

AIMHS Mental Health Forum Group
Thursday 10th July 2014
Koco Building, Spon End, 10.30am – 12.30pm

Present: 25 Attendees

1. Welcome

Sheila Marston welcomed everyone to the Forum.

2. Apologies

One apology was received.

3. Matters Arising

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

4. Speakers: Sarfraz Bolia, Clinical Pharmacist, Coventry and Warwickshire Partnership Trust

Sarfraz Bolia works mainly at the Caludon Centre as a Prescribing Advisor. Sarfraz gave a very informative talk giving a brief explanation about the types of medications used in mental health conditions and answered any questions that arose.

Sarfraz spoke about how the medications work, the different types of medications used for different conditions and also the side effects that may occur. For more information please see the attached/enclosed information sheets.

AIMHS Update

AIMHS has won an Awards for All grant to deliver some Body Respect Workshops.

The workshops which are free and open to everyone run from 2pm until 4pm at Coventry Central Library Coventry. The remaining sessions are on the following dates:

- July 28th - Mindful eating - teaches us how to rely on internal signals to develop a healthy relationship with food
- Sept 1st - Active living, ways for everyone to enjoy physical and realistic fitness
- Sept 15th - Promoting body respect, ways to enhance body appreciation, body confidence

Also, as part of the funding AIMHS will be running some accredited Food Safety Courses. Several people said they were interested in taking part.

Sheila informed everyone that Willow View has now moved to the Caludon site and is now known as Fennel Day Centre.

Sheila updated the group that Coventry and Warwickshire's Partnership Trust's (CWPT) Central Booking Service (CBS) for all new referrals is now up and running.

Central Booking Service is a single route into services run by a of team clerical, admin, clinical staff and consultants who work closely together to manage all referrals to their services.

Central Booking Service is open Monday to Sunday from 8am to 8pm,

CWPT's website says "If you are referred to one of our services, or need to contact the team directly to arrange an appointment, your referral will be through either our central booking system or the Choose and Book GP electronic referral tool with appointments booked through electronic assessment clinics."

You can contact the Central Booking Service:

By Post:

Central Booking Service
Ground Floor
Paybody Building
City of Coventry Health Centre
2 Stoney Stanton Road
Coventry
CV1 4FS

Telephone:

0300 200 0011

eFax:

024 7696 1560

The meeting ended at 12.30pm.

Future AIMHS Forum Dates for 2014:

21st August (AGM),

2nd October

13th November

18th December

**Date of next Meeting: Thursday 21st August, (AGM), 10.30am – 12.30pm
Koco Building, Spon End, Coventry, CV1 3JQ.**