

Central Improving mind

Minutes of Meeting

15th September 2022 12.00pm Graham Street/Zoom

Apologies:

Present: MZ (chair) MA AN JB SR MH DM

Minutes: MB

Previous Meeting Minutes:

Approved with no amendments

Matters Arising:

MZ discussed the chemical imbalance study as addressed recently by National Mind. The National Mind website will be reviewed.

Organisational Update:

JB gave a brief summary.

We are going through a series of staff conferences, the 3rd of 4 taking place this week. 60-70 staff attended each. We have been looking at the organisation's journey through the last few years, especially through the Covid pandemic. We also looked to the future and had detailed discussions around the identity and values of the organisation. A detailed overall conference report will be circulated.

We have been going through the Investors in People award and the last few years we have achieved the gold standard, this year we are being considered for the platinum award. The assessment is conducted by desktop review, policies, processes and interviews with managers and a cross section of staff. There is also an online survey for staff which requires 95% of staff filling this out in order to qualify for the platinum award.

We have been working alongside our NHS colleagues regarding winter pressure which is an annual issue. We are looking into doing more and the cost to reduce pressure on the NHS during this time. We have put

in a modest bid for funding to assist with this. The Birmingham Mind fund is currently £350,000 which is a relative drop in the ocean.

We have now mobilised the primary care navigator service with new managers and colleagues working within the service. The service works with GP services working with people early on who need support for their psychological wellbeing and anything to do with social challenges and demands. It is similar to social prescribing but not the same. The service covers Birmingham and Solihull.

We are working closely with secondary care and are working on a new development for intensive rehabilitation service and to achieve this, we have closed our Pershore Care home and the money from this has been assigned to this new service. There will be clinical, social and housing input along with peer mentors. All peer mentors within Birmingham Mind are paid positions.

We are also in the early stages of creating a service in Selly Oak to support university students, especially Birmingham University. There have been high instances of poor mental health within the current student body. The service will focus on wellbeing and creating a crisis intervention service.

We continue to develop our partnerships with other organisation and are represented at high level strategic groups. The statutory services recognise that to deliver their services, they need 3rd sector involvement.

There has recently been a Clinical Governance and Estates Committee meetings and we are still looking for service user representation. MH is interested in Clinical Governance. JB will action. **JB**

The Health and Safety Committee is yet to be reinstated but it will not be trustee led. We will also need service user representation for this meeting also. We have designated Phil Hallam as Health and Safety Lead. He will look after arrangements for the committee.

We are advertising for a Health and Safety officer. Ralph Nash still wishes to be involved. JB will contact him regarding this. **JB**

We have appointed a new Director of Business – Danny who will be starting with us in October.

MA asked if there were any updates regarding the plans at the Bullring. JB answered that it is being looked into as a potential ‘crisis café’ service. We are looking for volunteers to work within Talking Space and our Helpline.

Hardship Fund Document:

CEO Helen Wadley is asking for feedback on this document.

MA discussed that Talking Space service users could be in great need of this fund.

MH asked if the timescales (3 weeks) can be looked at as it’s a long time to wait for funds.

MZ discussed the receipt criteria requirements and asked if the information will be in the residential welcome packs and website.

MZ also asked if there would be support given to fill out the forms.

SR asked how widely the fund would be advertised as it seemed to be ‘need to know’ only.

Timescales are currently being confirmed. An update has been requested when more has been confirmed. **AN**

SR asked regarding the wording, please could she have clarity regarding the 4th paragraph regarding food bank vouchers. AN answered that if a person declared they were short of money and they had a lack of food, rather than applying for hardship fund, they would be able to access food vouchers. Hardship fund can assist with utility bills and replacement appliances etc. People can access both the hardship fund and food vouchers if they meet the criteria.

Helen Wadley and Rachel McNair will likely ensure the hardship fund is appropriate publicised to service users.

Participation Strategy:

The strategy will be presented at the next Executive Committee meeting in December.

The committee has been asked by National Mind to do a workshop on the methodology creating the participation strategy as they were very impressed. AN has asked them if they will pay for two service users to run this workshop.

Danielle Murinas - Peer Mentor Program Lead:

DM discussed her new role within Birmingham Mind which is primarily introducing peer mentors into the work force as paid members of staff. She will give ongoing support and training to staff and management. She will be working with several external companies in addition to National Mind.

There are already peer mentors working within Birmingham Mind and they have requested an information pack regarding Birmingham Mind, Danielle's role and their role to ensure that there is a distinction between peer mentors and support workers.

SR asked if there would be a training day for all peer mentors to inaugurate their roles as a collective. DM confirmed that she plans to have a meeting either face to face or via zoom to share thoughts and ideas before they go live. DM is keen to run varied forms of training to give the utmost support to individuals and teams.

There will be a constant review of the program sharing successes and areas for improvement.

SR recommends DM talks to Yousef from Lived Experience who is running interactive sessions, AN corrected that there is a dedicated person from National Mind who is in charge of peer mentoring, he will pass this information onto DM. **AN**

AOB:

SR gave her thoughts on being on Zoom. It was similar to watching Gogglebox but she feels Hybrid meetings work well and will allow her to continue attending CIM. She asks if it's possible to have a microphone set up as people further away from the screen were hard to be heard.

MB to bring up with IT.

JB suggested there should be a service user conference next year. **JB**

MZ asked regarding the WhatsApp group at Beechcroft. MA discussed that few people use it. Rebecca Nolan was instrumental in the running of this but she is currently off work. **AN** will talk to Shaz regarding this.

Irene is interested in CIM but is awaiting further information. AN has emailed her along with her support worker but hasn't received a reply. He will try making contact again. **AN**

SR requested calendar invites for CIM meetings. MB discussed that it is possible to do this but it would mean that all emails of attendees will be viewable to other attendees. MB will email the whole committee asking for their permission to use their email for calendar purposes. **MB**

Date and time of next meeting: 20th October 2022 – 12pm