

**Health and Well Being Working Group**  
**Special Meeting to meet with Cheshire East and NHS CCP Group**  
**Minutes Thursday<sup>5th</sup> December 2019**  
**Spencer Suite, Town Hall**

**Present:**

Cllr Mark Rogan	Cllr Suzie Firkin	Cllr Kay Wesley
Jackie MacArthur	Cllr David Brown	Cllr Margaret Gartside
Muktadir Khan (CEC)	Julie Walker (CEC)	

**1. Apologies:** Cllr Suzie Akers Smith, Cllr Dawn Allen

**2. Actions from minutes on the 3<sup>rd</sup> October**

- a) Website – Jackie and Kay working on it on the 12<sup>th</sup> December – Mark Rogan wishes to be present
- b) Visyon – Update from Cllr Suzy Firkin – Visyon would like to provide a service for the 18-25 range. Would probably be around 50 referrals a year from Congleton. Cost of supporting it with a Visyon-based level of service would be around £26,000 per annum. More likely to increase over the time eg/ £13K year 1, £20K year 2, £26k year 3. Looking at funding sources. Lloyds Bank Foundation? CRH Charitable Trust. Visyon keen to proceed and has the capacity to start. What would CTC need to do to make that happen. Cllr Suzy Firkin to liaise and find out what levels of support and help we can give. Need to link with Jamaila CCP. Also involve CHOC – to feed into care community leaders and clinical commissioning.

**NEW ACTIONS TO MOVE FORWARD**

- c) 10<sup>th</sup> December – CHOC – (Congleton and Holmes Chapel) – GP and commissioning group – supporting groups.
- d) Cllr Suzy Firkin still to contact Dr Ian Hulme
- e) SWANS – talking therapies – Cllr Margaret Gartside to find out what support is offered/needed
- f) Denise Ballie – Care Community Coach on Mental Health.

**Item 3 Notes on Partner Meeting on 24<sup>th</sup> October**

Still need to check and chase up:

Visit to Chester Crisis Café – planned for January

Update on the band 7 nurse – no further information

Update on work towards a Congleton Crisis centre – Bear Hugs Congleton / Together Congleton Café seem better names than Crisis Café

Any update on Dr Ian Hulme

#### Item 4 - Julie Walker – CEC Connected Communities, Mental Health lead

CHOC (Congleton and Holmes Chapel) – Mental Health lead – advocate for peer support groups. Peer support can help prevent people needing higher levels of care/support. Julie has many years of experience including experience working with bi-polar UK. Very little community peer support mental health groups. Big issue around safeguarding, safe place, appropriateness, confident of health professionals to recommend them.

Connected Communities putting a member of staff from the Old Saw Mill on two days Mental Health first aid training.

Julie going to be setting up a network support group to train network leaders and give them a tool kit to support them to set up a safe peer support group.

Talking therapies has been running a group session at OSM for 18 months or so. Funding has stopped and instead of the group stopping, two members of the group want it to keep going. Julie to supply a table for people to fill in a table of peer support that is available in Congleton. Supporting the support groups – best practice.

Social Prescribing model – but need to look at capability and capacity – need to make sure that you can do the right thing for people. (ANDY MILLS)

Living Well Website – need a more focussed approach for Congleton.

#### **5 – Connected Communities - Mental Health is one of Congleton's Four Priorities**

Explanation from Muka of Our Bright Idea – upto £10K – starting something new. Can be used for Capital and Revenue. My Bright Idea – upto £250 – don't need all the governance/constitution – can go to a personal bank account. £250 will be in front of a small panel – short presentation. Closing date is the 27<sup>th</sup> December, 27<sup>th</sup> March, 26<sup>th</sup> June, 25<sup>th</sup> September and 18<sup>th</sup> December.

**Muka to come back about funding to promote Big Idea.**

#### **6 Shared Knowledge of Mental Health Support in Congleton**

- a) Gaz Lewis – Nailed it group – to invite to a future meeting
- b) Talking Therapies - CEC has pulled the plug on level 1 funding across the area. Two members of talking therapies – group of 10 – 20 people. Late 40s/early 50s very keen to keep it going and has really helped them. Old Saw Mill – get the two people to apply for the £250 to keep the group going

7. Action Plan – delayed to the next meeting

8. AOB – Mountview – confirmed that not on the list for immediate closure/disposal.

**DATE OF NEXT MEETING – TO BE ARRANGED**