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**Haringey Service User and Carer Forum**

**Microsoft Teams**

Monday 14th of June 2021, 2:00pm-3:30pm

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| **Chairs:**  **Present:**  **Minutes:**  **Abbreviations** | A. Dipino (A.D) & C. Cox (C.C)    S. Kirkpatrick (S.K.)  Suzanne  P. Fraser (P.F)  E. Sofela (E.S)  H. Antony (H.A)  M. McKenzie (M.M)  J. Goodchild (J.G)  S. Olubi (S.O)  P. Olympus (P.O)  Suzanne  T. Davies (T.D)  J. Douzenis (J.D)  DP Discussion point |
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|  | Meeting Summary | **Action** |
| 1  2  3  4 | Round of introductions  Matters Arising & Actions  Notices  Agenda Items   * Presentation by M.M- “A Caring Mind- A Focus on Mental Health of Carers” * Discussion facilitated by T.D regarding the planning of the “BEH Carers Strategy” |  |

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| **1.** | **Introductions** | **Action** |
| 1.1 | Introduction of meeting attendees |  |
| **2.** | **Matters Arising & Actions** |  |
|  | None reported in this forum |  |
| **3.** | **Notices** |  |
| 3.1  3.2  3.3  3.4  3.5 | **Physical Health Forum for Service Users**  A new physical health forum has been set up for service users. The purpose of this it to give service users the opportunity to tell staff how they want clinicians to respond to and support their physical health needs.  The forum meets on every first Tuesday of each month and is currently held both in person on the wards and online. The forum started this month.  If you would like to join, please click on the link below. See Attached.  **Catalyst Consultation Platform**  The Catalyst group, which is the group that is developing the part of the site that has been sold, are organising a series of public discussion about how the site will be developed. The dates are as follows; 17th, 18th and 19th of June and will be held in the community centre in Chestnuts park. They are offering volunteering and voucher opportunities for those participating. If you are interested please lick on the link below for more details; <https://consultation.chg.org.uk/hub-page/st-ann-s-neighbourhood>  **Ubele**  Ubele have also organised a forum to discuss the meanwhile use of spaces on the St. Ann’s site  **Mind Murals**  There are plans for a mural to be created for the reception area in Blossom Court. July 13th there will be art workshops where people can join and learn about art techniques. The artists will then take away ideas and create the mural for the site. If you are interested in joining these session please email [Camilla.cox@nhs.net](mailto:Camilla.cox@nhs.net) to reserve your space. Flyer attached.  **Carers First**  Peer Support Groups - currently Online  Please contact 0300 303 1555 so they can send you the link to any of the groups listed below.  ***Title: Carers First Parent’s Talk Time***  Type: Peer Support Group  For: A chance for parent carers to talk, share useful information and support each other in a safe environment.  Date: Thursday 17 June 2021  Time: 10.00am to 11.00am    ***Title: Carers First Food for Thought***  Type: Peer Support Group  For: Come along and share a love of food, diverse flavours, recipes, techniques and cooking creations.  Date: Monday 21 June 2021  Time: 12.00pm to 13.00pm  ***Title: Carers First Powerful Poetry***  Type: Peer Support Group  For: A chance for carers to come and share  A poem that you’ve found or written with creative flair  This group is for you and other carers to connect  So, come along and be involved in using poetry to reflect.  Date: Wednesday 23 June 2021  Time: 11.00am to 12.00pm    ***Title: Carers First Lifestyle for Carers***  Type: Peer Support Group  For: A chance for carers to connect and cherishing their health and wellbeing which supports us to value ourselves, feel empowered and enrich our lives.  Date: Thursday 1 July 2021  Time: 2.30pm to 3.30pm  Title: Carers First Creative Heart-istic Expressions  Type: Peer Support Group  For: Connect with others to share pieces of creative and artistic expression in forms of songs, writing, art, achievements, dreams and goals. Build self-confidence, establish and reclaim self-care and self-love practices which may have gotten lost in your caregiving roles.  Date: Tuesday 13 July 2021  Time: 2.00pm to 3.00pm    ***Title: Carers First Parent’s Talk Time***  Type: Peer Support Group  For: A chance for parent carers to talk, share useful information and support each other in a safe environment.  Date: Thursday 15 July 2021  Time: 10.00am to 11.00am    ***Title: Carers First Food for Thought***  Type: Peer Support Group  For: Come along and share a love of food, diverse flavours, recipes, techniques and cooking creations.  Date: Monday 19 July 2021  Time: 12.00pm to 13.00pm    ***Title: Carers First Powerful Poetry***  Type: Peer Support Group  For: A chance for carers to come and share  A poem that you’ve found or written with creative flair  This group is for you and other carers to connect  So, come along and be involved in using poetry to reflect.  Date: Wednesday 28 July 2021  Time: 11.00am to 12.00pm |  |
| **4** | **Agenda Items** |  |
| 4.1  4.2 | **A Caring Mind- A focus on mental health of carers**  M.M gave a very interesting presentation on the impact of caring on carers’ mental health. He spoke about how difficult it can be for carers to navigate the mental health system and find who they are able to talk to or what support ma be available for them. M.M also spoke about how the caring role comes with additional pressures and how without peer support and clear understanding and communication with staff it can become a very stressful and unpleasant experience.  During the presentation we also discussed issues around confidentiality and how carers can often be “left in the dark” as a consequence.  M.M is the author of a book titled “Caring Mind” and is also active on his blog (caringmindblog.com) YouTube and has his own podcast all raising awareness and support for carers. M.M is also currently working on another book which include him collecting experiences from many different carers and compiling their experiences and knowledge into one place. His aim is to create a sense of peer support, reduce the stigma around caring and highlight the fact carers are experts in their own ways. If anyone would like to submit their experience of caring they can contact M.M on [mmckenz11@hotmail.com](mailto:mmckenz11@hotmail.com)  M.M is also facilitating online and in person carers support groups in different NHS trusts. He welcomes anyone who would like to join on these. Please email the above address if you would like addition information.  **Discussion regarding the BEH “Carers Strategy”**  T.D facilitated a group discussion focused on the emerging Carers Strategy for BEH. BEH previously had a strategy but nothing seems to have come of it so far. As a result, BEH have decided to create new one.  T.D presented a few questions to the group to try start a conversation.  *DP: What are the concerns and issues?*  Carers said that hey often feel marginalised and excluded when it comes t the care of loved ones. We spoke about how this can be more felt by ethnic minority groups. Carers in the group felt that services often “hide behind confidentiality” and that there is no clear communication with them. This means that the carers’ knowledge and expertise is unacknowledged and carers feel “stuck” and unable to help their loved ones. Many felt there was no joint working between carers and services and that carers are often not recognised or considered in decision and plan making.  *DP: What do you want to see in the strategy?*  Some ideas for the new cares strategy that came during the discussion   * Strategy to be co-produced with carers * Training for staff co-produced and ran by carers * Peer and advise groups for carers * Help for people to self-identify as a “carer” * Increase awareness around the mental health of carers * The idea of “people talking to people” not “staff talking to others”- showing respect to carers and acknowledging their expertise and knowledge * See service users and carers as partners * Highlight recovery as an ongoing process * Possibly form a “Carers Council” |  |
| **6.** | **Next Meeting** |  |
|  | Monday 12th of July 2021,14:00-15:30- Theme: Accessing Psychological Support  Click 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) |  |