

**AIMHS Mental Health Forum Group**  
**Thursday 21<sup>st</sup> November**  
**Koco Building, Spon End, 10.30am – 12.30pm**

**Present:** 13 Attendees

**1. Welcome**

Sheila Marston, AIMHS Forum Facilitator, welcomed everyone to the forum.

**2. Apologies**

2 Apologies.

**3. Matters Arising**

There were no matters arising and the minutes of the last meeting were agreed as true.

**4. Speaker: Esther Peapell, Communication and Involvement Lead for Coventry and Rugby Commissioning Group (CRCCG)**

Esther Peapell has worked for the NHS for 32 years and moved over from the Primary Care Trust (PCT) last November to become the Communication and Involvement Lead for the new CRCCG.

The PCT were the fund-holders for the NHS and purchased services but as from April of this year the money was transferred to the Clinical Commissioning Groups. They are collectives of GPs and other healthcare professionals. Coventry and Rugby Clinical Commissioning Group includes 77 GP practices and manages £553 million per year and will work with the public to plan and buy healthcare for Coventry and Rugby.

Esther has a very favourable view of the new arrangements, stating that she is now on the Senior Management Team and has regular one-to-ones with the Chair, although she realises that people can become very disengaged and cynical about re-structuring exercises.

Recently Esther engaged in a round of consultations with MIND in Rugby and the Carers' Centre amongst others. Certain issues came to light as a result of this exercise:

- The need for inclusive care plans
- The fact that people who access help for physical problems alone are treated differently to those who are in the mental healthcare system.
- Stroke patients often aren't seen by clinicians quickly enough. There is a "golden hour" after a stroke occurs when people need to be seen by a specialist.

Although there are no financial cuts affecting the NHS there are no increases either. For the past ten years the money the government has allocated to it has gone up by about 7%-8% per annum but this has stopped now. The term for this is "flat funding".

Savings have been made by closing the PCT and transferring the funds to the CRCCG, not least because the staff numbers have been reduced from 200 to 80 and the area now includes Rugby as well as Coventry.

Esther circulated a form asking for people's recent experiences of the NHS, i.e. within the past twelve months. She promised to relay people's feedback to the CRCCG.

Esther also circulated a "Patient Experience Matrix" which she has developed to capture qualitative and quantitative data from service users.

She asked people if they wanted to sign up to become "Community Health Champions" with as much or little involvement as you choose including:

- Receive regular news and updates regarding Coventry and Rugby's health care services
- Take part in surveys and consultations
- Get involved in events, health seminars and other patient and public involvement activities

For more information on Public and Patient Engagement, please visit:

<http://www.coventryrugbyccg.nhs.uk/Get-Involved/How-to-get-involved-with-the-CCG>

The CRCCG funds AIMHS and Esther said that we would soon be receiving a letter about future funding.

Medicines waste – Esther urged people not to order medication they didn't need. Between £5-7 million is wasted per annum on unused medication in the region (£300 million nationally) which could be used elsewhere in the NHS. However, one person pointed out that older people, in particular, were scared to decline certain items on their prescription in case it had negative consequences for them later on.

Esther mentioned that patients had complained about the bus service from Coventry to St Cross in Rugby and vice versa and consequently she had been tasked with sorting it out. She's had negotiations with Mike DeCoursey of the DeCoursey Bus Company and improved the service. She produced a tube-style map illustrating bus services to various hospitals in the area.

## 5. Open Forum

Members discussed various issues such as the lack of third sector support after people have left mental health services, problems about care planning etc.

Positive feedback was received about the UNA group run by Tricia Woods of AIMHS and someone relayed that their psychiatrist's personal assistant had been very helpful. Also, a positive comment was made about the IAPT in terms of getting quick appointments with psychiatrists.

## 6. AIMHS Update

AIMHS staff and board members had their "away day" yesterday. Amongst other matters discussed were members' comments from the AGM which will be acted upon where possible. Trips out may not be possible because social events are not part of AIMHS's remit.

A funding bid which Andy submitted for a walking group unfortunately has been rejected.

The AIMHS Christmas Forum, will take place on **19<sup>th</sup> December**, will include a raffle and we look forward to seeing our members there.

Meeting ended with lunch at 12.30.

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