enable a mental health support mechanism to be put in place. There is an online counselling service within the School Links Project that can help identify children's problems such as safe guarding issues, exam stress, self harm, stigma within mental health and social media. North Tyneside Council has had MH2K ambassadors working within the borough and giving their feedback to the commissioners. It is important that everybody works collaboratively.

Janet explained about KOOTH which is an online counselling service and an emotional well being platform for children and young people and is free at the point of use. She confirmed she would email the evaluation to Michele.

Any other business

Anne updated the members on the Mental Health Action Week which will begin on Monday, 14 May and hold events every day until Sunday, 20 May and include a whole week of activities and workshops. She confirmed that organisations had been really generous in their support. The group were given a full information sheet on what, where and when events are happening complete with times, venues and phone numbers. She has worked closely with Beth Williams from Launchpad to send out questionnaires about various topics. There will be a picnic in Northumberland Park, North Shields on Saturday, 19 May. Patient Forum Members have been encouraged to take part and were all given information at the last meeting. Michele will email Janet the relevant links for her to circulate the information to GP surgeries

and development workers. There is also an activities calendar on the Launchpad website.

Actions

1. Social Prescribing worker Sam Adamson was to be invited to the next meeting but has now left her post. Janet will pick this up with Anya Paradis.
2. Mental Health team from the Oxford Centre or The Green to be invited to a future meeting by Janet.
3. Make enquiries about the Mental Health Board members. Janet to invite Craig Nicholson from North Tyneside Council to a future meeting

Dates and Time of Next Meeting

Tuesday, 24 July 2018
205 Park Road, Wallsend