

Health and Well Being Working Group

Minutes Thursday 3rd October

Spencer Suite, Town Hall

Present:

Cllr Mark Rogan

Cllr Suzie Firkin

Cllr David Brown

Cllr Dawn Allen (Chair)

Cllr Margaret Gartside

Jackie MacArthur

Guest: John Saville Crowther

Apologies: Cllr Suzie Akers Smith

1. Agreed minutes of the meeting of the 25th July 2019
2. **Feedback from Well Being Fayre** – Fayre held on the 1st October. 55 groups attended. 180 members of the public. Good mixture of stalls. Clear that greater communications is needed both for the public and within the various groups and organisations to increase awareness of what services are available locally.

The Fayre was organised by the Senior Forum of the Congleton Partnership.

3. **Mental Health Models** – discussion around the ‘Wirral Partnership’ Model and the benefit of having local centres where people suffering from mental health issues can drop in and see a professional. Feedback from the three doctors surgeries in Congleton identified that around 1/3rd of the morning calls are from people suffering from various levels of anxiety, depression or grieving with patients needing longer appointment times. Group would like to explore how Congleton residents suffering from mental health issues could have a place to go to see a professional.

Many of the larger programmes around helping people with mental health issues are located in Crewe and Macclesfield. This is far from ideal for people in Congleton with mental health issues, barriers include physical cost, time to travel, emotional energy and confidence needed to travel out of area, lack of easy peer support networks.

4. **Living Well Web Site** – owned by Cheshire East - agreed that we need to do a review of the Congleton entries and make sure up to date. Explore whether Congleton could reproduce a Congleton Living Well page sign posting local people to local services/ Add information to CTC website. JMacA and KW

5. **Funding Streams for Mental Health** – need a better understanding of the system and how it works. To arrange a meeting where NHS, CEC, CCG can explain the system. Arrange a meeting where we can have a discussion with the partners who are commissioning mental health services for Congleton and gain a better understanding of the system. JMacA to sort
6. **Younger Age Group Support** - could Visyon extend its range to support young people upto the age of 25. SF to have a discussion with Visyon.
7. **Mantra for the group:** Suggestion:

We want:

- A front line, mental health safe space for adults

Which is:

- A drop in centre
- Professionally staffed
- In Congleton

DATE OF NEXT MEETING

Next meeting will be a round table meeting with people responsible for commissioning services. JMacA to arrange and communicate date.