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**Haringey Service User and Carer Forum**

**Microsoft Teams**

Monday 14th of December 2020, 2:00-3:30

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| **Chairs:****Present:****Minutes:****Abbreviations** | A. Dipino (A.D) & H.Brindley (H.B) S. Kirkpatrick (S.K)C. Ablett (C.A)R. Hudson (R.H.) J. Goodchild (J.G)S. SmithH. Antony (H.A.)P. HassanE. Orianwo (E.O)C. Andrews (C.A)P. FraserAmyS. SridharanC Groves (C.G)M. Dimova (M.D)Catherine West (C.W. MP)N. Mitra (N.M)J. Harvey (J.H.)M. Weegman (M.W.)N. Hearn (N.H.)C. Cox (O.T Lead in Haringey) K. Edeleman (Clinical Director)J. Douzenis (J.D) DP Discussion point |
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|  | Meeting Summary  | **Action** |
| 1234 | Round of introductionsMatters Arising & Actions NoticesAgenda Items* Discussion with C.W (MP)
* Stories of Change and Recovery
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| **1.** | **Introductions**  | **Action** |
| 1.1 | Introduction of meeting attendees |  |
| **2.** | **Matters Arising & Actions**  |  |
| 2.12.22.3 | **Change in Forum Chairs**H.B announced that January will be her last Service user and Carer Forum in Haringey. She will surely be missed by all and we would like to wish her the best for the future. Camilla Cox will be taking over the role as co-chair of the Forum and will aim to keep the Forum running smoothly.**Job Advert**A job has been advertised by the Healthy London Partnership for an expert by experience. It is open to people who have been involved with IAPT or have experience mental health difficulties with any of the following; eating disorders, psychosis, personality disorders. The closing date for applying is 17/12/2020**111 to Crisis line Transfer**Following up from last month, S.K provided feedback that she has been informed that there has been an improvement and that there are no current problems with calls being missed in the transfers from NHS 111 to the Trust Crisis Line.  |  |
| **3.** | **Notices** |  |
| 3.13.23.33.43.5 | **MIND- Talk on Confidence and Failure**R.H in collaboration with MIND is presenting an online talk on confidence and failure. The talk is scheduled for 21/01/2020 at 13:30pm.**Isokan Mental Health and Wellbeing**A new group for carers has been set up by Sharon. The group meets online and offers a space for people who join to discuss openly about their current difficulties and struggles. If you are interested in joining or would like more information please send an email to: smithsharon66@outlook.com**Greener St. Ann’s**A new initiative for a “greener” St Ann’s has formed. The group meets monthly and has already had a walking tours of the grounds and the significance of its trees and nature explained. The group’s next meeting will be in January 2021. If you are interested or would like more information please email C.C. at: Camilla.cox@nhs.net.**Free Frozen Christmas Meals**The Clarendon Recovery College is offering free Christmas meals to Haringey residents. These can be picked up on; Wednesday 16/12/2020, Thursday 17/12/2020 and Friday 18/12/2020 between 11:00am-14:00pm.**Community Transformation Programme**Jill Harvey, Community Transformation Programme Manager, reported that work is ongoing with the community transformation programme. The Trust is working to develop partnerships with other agencies, including those from the voluntary and community sector, with the aim of improving services in line with the proposals in the Long Term Plan.  |  |
| **4** | **Agenda Items** |  |
| 4.14.2 | **Conversation with Haringey’s MP – Catherine West**Catherine stated that she would like to support mental health services and service users within Haringey and create better conditions for service users and staff as well as better support for carers. If there is anything anyone would like her to pass on to Haringey Clinical Commissioning Group (CCG) (who provide funding for BEH Mental Health Trust) please let her know and she will do her best. C.W also suggested it may be useful to go away and think about it and then get back to her or her assistant, Nandini Mitra. Catherine hopes to be able to attend some Forum meetings during 2021.**DP: Funding for CRISIS Hub**The importance of the Crisis Hubs was highlighted by A.D**DP:MH Training for Foster Parents** S.K. made the suggestion that providing MH training to foster parents within Haringey could be very useful. It could help early intervention as well as better management.**DP: Inclusion of Minority Ethnic Groups**The importance of including a diverse array of people from different ethnic backgrounds in conversations about service development was also highlighted. **Stories of Change and Recovery**Our three guests (Amy, Sinthu and Martin) presented their own stories of recovery. They all spoke about recovery as being a long ongoing process and something that we have to work on continuously rather than a goal that can be achieved quickly. They also spoke about how difficult it can be to allow yourself to ask for support and take time out for yourself and self-care, despite feeling like you may be letting other people down or not living up to your own expectations of yourself.  |  |
| **6.** | **Next Meeting** |  |
|  | Monday 11th of January 14:00-15:30- Theme: Access to Services:Getting Help When You Need itClick the link below to join our next meeting:[**Join Microsoft Teams Meeting**](https://teams.microsoft.com/l/meetup-join/19%3Ameeting_ZmEzOTQwOGYtZjFlNi00OWZmLThmZDQtYjBiNjRkOTRhODky%40thread.v2/0?context=%7b%22Tid%22%3a%2237c354b2-85b0-47f5-b222-07b48d774ee3%22%2c%22Oid%22%3a%22ce155fdf-32e3-4372-8a93-8f7d0c8af009%22%7d)  |  |