

People's Participation Committee

Minutes of the People's Participation Committee meeting held on 21 March 2019 at 2pm at Robert Dolan House, 9 Alie Street, London E1 8DE

Present:

Marie Gabriel (Chair)	Trust Chair
Sintha Arefin	Service User
Leigh Bell	People Participation Lead
Paul Binfield	AD of People Participation
Lyn Bliss	Carer (Luton)
Shirley Biro	Public Governor
Paul Calaminus	Chief Operating Officer
Lawford Clough	ACD, Forensics
Craig Donohoe	Service User / Carer
Jane Fernandes	
Su Goulding	PPL Tower Hamlets
Nicholas Jackson	Service User
Mananda Kaur	Service User
Cathy Lilley	Associate Director of Corporate Governance
Millicent Muganyi	Service User/Carer
Olanrewajn Ogunyani	Service User
Felicity Stocker	Service User, Bedford WTG and Governor
Alan Strachan	PPL
Diane Waller	
Linda McRoberts	Corporate Minute Taker

Apologies:

Aamir Ahmad	Non-Executive Director
Jenny Kay	Non-Executive Director
Navina Evans	Chief Executive
Lorraine Sunduza	Chief Nurse

The minutes are produced in the order of the agenda

1. Welcome and apologies for absence

- 1.1 The Chair, Marie Gabriel, welcomed everyone to the meeting, and introductions were made.

Marie confirmed that from April 2019 Aamir Ahmad (non-Executive Director) will be taking over from her as Chair of this Committee.

- 1.2 The Chair explained that if the attendance register is signed, names will appear in the minutes which are publicly available; there is, however, no obligation to sign.

- 1.3 Apologies were noted as above.

2. Minutes of the Previous Meeting held on 20 December 2018

- 2.1. The minutes of the meeting held on 20 December 2018 were **APPROVED** as a correct record:

3. Action Log and Matters Arising

3.1. The Committee reviewed and updated the action log.

4. People Participation Strategy: Forensics Directorate

Lawford Clough, Associate Clinical Director of Forensics and Ola, a service user, gave a presentation on their people participation activity.

Lawford outlined the services they have as well as their priorities and actions taken against each. Key points were:

- They are expanding their user involvement group
- They provide interview panel training through the Recovery College
- They employ peer support workers, but not yet across the whole service
- Work is going on to improve carer support groups
- Transitions – the aim is to reduce the length of stay and re-admissions and peer support workers are key
- They are talking to the London Borough of Hackney about possible work opportunities for service users to progress to
- A 'Bridge Club' has been established – a social group for people who were service users - and they are now in the process of handing over the running of this to service users
- Ward rounds – they are looking at audits that service users can help with (planned for later this year)
- Respect Agenda – hold forums talking about stigma.
- They host family and friends events twice a year
- Carer to carer peer support workers – a paid role is being introduced to co-ordinate
- Re-think have a carers support initiative and they will be linking with that.

Recovery College:

- This is well established and has been going for a couple of years
- There are about 18 different courses running
- MIND well-being Centre is used for some courses
- They have in-house training and employment opportunities

Quality Improvement:

- Increasing involvement of service users
- Involved in violence collaborative – linking to reducing aggression and violence
Boxercise has been introduced and has important physical and mental health benefits
- Also 'safe and positive' meetings to reduce restrictive practices
- The user involvement group – is largely run by service users.

Ola (service user) talked about his involvement and the skills he feels he has got from this which he described as a very positive experience.

In discussion/response to questions, the following points were made:

- The plan is to have increased involvement from service users
- Paul Calaminus noted the benefits of the Boxercise – which provides a positive channel for strength and aggression and has been a huge success. He noted this raises the issue of what other activities might be introduced.

- Marie noted the importance of working in partnership to ensure positive activities started, can be continued after discharge. It was agreed that starting people on pathways they can continue should be the aim.
- Paul Binfield noted that as a Trust we focus on stopping smoking and losing weight – and boxercise is producing those benefits – this demonstrates that leading with a positive can be the way to produce the outcomes we want.
- LC/Ola agreed to consider how to deliver some focus on 'life skills' at the Recovery College, such as paying bills/using Oyster cards etc.

Marie thanked Lawford and Ola for their informative and thought provoking presentation. The Committee RECEIVED the presentation and welcomed the initiatives described.

5. People Participation Proposal (Recovery College)

Paul Binfield introduced the paper he had circulated about staffing in recovery colleges. The paper proposed The Trust creates as many employment opportunities for people with lived experience as possible. The proposal is to set up an independent working party to move recovery colleges to this footing.

In discussion, the following points were noted:

- It was agreed that it is useful for service users to have these role models
- It was agreed that it is really important for peer tutors to be paid the same as other tutors
- It was felt that lived experience should be made essential, and the clinical desirable on the job spec. and that Recovery College managers should be required to have lived experience. PB said to achieve this, he would need to look at the Governance structures of the Recovery Colleges.
- Agreed there is a need to ensure the Colleges remain true to what they are meant to do.
- One of the peer tutors at Hackney Recovery College raised the issue of the impact earning can have on benefits and the difficulties she had had with DWP. Paul Binfield will check she is being supported with this. Paul Calaminus stressed that he will continue to try to have liaison with DWP to sort out this type of issue.

ACTION: Paul Binfield/Paul Calaminus

The Committee **AGREED** the proposal.

6. People Participation and Quality Improvement

Paul Binfield shared a slide which showed the results for QI projects with 'Little I' (when service users are asked to advise) and Big I (when service users are directly involved).

It shows that 'Big I' projects are 2.78 times more likely to succeed and those that are both 'Big I and Little I' projects are 4 times more likely to succeed.

Paul said this shows that the evidence is clear – if you have service users and carers involved then QI projects are more likely to finish and produce measurable impact.

This cannot currently be recorded on QI Live, however, there is a chart where it can be filled in.

Paul Binfield confirmed he would be talking about this at the QI conference in May.

The Committee NOTED the results.

7. Trust Wide Working Together Group Priorities (draft circulated in advance)

Paul Binfield distributed the list of priorities and explained that the Working Together groups come together in November and agree their priorities for the year. The list distributed are the ones for this year and each Borough Director will be accountable for their delivery from 1 April.

The Committee **NOTED** the slide.

8. People Participation Update 2018/2019

Paul Binfield confirmed he had pulled in the information from all the People Participation leads on what has happened over the year and the resulting report went to the Trust Board last week. The presentation had gone well and Paul thanked everyone for their input.

9. Ideas for Future Agenda Items

Marie Gabriel asked for ideas and the following were noted for future discussion:

- **How the Trust works with the voluntary sector** to develop pathways from within care to outside. This needs to link to social prescribing and it was agreed it is physical as well as mental health.
- **Recovery** – in terms of long-term mental health and physical health (and how this is defined).
- **Best practice for people participation**

10 Any Other Business

No items of AOB were raised.

11. Date of next meeting

Thursday 20 June 2019, 2-4pm.

Venue – Boardroom, Robert Dolan House, 9 Alie Street, London E1 8DE

The meeting closed at 16:00