

Present	
David Murphy (chair), Reigate Stepping Stones, CCVS Charis Easter, CCVS Isabel Costello, CCG Val Murphy, Reigate Stepping Stones Greta Jarvis, Turning Tides Fatima Mirza, Relate Julie Kalsi, CBC Alison Gates, DWP Julia Harrison, YMCA Downslink Group Rosie Mercado, St Catherine's Hospice Martin Rhodes, Sussex Oakleaf Tasha Brabon, Aspens	Roy Davies, Capital Project Trust Raj Jhamat, Rethink Mental Illness Caroline Taylor, Anchor Counselling Sue Taylor, Crawley Library Kathryn Slatter, Lifecentre Tom Kennedy, Southdown Donna Mian, Mind in Brighton and Hove Tracey Wooldridge, CCG Becky Black, Rivers Jeredyne Stanley, Rivers Vishnee Cavaree, Rivers Nicki Patterson, Life Charity
Apologies	
Debbie Curtis, Carers Support Tim Williams, Alzheimer's Society Jane Green, SEDS Maria Cook, Autism Support Crawley Becky Pearce, CBC	Lawrence Wintergold, NHS Heather Doughton-Pearce, St Catherine's Hospice Marie Dowell, Carers Support Rachel Gardiner-Hill, HC Counselling Juliette Williams, Parish Nurse, Broadfield

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. Time to Talk / Time to Talk Health

Fern Day presented to the forum on Time to Talk and Time to Talk Health. Presentation is attached.

4. Pathfinder Update and Be OK

Martin Rhodes updated the forum on Pathfinder. Pathfinder is usually for the over 25's. There is 26 people on the waiting list for Mid Sussex and 21 on the waiting list for Crawley. Pathfinder is working well. There are drop in services for Pathfinder at Broadfield and Crawley libraries on alternative weeks.

The Be OK service is for 16-25 year olds. You can self-refer to the service. It involves up to 12, 1-1 sessions. There are 3 youth groups in Haywards Heath, Burgess Hill and Crawley. The venues are chosen by the clients themselves. The groups are led by the clients and facilitated by Sussex Oakleaf.

5. Organisation updates

Reigate Stepping Stones

They run a social group twice a week and work with Surrey's Safe Haven.

<https://reigatestepingstones.org.uk/>

Anchor Counselling

They cover Horsham, Reigate and Leatherhead. It is a small counselling service mainly dealing with complex trauma, depression and anxiety. They have a bursary to help with subsidising fees.

<https://www.anchorcounselling.org/>

Life Charity House

Referrals come through Crawley Borough Council. They support young mums and babies. The support is low level now as hours have been cut from 42 to 18. Volunteers are needed. They also run a helpline.

<https://lifecharity.org.uk/get-help/find-local-support/>

Turning Tides

Is a homeless charity for 18+. They have community hub drop-ins. They have high support accommodation services and medium and low level support services. They provide wrap around support particularly around accessing services. They are now running some Housing First Pilots.

<https://www.turning-tides.org.uk/>

Aspens

The service helps people 0-25 years old. Aspens offer a free 1-1 online service and free Family Support Sessions offering advice. There is also a Specialist Support Service which does have a cost attached to it but funding can be looked for to help with costs. They run support groups on Saturdays for under 18's and Tuesdays for over 18's. There are outreach workers who help with accessing the community, life skills and money skills.

<https://aspens.org.uk/>

Rethink

This is an Asian Helpline for mental health. The number is 0808 800 2073. It is open on a Mon and Wed 4-7pm and a Tues and Thurs 12-3pm. Carers can call the helpline and if professionals want help or advice with different cultures, they can also call. A lot of calls around domestic violence causing mental health issues.

<https://www.rethink.org/help-in-your-area/services/advice-and-helplines/rethink-sahayak-asian-mental-health-helpline/>

Rivers

Rivers is based in Bewbush Community Centre. Their Learning Programme offers friendly and welcoming weekly learning sessions for women who speak little or no English. The sessions offer women the opportunity to enhance their life and communication skills through conversational learning and peer support. They also offer a signposting service including, but not limited to, the following issues: Confidence Building, Emotional Support, Health, Wellbeing and Safety, Immigration, Housing and Welfare and Maintaining Healthy



Relationships. They are looking to work with other organisations who can come and use their room.

<https://riverslpc.org.uk/>

Crawley Library

Provides drop-ins for Baby Rhyme, Toddler Time, Knit and Natter and Creative Writing. These are all free of charge. Pathfinder and Time to Talk have regular slots at the library and they have rooms to hire.

<https://www.westsussex.gov.uk/find-my-nearest/library/details/api/type/library/view/crawley-library>

The Life Centre

Support people who have experienced rape or sexual trauma. There is 1-1 counselling for people of all ages and genders. There is also pre-trial therapy to support people through trials. There is a national helpline and text service and Play Therapy for under 10's. The Life Centre can also provide counselling for those close to survivors. It's a free service.

<https://lifecentre.uk.com/>

CCG

They are looking at improving the quality and safety of mental health services for adults, older people and those living with dementia. During the next 12 weeks, there will be public events, smaller events and a survey. Full details about how to get involved can be found at:

<https://www.sussexpartnership.nhs.uk/west-sussex-consultation>

The Governing Bodies of NHS Horsham and Mid-Sussex, NHS Crawley and NHS Coastal West Sussex Clinical Commissioning Groups have approved the recommendations to formally merge to become one West Sussex CCG. The recommendations will need to be approved by the GP membership. The GP membership will vote during the summer, with an announcement expected in the autumn 2019.

Sussex and East Surrey Sustainability and Transformation Partnership has now changed to become the Sussex Health and Care System, which has resulted in the partners working more closely to improve the health and care services in the area.

<https://www.england.nhs.uk/ccgs/>

Southdown Housing

Provide a supported housing service – Southdown tenancies. There is a Hospital Discharge Team at Langley Green Hospital to prevent people leaving hospital and going straight into homelessness. They can also help with money management to help stop people going into debt. They are looking at restructuring due to cuts.

<https://www.southdown.org/>

Relate

Provide counselling to individuals, couples, families and children. It is a paid for service but 42% receive subsidised counselling. Some referrals are too complex to be dealt with and referral routes are needed.

<https://www.relate.org.uk/sussex/north-south-west-sussex-relate-centre>

Julie Kalsi

Highlighted the Connect to Support service on WSCC website and thought it would be useful for organisations to have their services on there. Julie supports the Men's Shed project which is a low level mental health service and is dementia friendly. Also Extra Time Hubs are running at Crawley Town FC for retired and semi-retired people.

<https://crawleymensshed.com/>

Capital Project

There are 25 peer support workers and Working Together groups. Roy told us about a new Mental Health facility called The Haven. The Haven at Mill View, is a dedicated, mental health crisis assessment facility located on the Mill View Hospital site in Nevill Avenue, Hove. (It may also be called a Psychiatric Decision Unit) It is a Sussex wide resource. It is available 24 hours a day, seven days a week and provides support and assessment for adults over the age of 18 in East Sussex, West Sussex and Brighton and Hove, who are experiencing a mental health crisis. The Haven is run by a team of dedicated NHS staff and provides:

A 24/7 mental health crisis facility

An alternative to attending A&E for people experiencing a mental health crisis

An alternative to hospital admission

The Haven is not a walk-in service, assessment is by professional referral only.

<https://www.sussexpartnership.nhs.uk/thehaven>

https://www.sussexpartnership.nhs.uk/sites/default/files/documents/the_haven_at_mill_view_-_frequently_asked_questions_may_2019.pdf

<https://www.youtube.com/watch?v=hA1Ax8X6f2o>

<https://www.youtube.com/watch?v=PPcbTMdkb8U>

Job Centre Plus

They have Change, Grow, Live in the jobcentre on a regular basis who will deal with all addictions. JCP are very open to other organisations having drop-ins at the Crawley office.

<https://www.jobcentrenearme.com/item/crawley-jobcentre-plus/>

YMCA Downlink Group

They have a new Wellbeing Service for young people, a safe place. It is ready for services to be located there. Please call YMCA DLG to use the space.

<https://www.ymcadlg.org/where-we-work/crawley/>

St Catherine's Hospice

They are looking for an informal session for staff and volunteers on low level mental health awareness. If anyone can help with this, please contact Rosie at St Catherine's.

volunteering@stch.org.uk

<https://www.stch.org.uk/>

Sussex Oakleaf

There is a Community Recovery Service which is support in the client's home. There is also a housing project which is for people who are homeless or at risk of becoming homeless.

<https://www.sussexoakleaf.org.uk/>



Mind in Brighton and Hove

Provide advocacy support in the community and hospitals. They use the hub at Crawley Library. They have 7 advocates. People who have been sectioned are helped to navigate the system. They can also help with benefit forms and tribunal support.

<https://www.mindcharity.co.uk/>

Commissioner Manger for Mental Health and Dementia

Looking at working collaboratively with other organisations and partners to see how they can work together and what they can achieve together.

<https://www.england.nhs.uk/ccgs/>

Date of next meeting – Wednesday 16th October – 10am – 12pm
Longley Room, The Orchard