

Minutes of :	ACUMEN STEERING GROUP MEETING	Date and Time	Monday 28th OCTOBER 2019	Venue	Jean's Bothy Helensburgh
Present:	Rosie McKenzie- DWP Audrey Baird- ACUMEN Development Worker Tracey Chambers- Campbeltown Link Club Stephen Duffy ACUMEN rep Sara McLean-ACT Doug Walker-community rep Kelly Hanson-Community Rep Colin Smith-Community Rep Katrina Sayer: Jeans Bothy Lynn- Community Rep	Apologies	Grace McLeod		

Item No.	ISSUE	ACTION	TIMESCALE	WHO WILL ACTION
1.	ACUMEN report on Activities and welcome Contact enquiries@acumennetwork.org Find us on facebook @acumennetwork	Completion of UWS report on Mental Health Nursing Recruitment and Training which can be found on the ACUMEN webpage: https://ramh.org/our-services/acumen-2/ And completion of Using A and E in mental health crisis report, which is currently sitting with the HSCP. Anti-stigma development activity: Including Lochgilphead Walk a Mile event planned for Jan 2019 and Stand Up to the Winter Blues in Oban on 17. 11.19 all welcome. Two community engagement events planned Inverclyde Jan 2020.		
2.	Audrey Baird ACUMEN development worker Argyll East audrey@acumennetwork.or	Audrey discussed her new role and her familiarity with the Helensburgh area due to her existing role as Health and Wellbeing coordinator in Helensburgh. Audrey Highlighted local events: Including a planned Adverse Childhood Experience Event in partnership with Samantha Campbell, Health Improvement		

	g	<p>Senior: Feb 2020</p> <p>https://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/national-trauma-training-framework/trauma-informed-resources-opening-doors-and-sowing-seeds-animations.aspx</p> <p>Link shows good examples of Trauma informed practice- The event will be showing the Film Resilience and will be looking to showcase areas of good trauma informed practice. If anyone would like to get involved in this event, please contact Audrey.</p> <p>Audrey also promoted Helensburgh & Lomond Wellbeing Event 2020 on Saturday 11 January between 12noon-3pm at the Parish Church halls in Colquhoun Square. This will be an opportunity for all members of the community to come together to see what's on in the community. All welcome.</p> <p>Tea Dance 3rd November 2pm -5pm Gibson Hall Gareloch. Poster attached with minutes.</p> <p>Audrey was also discussing the development of Therapy Pony sessions available from the riding for the disabled trust in Gareloch and will promote this when the sessions become available.</p>		
3	<p>Kelly Hanson</p> <p>Community Member and</p> <p>Jeans Bothy Member</p>	<p>Kelly shared with the group her experience of accessing mental health support and shared her interest in developing better communication about what services are available: Group shared knowledge of online resources:</p> <p>Including the ALISS resource</p> <p>https://www.aliss.org/</p> <p>And PaPa (Pathways and Partnerships Tool) which is local to Argyll and Bute.</p> <p>Kelly was interested in the report on Mental Health Nurse education and training and asked where responsibility for training would be: Rachel informed the group that UWS were looking at integrating Mental and physical health education more to</p>		

		<p>reflect holistic health.</p> <p>Kelly also expressed an interest in using peer to peer approach. Rachel to discuss looking at another taking the fear out of peer to peer workshop.</p> <p>Importantly from the discussion Kelly would like it noted that communication about available resources is an issue</p> <p>Similarly condition specific services are difficult to access in the Helensburgh area, with people having to travel into Glasgow often.</p>		
	Lynn-Community Member and Jeans Bothy Member	<p>Lynn discussed how waiting times and high staff turnover has an impact on peoples well-being and recovery and there was some discussion about how the community mental health services review was focused on addressing some of these issues.</p> <p>Lynn also raised the impact that PIP assessments have on people's mental and emotional wellbeing.</p> <p>The group discussed how these were common issues raised by people with lived experience across the network.</p>		
	Doug Walker Community Member	<p>Doug reflected on some of the discussion specifically around a lot of communication being internet focused and this excluding groups of people</p> <p>That often support is focused around mental health conditions rather than aimed at emotional support.</p> <p>The group mentioned the self-management strategy which is out now and the development of peer support networks in the area. Including the Meeting Place Dunoon, and Martyn's Monday Club and Martyn's Ladies club Oban</p>		

4	<p>TRACY CHAMBERS/ STEPHEN DUFFY</p> <p>Kintyre Link Club</p> <p>Campbeltown</p> <p>http://www.kintyrelinkclub.com/</p> <p>email</p> <p>kintyrelinkclub@gmail.com</p>	<p>The Kintyre Link Club is a mental health club run by members for members, with our main aim being to promote the welfare of those who suffer or have suffered from mental ill health. Come along and enjoy various activities, classes, lunches, and much more. But most of all a place to relax, socialize and learn without fear of judgement or stigmatization.</p> <p>Tracy fed back on the groups trip away for the week and the great opportunity this was for people who are socially isolated and have limited funds for holidays to achieve.</p> <p>Tracy informed the group that they regularly have 20-30 attendees and that ideally they could do with premises like Jeans Bothy. Tracy keen to share learning with other similar organisations.</p> <p>Tracy is developing work with RAPE crisis to develop a trauma informed space for people at the link club on Fridays.</p> <p>Tuesdays 1:30 - 3pm - Singing Class</p> <p>Wednesdays 12.30pm - 2.30pm - Arts and Crafts</p> <p>Thursdays 11am - 1:30pm - Bingo & Lunch</p> <p>The group are applying for continuing funding from sources such as TESCO to fund future trips away</p>		
5	<p>Tracey Chambers and Audrey Baird</p> <p>Health and Wellbeing Network</p>	<p>Tracey also informed the group that she coordinates the Kintyre Health and Wellbeing Network and Audrey Helensburgh and Lomond'</p> <p>The Health and Wellbeing Networks are for people with an interest in building healthy communities. They provide an opportunity for people to come together to find out what issues matter to local communities; to plan activities and events together; and to distribute grant funding to local projects. The networks have allocated co-ordination time funded by the Argyll and Bute Community Health partnership.</p> <p>For more information contact: hwnlinkclub@gmail.com</p>		

		<p>For more information contact:</p> <p>audreyabhwn@gmail.com</p>		
	<p>Sara MacLean Project Officer Argyll and the Isles Coastal & Country Side Trust saramaclean@act-now.org.uk</p>	<p>https://www.act-now.org.uk/branching-out Branching Out is being developed by ACT Now Argyll and the Isles Coastal and Countryside Trust.</p> <p>Overseen by Forestry Commission Scotland, Branching Out is a national partnership programme between NHS, FCS and community organisations providing 12-week programmes of woodland activities on referral from mental health services. ACT's role in the project has been to establish a network across Argyll and the Isles. This provision of an area-wide umbrella organisation is unique to Argyll and has proved extremely successful. Our approach is considered nationally as an example of best practice. The success of the programme has also generated demand from participants for a progression programme which is under development. Some graduates from the Branching Out programme are now using their new skills to volunteer within their local communities.</p> <p>Sarah informed the group that more funding is in place for Branching Out in Helensburgh. Branching Out Requires an OT referral from Statutory Services, Moving on is open to everyone in the community.</p> <p>There are three peer mentors in Helensburgh who have been through the branching out programme. The Moving-On Programme will be advertised in coming weeks. This is 20 weeks of outdoor activity. SELF REFERRAL</p>		

6	SAFE TALK TRAINING Dunoon 19th November open to all please contact Tracy Preece	High-UHB.chooselife@nhs.net		
7	Rosemary Mckenzie Disability Employment Adviser Department for Work and Pensions Work and Health Services Argyll and Bute Dunoon Jobcentre Plus PA23 8BB Tel: 0139763251 Textbox 0845 608551 www.dwp.gov.uk	Rosemary informed the group of her work encouraging employers to understand their roles and responsibilities in becoming disability confident employers. A key role is to support people with additional needs to make sure that they know what help and support is available to them and also to ensure people get an equal opportunity to access employment.		
	Other useful information shared.	MARTINS MONDAY CLUB Oban @ Hope Kitchen 2 Soroba road Oban PA34 4HU https://www.martynsmondayclub.co.uk/ This is a peer to peer group where We share issues. We share by Talking together. We share because it's good to talk. We share life experiences. We share interests. Martins Monday Club Ladies Group also meets at Hope Kitchen on Tuesdays at 7pm MEETING PLACE High Kirk Dunoon The meeting place current opening times are Monday and Thursday Mornings 10am-12:30pm @ High Kirk Hall Hanover Street Dunoon.		

	<p>Development of new projects for ACUMEN to be ratified by the Steering Group</p>	<p>What are people’s experiences of care planning? ACUMEN are aware that many of the people we speak too have limited involvement in their care plans from statutory services, sometimes they are not aware they have a care plan or what is in it. Everyone has the right to see, to be involved in the formation of and to write their own care plan, outcomes depend on the actions being led by the person. How can we understand what would help people to become more involved with their care plan, what help support do people need, what advise would people give to staff about how to write and develop a joint care plan?</p> <p>Looking at the development of compassionate assessment through social security Scotland. ACUMEN will seek to engage people in the network on what the on-going consultation on the devolution of welfare to the Scottish Government.</p>		
<p>DATE OF NEXT MEETING</p> <p>Lochwinnoch Renfrewshire</p> <p>January 2020</p> <p>Venue to be confirmed</p>	<p>Thanks for all of you who attended the Steering Group Meeting which was an opportunity for us to share ideas and meet different people doing things in the community. Many Thanks to Jeans Bothy for Hosting the steering Group Meetings.</p> <p>These meeting minutes will be put on the FB page and the website for others to see and to encourage others to attend these networking events to steer the direction of ACUMEN.</p>			