

AIMHS Mental Health Forum Group
Thursday 28th May 2015
The Pod, Lamb Street, 10.30am – 12.30pm.

Present: 18 Attendees

1. Welcome

Andy Collis welcomed everyone to the Forum.

2. Apologies

None recorded.

3. Speaker: Anita Kumari, Time to Change Event.

Anita Kumari, Quality and Regional Co-ordinator for Time to Change hosted an event for AIMHS members at The Pod, Lamb Street. Anita explained that Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness.

Time to Change is trying to tackle stigma and discrimination which people who have a mental health problem can face. Facing stigma and discrimination can be worse than the actual symptoms. Time to Change empowers and encourages people to have a conversation about mental health.

There are lots of ways people can join Time to Change's campaign from signing a pledge, to having a conversation or becoming a Time to Change Champion. For more information on Time to Change please visit their website: time-to-change.org.uk or their facebook page: facebook.com/timetochange.

Anita asked AIMHS members what they already knew about Time to Change, and how AIMHS and Time to Change can work together in the future. People also signed pledges to end mental health prejudices. Below is a summary of everyone's feedback:

Question: What do you know about Time to Change?

Helps 'normalise' mental health and reduce stigma and discrimination.
Advertises in the media – radio, television, papers etc.
Changes people's attitudes towards mental health.
Helps and empowers people to talk more openly about mental health issues.
Help to get people to hear and listen.

Employers, family, public, G.Ps, mental health professionals and schools need educating about mental health issues as people feel there is lack of support and are scared to speak the truth about their mental distress and how it affects them.

Suggestions for future work with AIMHS and Time to Change:

Stall in Broadgate at the end of July

An event taking place on World Mental Health Day 10th October

Time to Talk Event February 2016.

4. AIMHS Update

In February this year AIMHS consulted with its Members to find out where you would like us to raise our profile and let people know about the good work that we do. As a result of your feedback we have now arranged to visit GP Surgeries, at different surgeries in May and June, the first one was held in May at the Forum Health Centre, Wyken.

We are also arranging - with the help of Harjeet at Voluntary Action Coventry to attend the Walk in Centre and UHCW Hospital to hold promotional events and speak to people on a one to one basis. We will update you at our forum meetings as to our progress.

As you have asked us to speak to more people who accessing services the 9th July Forum will be held in an inpatient setting and will not be an open meeting. We will give feedback on this meeting at the August Forum.

5. AIMHS AGM

AIHMS next forum will be held after our AGM on Thursday 20th August at the Koco Community Resource Centre, Spon End.

**Date of next Meeting: Thursday 20th August (AGM), 10.30am – 12.30pm
Koco Community Resource Centre, Spon End, CV1 3JQ.**