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# Third Sector Health and Social Care Forum

Note of meeting

14/06/22 14:00-16:00

Held via Zoom

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*Working together to put our sector first*  
Dumfries and Galloway's Third Sector Interface

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**TSDG Staff Members:**

Niomi Nichol, Health and Social Care Engagement Manager; Jeanna Davies, Engagement Officer (Nithsdale).

**Forum Members:**

Sharon Douglas, The Richmond Fellowship; Michelle Johnston, The Hub; Paula Cochrane, Capability Scotland; Lucy Macleod, OutPost Arts; John Dougan, Relationship Scotland; Emma Scott, Support In Mind Scotland; Fiona Dalgleish, Apex Scotland; Helen McAnespie, Dumfries & Galloway Befriending Project; Claudine Brindle, The Carers Centre; Mhairi Ross, Apex Scotland; Kate Gibbons, NHS Dumfries & Galloway; Karen Garrot, Stroke Association; Mhairi Dingwall, Support In Mind Scotland.

**In attendance:**

Justin Murray, NHS Dumfries & Galloway; Jacqui Pike, NHS Dumfries & Galloway; Viv Gration, NHS Dumfries & Galloway

**Apologies:**

David Stewart, Fedcap Employment; Roger Holroyd, Sandside Community Garden; Lara Porter Upper Eskdale Development Group

<b>Agenda Item</b>	<b>Discussion</b>	<b>Action Point</b>
1.	<p><b>Welcome and Introductions</b></p> <p>Niomi Nichol (NN) welcomed everyone to the meeting and thanked them for their attendance. NN introduced Jeanna Davies (JD), Justin Murray (JM) and Jacqui Pike (JP)</p> <p>NN talked through the agenda for the meeting.</p>	
2.	<p><b><u>Feedback from HSC forum meetings 08.03.22 and 26.04.22</u></b></p> <p>NN fed back that, from feedback received during March forum, specifically suggestions made to the Workforce Plan and queries, she has forwarded this to DGHSCP.</p> <p>NN also fed back that, following the extraordinary forum in April, TSDG have submitted a response to the DGHSCP Participation and Engagement Strategy, and thanked everyone for their contribution.</p>	
3	<p><b><u>Introduction to Mental Health Directorate, future plans and the National Mental Health Strategy – Justin Murray and Jacqui Pike</u></b></p> <p>Justin Murray (JM) and Jacqui Pike (JP) introduced themselves, presented diagram of mental health operational structure.</p> <p>JM and JP presented main areas of work and focus – bed occupancy at Midpark, home based treatment and developing MDT/advance decision making, LD Integration, Primary Care mental health hub model, early diagnosis and post diagnosis support for dementia, looking to work in partnership with third sector in these areas. Specific areas of work – early intervention psychosis, perinatal mental health and outdoor space in Midpark.</p> <p>Paula Cochrane (PC) would like to connect with Justin and Jacqui.</p> <p>Claudine Brindle (CB) would like to ensure carers are involved in care at home decisions in relation to Midpark.</p> <p>JM agreed that carers should be involved in the implementation of this. CB also reported huge increase in dementia referrals to Carers Centre. Other members agreed that carers are feeling overwhelmed.</p> <p>Emma Scott (ES) can offer services to young people 14-18. DBI team (Distress Brief Intervention) also starting up in Dumfries. Mhairi Dingwall (MD) gave overview of DBI supporting 14 years up. Emotional and practical work.</p>	<p>NN to share JM slides</p>

	<p>Lucy Macleod (LM) – Pilot of Art Journal Project to support people with poor mental health. Interested to connect regarding outdoor space in Midpark.</p> <p>NN would like to see whole life approach in terms of mental health.</p> <p>NN reported that feedback had been given to TSDG from members who could not attend. This included feedback that it is difficult to find a contact person from third sector to statutory sector. JM suggested we have a pathway for this and is something they need to consider.</p>	
4	<p><b><u>How can we work together to strengthen links for mental health?</u></b></p> <p>Kate Gibbons (KG) new public health improvement mental health lead. Starting in the community. Building a new strategy and would like to work with TSOs.</p> <p>NN highlighted there should be more of a link for TSOs to be involved in early intervention work. JM believes that the DBI service is one step towards this.</p> <p>Social prescribing being a step forward in D &amp; G. Michelle Johnston (MJ) highlighted that SPRING project based at the Hub is supporting this.</p> <p>ES raised that wellbeing college used to run and maybe this could be taken up again.</p> <p>Viv Gratton (VG) - highlighted 29<sup>th</sup> June event – “what can the third sector and independent sector offer and how can statutory sector fill the gaps?”</p>	NN to circulate event information
5	<p><b><u>First Rule of First Aid – keeping yourself safe and well</u></b></p> <p>NN opened this item on the agenda by explaining the first rule of first aid – that you cannot help others to the best of your ability if you are not safe and well yourself. So what do members of the forum do to help keep themselves well?</p> <p>Forum members discussed the following as being helpful to maintaining good mental health and wellbeing; protect our own “home” time so that we have some time to avoid being drained, walking at lunch, Dumfries Community Choir, work life balance, dog walking, mindfulness, discuss struggles with menopause, simple pleasures and immersing self in outside space, humour, crying, self care day, self care meet once per month, sleep hygiene.</p> <p>Many members of the forum expressed that biggest challenge to mental health and wellbeing right now was menopause and the struggle with the side effects. Group discussed that they feel there’s not enough understanding but found that they were not alone and enjoyed open and safe discussion.</p>	NN to explore session(s) around Menopause
6	No AOCB	