

North Tyneside CCG Patient Forum

Mental Health Working Group

Tuesday, 2 June 2020

10.30am

MS Teams

Due to the present Coronavirus Covid 19 this meeting took place by video call as members are self isolating in their own homes. This was the group's first experience using Microsoft Teams and there were a few teething troubles, but it was good to keep the group up to date. This method will continue until the lockdown is over.

Attendees

Steve Manchee	Lane End Surgery
Susan Dawson	Priory Medical Group
Patrick Mayne	Collingwood Health Group
Michele Spencer	Community and Health Care Forum (CHCF)
Carole Reed	CHCF

Apologies

Janet Arris	North Tyneside Clinical Commissioning Group (CCG)
Anne Carlile	Priory Medical Group
Judy Scott	Whitley Bay Health Centre
Ray Calboutin	Park Parade Surgery

Janet Arris

Janet was unfortunately unable to take part in the meeting as she had a diary clash. She did however email a brief update as follows:

- All mental health and learning disability services have continued to accept referrals apart from the memory clinics
- The majority of appointments are being undertaken via video link or by telephone unless there is a clinical need to do a face to face appointment (mainly to do with risk)
- The CCG has invested additional resource into bereavement services for both children and adults
- 24/7 all age crisis service is now in place
- CNTW have set up support service for health and care staff
- Talking Therapies are offering a specific COVID-19 intervention: The service is currently offering anybody registered with a North Tyneside GP who may be struggling with anxiety, panic, OCD, stress as a direct result of COVID 19; 12 months free access to Silvercloud computerised cognitive behavioural therapy (cCBT). A specific package of therapy is included for dealing with the effects of COVID 19 with tips on how to manage this effectively during the pandemic period. This can be offered unsupported.
- Based on learning from other major disasters and evidence coming out of Italy and China, there is expected to be a surge in referrals longer term due to trauma and PTSD, for both patients and staff. Therefore, work has begun both locally and across the ICS.

The group agreed that throughout lockdown mental health issues would be a significant factor for a lot of people and even those who don't normally suffer from anxiety are affected. Talking Therapies are offering support to anyone registered with a North Tyneside GP (see above). It is very challenging for people who live alone they are more isolated than before and are in need of support. There are 750,000 volunteers on standby, but it was understood only half of those are being utilised. Phone calls to vulnerable people from Care Call and the Well Being Centres are taking place but the volume is unclear. Susan said VODA have been helping out doing some work with deliveries to residents.

The after-effects of the Covid virus can be long lasting and it does seem some people are still left with breathing problems, the long-term effects are not known at this stage. Although we are all hoping this will be over soon and we can get back to normal there is a threat of a second spike if the two-metre social distancing isn't adhered to. Also, there is a possibility it could return in the winter. There were anti-virus testing kits for sale for £69 earlier in the lockdown and they were subsequently withdrawn, possibly because the accuracy was not known.

The Linskill Centre has carried out a risk assessment and is putting procedures in place to enable tenants to come back into the building. This will be phased in from 15 June. Until the lockdown is over, we will continue to have virtual meetings although it is appreciated not all members wish to take part or are able to take part. Once we get back to normal it may still be a big ask to expect members to attend meetings. It is appreciated everyone will have different personal circumstances and anxieties. Members be will kept updated.

Susan pointed out it is Carers Week next week and virtual activities are in place. This will be forwarded to members in due course.

Date and time of next meeting (lockdown conditions permitting)

Tuesday 1 September 2020

10.30am to 12-noon

Linskill Centre

Linskill Terrace

North Shields

NE30 2AY