

AIMHS Mental Health Forum Group
Thursday 5th March 2015
Koco Building, Spon End, 10.30am – 12.30pm.

Present: 21 Attendees

1. Welcome

Andy Collis welcomed everyone to the Forum.

2. Apologies

One apology was received.

3. Speaker: Chris Leech from Keeping Coventry Warm.

Chris explained that Keeping Coventry Warm is a free project funded by Coventry City Council until 15th May. Keeping Coventry Warm (KCW) helps people to save money and stay warm in their homes so they can stay healthy. KCW offer free advice on a variety of energy topics including:

- Getting the best deal for your energy tariffs.
- Helping to identify any financial support with energy bills.
- Getting advice on dealing with fuel debts.
- Eligibility checks for insulation and heating repairs.
- Money saving gadgets.

Chris said that the one biggest thing people can do to save money is to make sure that they are on the cheapest tariff. Chris recommended using the comparison site uSwitch.com. Please phone KCW service for help with using comparison sites.

Chris also said that some people may qualify for a rebate on their electricity bills with the Warm Home Discount Scheme although there are a number of criteria that need to be met to qualify for the discount.

There are three main ways to receive advice from Keeping Coventry Warm, they are:

Phone: 024 7658 2257

Advice Surgeries: Every Wednesday at Central Library, 2.00pm -4.00pm (and other venues please see attached sheet).

Home visits: please contact 024 7658 2257 for more information.

AIMHS Update

AC said that AIMHS would like to reach out to more people who are using mental health services. At the moment AIMHS holds public forums and also patient meetings at the Caludon Centre, St Michaels in Warwick and also at Fennel Day Unit which is now based at the Caludon Centre. Andy gave out a feedback questionnaire to everyone at the meeting asking of ways AIMHS can reach more people who

are accessing mental health services and where else they would like to see AIMHS attend to get more feedback on services. The feedback will be discussed at our next forum.

AC also asked if everyone would like to continue to hold forums at the Koco Building or would like to change venues to somewhere like The Pod, Lamb Street. A vote was held and the result was so close, that as a compromise the next forum on 16th April is going to be held at the Koco Building and a date will be set for the following one at a different venue (details will be sent out in the post).

On a sad note, AC explained to everyone that unfortunately the Training Facilitator post would be coming to a finish at the end of March. The post was originally offered as a 12 month fixed term contract and this has now been extended three times. Unfortunately now AIMHS has now spent all the reserves allocated to this post. The UNA Peer Support Group will also be ending but an alternative peer support group will continue. We wish Tricia the very best of luck for the future and Tricia assures us that she will still pop in to see us whenever she can.

The current Food Hygiene courses have now finished. AC is pleased to announce that everyone who took part in the courses over the past year have passed and we are just waiting for the certificates to arrive. When they have arrived AIMHS will hold a certificate giving event – we will write out to all the participants to say when and where this will be. Congratulations everyone!

AC also asked everyone if they had any contact with the Crisis team and if they had any comments could they feed them back to the team at AIMHS.

**Date of next Meeting: Thursday 16th April, 10.30am – 12.30pm
Koco Building, Spon End, Coventry, CV1 3JQ.**