

**Theme: Children and Young People's Mental Health**

Present	
David Murphy (chair), Reigate Stepping Stones Alison Abedelmassieh, RCSAS Katrina Broadhill, Healthwatch West Sussex Susan Brumpton, CCVS Bernie Butler, Carers Support Regina Choudhury, Mid Sussex District Council Debbie Curtis, Carers Support Roy Davies, Capital Project Trust Sarah Field, WSCC Sarah Finch, Sussex Community Foundation Trust Julia Harrison, YMCA Downslink Karen Howes, Happy Hours Pre-School	Ewa Jednaszewska, Sussex Oakleaf Fatima Mirza, Relate Simone Pears, YMCA Downslink Lisa Phillips, CCVS Pav Randhawa, Crawley Borough Council Sharon Rawcliffe, YMCA Downslink Alison Robinson, IPEH, WSCC Adryan Stuart, Mind in Brighton & Hove Thomas Taylor, Sussex Oakleaf Paul Turner, Mid Sussex Wellbeing Christabel Yeboah, RCSAS
Apologies	
Julie Kalsi, Crawley Borough Council Nicky George, WSCC Val Murphy, Reigate Stepping Stones	Julie Whittingham, CCG Tim Wilkins, Alzheimer's Society

**1. Welcome and introductions**

David welcomed everyone to the forum and everyone introduced themselves.

**2. Minutes and Matters Arising**

The minutes were accepted and there were no matters arising.

**3. Presentations**

Katrina Broadhill, Service Manager, Healthwatch Sussex

Healthwatch is the consumer champion for health and social care, and is happy to work with any local organisation consulting with service users about their experiences. Katrina showed a video clip to forum members outlining some of the work they have been doing which can be viewed here: <https://www.youtube.com/watch?v=64z4dl4f9sM&t=1s>

For further information, contact Katrina Broadhill on: 0300 012 0122 or at: [katrina.broadhill@healthwatchwestsussex.co.uk](mailto:katrina.broadhill@healthwatchwestsussex.co.uk)

Lisa Phillips, Partnerships Manager, Crawley Community & Voluntary Service (CCVS)

Young Crawley has launched the CREW Project, a pilot supporting the mental health and emotional wellbeing of children, young people, parents and the staff/volunteers who support them in 6 local schools. 16 local organisations are part of the project. (See attached.)

For further information, contact Lisa Phillips on: 01293 657011 or at: [lisa.phillips@crawleycvcs.org](mailto:lisa.phillips@crawleycvcs.org)

Ewa Jednaszewska, Young Person's Project Co-ordinator for Pathfinder, Sussex Oakleaf

Be Ok offers 1:1 practical and emotional support for young people aged 16-25 struggling with their mental health. The funding for this project may end in March 2018 but is still taking referrals now. See attached presentation.

For further information, contact Ewa Jednaszewska on: 07850 642968 or at: [ewajrana@sussexoakleaf.org.uk](mailto:ewajrana@sussexoakleaf.org.uk)

Sharon Rawcliffe, YMCA Downslink Group

Crawley Foyer offers supported housing for young people aged 16-25. Each young person is assigned a key worker who helps them to move from dependence to independence. The Foyer works closely with other organisations to draw in appropriate support. It is currently developing a



community space at the Foyer for other organisations to use/deliver sessions and welcomes enquiries.

For further information, contact Sharon Rawcliffe at: [Sharon.rawcliffe@ymcadlg.org](mailto:Sharon.rawcliffe@ymcadlg.org)

Alison Abdelmassieh, Administrative & Outreach Support, Rape Crisis Surrey & Sussex

Rape Crisis Surrey & Sussex provides a support service for women and girls aged 13+ who have experienced sexual violence at any point in their lives. See attached presentation for more information.

For further information, contact Alison Abdelmassieh at: [admin.support@rcsas.org.uk](mailto:admin.support@rcsas.org.uk)

#### 4. Updates and information sharing

##### Pathfinder update

Pathfinder West Sussex is an alliance of organisations working together to enable adults (18+) with mental health support needs, and their carers, to improve their mental health and wellbeing. Individuals are able to self-refer into any of the Pathfinder organisations to access West-Sussex-wide services. In Crawley a Pathfinder drop-in offering general advice and information is held at Broadfield Library on the third Tuesday of every month.

Adryon Stuart from Mind in Brighton & Hove is new in post and responsible for communications for Pathfinder. She would welcome feedback about the Pathfinder website, and is working to make it more visible and user-friendly. If any organisations would like Pathfinder leaflets, Adryon can supply them. In addition, an engagement event is being planned for February for all partnership organisations which will include workshops provided by service users and professionals.

For further information, contact Thomas Taylor, Sussex Oakleaf at:

[thomas.taylor@sussexoakleaf.org.uk](mailto:thomas.taylor@sussexoakleaf.org.uk) or Adryon Stuart at: [adryon.stuart@mindcharity.org](mailto:adryon.stuart@mindcharity.org)

##### Organisation updates

- **Sussex Oakleaf**

- Has completed a peer mentor course with 20+ participants
- Is currently recruiting new staff
- Is taking referrals from Prescription Plus

Contact Thomas Taylor at: [thomas.taylor@sussexoakleaf.org.uk](mailto:thomas.taylor@sussexoakleaf.org.uk)

- **CCVS**

- Is working with WSCC on a SEND Pathways to Adulthood Providers Event on 29<sup>th</sup> November at Crawley Library. This event is for organisations who wish to improve their accessibility to young people aged 16-25 with disabilities.

Contact Susan Brumpton at: [susan.brumpton@crawleycvs.org](mailto:susan.brumpton@crawleycvs.org)

- **Relate**

- Has 17 counsellors covering Chichester, Horsham, East Grinstead and Crawley.
- Has a new Business Development Manager, Fatima Mirza, who is looking to work with a range of partners.

Contact Fatima Mirza at: [fatima.mirza@relatesussex.org](mailto:fatima.mirza@relatesussex.org)

- **Mid Sussex Wellbeing**

- Offers exercise/weight management support in the Mid Sussex area.

Contact Paul Turner, Mid Sussex Wellbeing at: [paul.turner@midsussex.gov.uk](mailto:paul.turner@midsussex.gov.uk)

- **Carers Support**

- Carers Rights Day will take place on Friday 30<sup>th</sup> November, with a number of events planned around the county.