

AIMHS Mental Health Forum Group
Thursday 22nd August
Koco Building, Spon End, 10.30am – 12.30 pm

Present: 21 Attendees

1. Welcome

Andy Collis, Service Manager of AIMHS welcomed everyone to the shortened forum following on from AIMHS AGM.

2. Apologies

Apologies were sent from six people.

3. Matters Arising

Sheila Marston, AIMHS Forum Facilitator, brought some booklets regarding changes to benefits and tax credits. We have a few spare so if you would like one please visit our office.

SM thanked everyone for completing the survey form asking if you had used local mental health services in the past 12 months. SM has now passed these back to the Clinical Commissioning Groups (CCG's).

SM explained that the Job Shop ran workshops including: job search skills, application forms, interview skills, personal development and basic First Aid. For more information please contact: The Job Shop, 1 Bull Yard, Coventry, CV1 1LH. E-mail: jobshop@coventry.gov.uk or Tel: 024 7678 5740.

4. AIMHS Update

SM informed the group that the forums at the Caludon Centre, The Larches at St Michaels, Warwick, Willow View Day Centre and Cedarwood are all continuing to go well.

SM explained that Willow View, Swanswell Point, will be moving its premises back to the Caludon Centre. The exact moving date has yet to be confirmed but is expected to be going live at the Caludon Centre bid mid-January 2014. There are also changes taking place at St Michaels.

We are delivering the last Cook and Eat Well session at Willow View Day Centre on 29th August as current funding is ending. The sessions have received fantastic feedback. AC has submitted a bid to carry on the Cook and Eat Well sessions.

SM continues to be active with Interim Healthwatch, formerly Coventry LINK, and hopes AIMHS will still be able to feed into this group in the future.

AC reported that he and June Cooley, from the Carers Centre, had approached Commissioners regarding the continuation of the Mental Health Open Forum which had been held at The Pod, Lamb Street. Unfortunately, although the group was valued, because of the financial cuts there is

not going to be any further funding for it. AC and JC are now looking for smaller grants to run it independently as it was a good platform for service users and carers to engage.

AC explained that AIMHS is looking for new trustees and explained the process of how we will recruit them. For more information please phone the office.

AC is looking for funding grants to expand AIMHS capacity.

Tricia Wood, Training Facilitator

TW explained that she has been in post at AIMHS for a year. For the past year, Coventry AIMHS, alongside Rethink Mental Illness, has been delivering confidence building & assertiveness training.

The training was hugely successful but unfortunately funding for these courses has now ended. The general feedback was that confidence plays a huge part in our lives and lack of it can have a devastating effect on most things we would like to do. The general feel was that you wanted just that little bit more help, so.....

Coventry AIMHS are now launching a new group called UNA which stands for **Ur Not Alone**. The name was chosen by service users and encapsulates the meaning of the group.

UNA will give members the opportunity to meet like-minded people, who maybe need just a little more help along the way, perhaps meet up with old friends or make new ones. Maybe gain knowledge and hope from other people's life experiences.

UNA is a free group for members of Coventry AIMHS only, but that isn't a problem for non-members, because they can fill out a membership form on their first visit to the group. Please contact Tricia for more information.

AOB

A concern was raised about the access to the Koco Building. AC explained that for security reasons the access system had been changed.

RA thanked everyone for their donations of carrier bags for the Coventry Food Bank.

RA thanked the Board of Trustees for their continued hard work.

There is a fete taking place at the Caludon Centre on 24th August.

**Date of next Mental Health Forum: Thursday 19th September, 10.30am – 12.30pm
Koco Building, Spon End, Coventry, CV1 3JQ.**