



Report of the

January 18, 2011 meeting of the Mental Health Forum in Tynepark Resource Centre, Haddington.

- If you receive this report in PDF format, you'll be able to click on the words highlighted in this colour of **red** to link to the relevant site in your web browser.

Who was there:

Ross Macphail	Service user, ELCCF
Laurelle Edmunds	Carers of East Lothian , Mental Health Joint Planning Group
Debra Pickering	Health in Mind
Matthew Priest	Health in Mind
Linden Ross	Home Start
Veronica Forrest	Tynepark
Ian Stevenson	Tynepark
Peter Inglis	Signpost , SAMH
Ken Morrice	Crossreach , Tynepark Manager
Myra Waugh	East Lothian Befriending Scheme
Linden Ross	Home Start Service Manager
Peter Inglis	SAMH
David Barrie	ELCCF
Helen Dalley	Haddington CAB
Lesley Aitkenhead	ELCCF Development Manager
George Paterson	ELCCF Communications Worker

Previous Report/ Matters arising:

- Forum members approved the October report.
- Laurelle reported that the Public Partnership Forum, which deals with health issues across the board, was meeting that afternoon (Jan 18) in Musselburgh.
- Ross reported on progress regarding the specification for mental health day services.

Services currently being delivered at Tynepark are going out to tender. A group is examining what day services may look like. Its draft spec for tender will go to consultation and thereafter a final draft will be put to the Joint Planning Group for approval.

A meeting of the group was being held that afternoon (Jan 18) prior to the consultation stage. As part of the consultation process, public meetings have been lined up for the forthcoming weeks. A questionnaire for groups and individuals complements the process and will be made available on the CAPS website.

Ken voiced reservations about the time taken for this process and raised the question of funding for Crossreach in the interim.

It was suggested the Crossreach take the matter up with the Council or raise it at the next Providers Forum.

A poster announcing the consultation dates was circulated and comments received.

The Future of the Forum

Linden's job during the meeting was to help Forum members navigate the future of the Forum and create an action plan for the coming year.

Linden is senior co-ordinator of Home Start East Lothian, contributor to the **Equally Well** project; the local response to the Scottish Government's health improvement initiative.

The Forum spent the bulk of the meeting reviewing the remit of the Forum and plotting what progress could be made from ideas presented by members - the aim being to refresh the work of the Forum and involve more service users and carers.

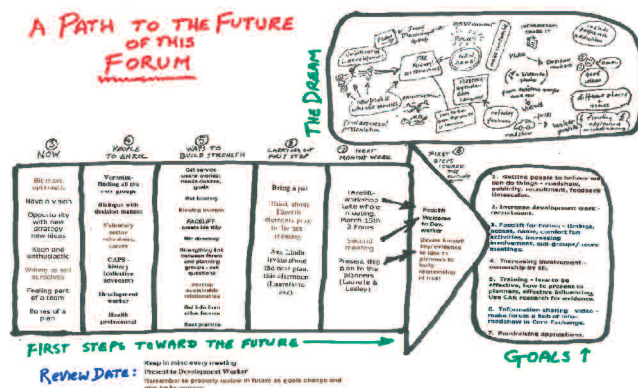
Linden produced an arrow chart (*see simplified diagram on following pages*) designed to record the forum's ideas and structured to provide a strategic way forward.

The Chart:

The bubble 'Dream' section is the starting point. Gathered here is the mixture of hopes and aspirations voiced by forum members, in no set pattern.

The Dream reflects the desire to influence policy makers, to gain views from service users and carers using comfortable methods, to draw in more people to take part in the forum, and to pursue fundraising opportunities.

The **Arrow's** segments each contain elements leading to the first steps to the future. Those first steps lead to seven goals. The whole process is meant to be reviewed regularly.



The segments leading left to right towards the 'first steps' arrowhead contain the following points:

Now:

(what the forum has going for it currently)

Bit more optimistic

Has a vision

Opportunity with new strategy - new ideas

Keen and enthusiastic

Willing to sell ourselves

Feeling part of a team

Bones of a plan

People to Enroll:

Veronica-
finding all the user groups

Dialogue with decision
makers

Voluntary sector
volunteers, carers

CAPS -
history
(collective advocacy)

Development worker

Health professionals

Ways to Build Strength:

Get service users' stories;
needs desires, goals

Get funding

Blowing trumpet

FACELIFT-create identity

MH directory

Strengthening link between
forum and planning groups -
ask questions

Develop sustainable
relationships

Get info from other forums

Best practice

Carrying out the First Step:

Bring a pal

Think about Facelift elements
prior to the next meeting

Ask Linda Irvine about the
next plan, this afternoon - Jan
18 -
(Laurette to ask)

Next Month's Work:

Facelift-
workshop - take whole
meeting, March 15th
2 hours

Second meeting

Present this plan to the
planners (Laurette & Lesley)

The Goals

- 1. Getting people to believe we can do things - roadshow, publicity, recruitment, feedback timescales.**
- 2. Increase development work - recruitment.**
- 3. Facelift for Forum - timings, access, name, comfort fun activities, increasing involvement, sub-groups/ more meetings.**
- 4. Increasing involvement - ownership by all.**

5. **Training - how to be effective, how to present to planners, effective influencing, Use CAR research for evidence.**
6. **Information sharing - video - make forum a hub of info - a roadshow in Corn Exchange?**
7. **Fundraising applications.**

Forum members were excited about giving the group a purposeful new makeover. Members were asked to bring their ideas for a new name along to the next meeting.

Teasing out how the forum can be given a facelift, 'rebranded', helped by the to-be-appointed new Development Worker, and more, will be subjects for the next meeting where items on the arrow diagram will aid discussion.



The next meeting of East Lothian Mental Health Forum - the Facelift workshop - will be held at 10.30am on Tuesday, March 15, 2011 at Tynepark Resource Centre, Haddington EH41 4DA.

You can contact the office with any comments or views at info@elccf.org or Tell us at the **Have Your Say section of the **ELCCF** website www.elccf.org**

A PATH TO THE FUTURE OF THIS FORUM

THE DREAM

③
NOW

④
PEOPLE
TO ENROL

⑤
WAYS TO
BUILD STRENGTH

⑥
CARRYING OUT
FIRST STEP

<p>Bit more optimistic</p> <p>Have a vision</p> <p>Opportunity with new strategy new ideas</p> <p>Keen and enthusiastic</p> <p>Willing to sell ourselves</p> <p>Feeling part of a team</p> <p>Bones of a plan</p>	<p>Veronica- finding all the user groups</p> <p>dialogue with decision makers</p> <p>Voluntary sector volunteers, carers</p> <p>CAPS - history (collective advocacy)</p> <p>Development worker</p> <p>Health professional</p>	<p>Get service users' stories; needs desires, goals</p> <p>Get funding</p> <p>Blowing trumpet</p> <p>FACELIFT- create identity</p> <p>MH directory</p> <p>Strengthening link between forum and planning groups - ask questions</p> <p>Develop sustainable relationships</p> <p>Get info from other forums</p> <p>Best practice</p>	<p>Bring a pal</p> <p>Think about Facelift elements prior to the next meeting</p> <p>Ask Linda Irvine about the next plan, this afternoon (Laurelle to ask)</p>
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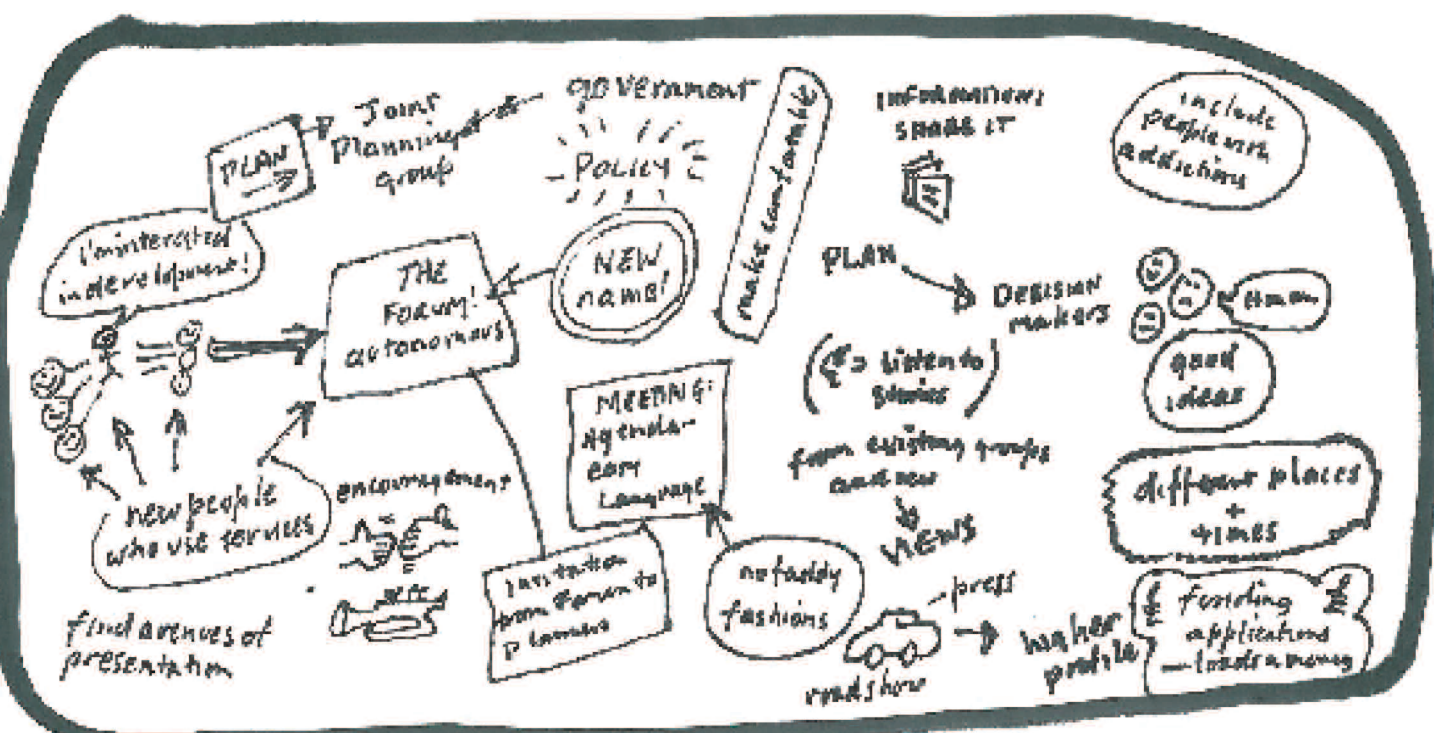
FIRST STEPS TOWARD THE FUTURE

Review DATE:

Keep in mind every meeting

Present to Development Worker

Remember to properly review in future as goals change new tasks emerge



② NEXT MONTH'S WORK

FIRST ⑥ STEPS TOWARD THE FUTURE

Facelift-workshop take whole meeting, March 15th 2 hours

Second meeting

Present this plan to the planners (Laurelle & Lesley)

Facelift Welcome to Dev. worker

Devise format/ key/ evidence to take to planners to build relationship of trust

1. Getting people to believe we can do things - roadshow, publicity, recruitment, feedback timescales.
2. Increase development work - recruitment.
3. Facelift for Forum - timings, access, name, comfort fun activities, increasing involvement, sub-groups/ more meetings.
4. Increasing involvement - ownership by all.
5. Training - how to be effective, how to present to planners, effective influencing, Use CAR research for evidence.
6. Information sharing - video - make forum a hub of info - roadshow in Corn Exchange.
7. Fundraising applications.

GOALS ↑