

**AIMHS Mental Health Forum Group
Thursday 20th August 2015
Koco Community Resource Centre, 11.45am – 12.30pm.**

Present: 18 Attendees

1. Welcome

Andy Collis welcomed everyone to the shortened Forum which held after AIMHS Annual General Meeting (AGM).

2. Apologies

Five apologies were sent.

3. Speaker: Fran Flint, Mental Health Matters and Coventry and Warwickshire Mind.

Fran thanked everyone for inviting her, explaining she had a number of part time jobs within Mental Health.

Fran is the Community Engagement Link Worker for Mental Health Matters (MHM), in Coventry and Warwickshire. Fran explained that MHM is a 24/7 telephone helpline which consists of a team of trained and experienced support workers who use counselling skills to provide you with confidential emotional guidance and information. MHM is a 'as well as not instead of' service. The telephone number for Coventry and Warwickshire is 0800 616171, which is also now free from a mobile. MHM has an online chat and support service. For more information please visit www.mentalhealthmatters.com.

Fran explained that National Mind gained Big Lottery funding to improve access to peer support across England so as part of this Fran has recently taken up the post of Peer Support Hub Coordinator for Coventry and Warwickshire Mind. Fran is passionate about peer support and would like to share good practice and experience among groups or individual who are looking to set up new Peer Support groups. AC is on Fran's Peer Support Steering Group. For more information please contact Fran on 024 7601 7221 or email fran.flint@cwmind.org.uk. Please note: Fran works on a **Tuesday and Thursday**.

Fran is also looking to work with AIMHS to deliver an eight week Mindfulness course. Fran explained that Mindfulness, which is different from meditation, is about spending your life in the moment and this takes daily practice. Fran gave a three minute Mindfulness taster session. More information will follow regarding when the Mindfulness course will start.

**Date of next Meeting: Thursday 1st October (EGM), 10.30am – 12.30pm
Koco Community Resource Centre, Spon End, CV1 3JQ.**