

**Summary Notes from Anxiety and Depression Network Patient Forum
18th January 2017
4-6.30, High Wycombe Holiday Inn**

Present: Ineke Wolsey (Network Manager), MR (Bucks Healthy Minds), GP (Bucks Healthy Minds), Michelle Lee (Reading University Researcher and project support officer for the Network), Jessica McKell (Bucks Healthy Minds PPIEE lead), Tanieque Noel-George (Berkshire PPIEE Lead), TS (Oxon Talking Space), DB (Berks Talking Therapies), DA(Bucks Healthy Minds), K P(Berks Talking Therapies).

Introductions: D, D and K have joined our Patient Forum and were welcomed by all.

Apologies: Tara Butcher (PPIEE Lead Oxon Talking Space), A H (Patient Representative on A&D Network Steering Group), AG (Oxon), Jan Wright (Bedfordshire Wellbeing Service PPIEE Lead), MH (Luton), MT (Talking Space Oxon)

Ineke informed the group that Tara can't attend any more as she has now started training but that a replacement had been appointed (Raj Kumar). The group expressed their thanks to Tara for her input over the past year and wished her well with her studies.

Notes from last meeting

No inaccuracies noted and all actions closed except for:

1. Get in touch with Raj from Oxon and ask him to invite Mo along to our next meeting
2. Link between physical and mental health: Michelle to distribute 2 summary papers
3. Ineke to post October notes on web site

Web-based Patient Forum interactive discussion forum

Michelle has opened a Yammer account but Ineke hasn't managed to make it work yet (could be the latter's lack of know-how of course☺). **Action: Michelle and Ineke to continue work on this**

This Patient Forum was focused on welcoming our new members and getting to know each other, as well as understanding more about the work of the Anxiety and Depression Network projects and Patient Forum members' involvement. Following introductions Ineke handed out a summary of all projects and took the new members through an overview of the various projects and outlined patient member involvement/ participation.

Strategic role vacancy: Ineke also talked about the strategic patient member role which has now become vacant as Ahas moved to Cumbria and invited members of the group to apply if they are interested.

Post discharge support project: T brought to the group's attention a Oxon (national) project which is aimed at supporting people to learn new skills called 'Universal Skills'. We should do a search for projects like this available to people following discharge to include in our post-discharge project.

'Relaxkids': <http://www.relaxkids.com/>

T shared her very positive experiences of facilitating Relaxkids classes. Ineke will explore for more information/ evidence base so she can share with Child and Adolescent Mental Health services (CAMHs) staff.

Touch therapy in hospices: T shared with the group the work she is doing through touch therapy in hospices which sounded very worthwhile. Ineke asked if she could send her any evidence base that might be available. Action: **T to send Ineke more information to explore**

The group discussed various issues and has asked that the following items are included on the **agenda for the next meeting in March:**

1) On-line therapy

- How to motivate yourself/ get the support you need to start/ continue/complete
- Would a 'buddy system' be helpful where patients can support each other?
- Do people apply themselves properly?

2) **Roadmap** for patients would be really helpful to give them more information up front about what will happen

The group also talked about the availability of free on-line courses on many different subjects called 'Future Learn': <https://www.futurelearn.com/> Action: **Ineke to distribute link.**

No AOB

Date of next meeting 15th March **4-6.30 in High Wycombe**