Third Sector Engagement Event
Thursday 13 September 2018
St Marie’s Church Widnes

Summary Notes:
Ruth Austin – Vincent – Patient and Public Lay Member – NHS Halton CCG
Mark Weights – Patient and Public Lay Member- NHS St Helens CCG
Paul Steele – Engagement, Involvement, Communications and Patient Experience Lead – NHS St Helens CCG
Des Chow – Engagement and Involvement Manager – NHS Halton CCG
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### Attendance

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<td>Ruth Austen-Vincent</td>
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<td>Jayne Parkinson – Loftus</td>
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<td>Faye McDonnell</td>
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<td>Andrew Wileman</td>
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<td>Philippa Rowley</td>
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<td>Diane McCormick</td>
<td>Chair of PPG Plus and HPHF</td>
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<td>Stef Maudsley</td>
<td>North West Boroughs Healthcare</td>
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<td>Tracey Fletcher</td>
<td>North West Boroughs Healthcare</td>
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<td>Clare Roberts</td>
<td>Stroke Association</td>
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<td>Des Chow</td>
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### Apologies

- David Wilson - Healthwatch Halton
- Clare Lightfoot - OPEN
- John Abbott - Halton Disability Partnership
- Terri Kearney - Nightstop communities Northwest CIC
- Mark Weights - Patient and Public Lay Member - NHS St Helens CCG
Introduction

Ruth Austen-Vincent lay member for Halton Clinical Commissioning Group (CCG) welcomed everybody and explained that this meeting had developed from the previous meetings. Updates were provided from the last meeting in March 2018. Discussion will take place to look at the future of these meetings.

The work was developed jointly between NHS Halton and NHS St Helen's CCG with some inclusion of Warrington and Knowsley areas.

Stefanie Maudsley – North West Boroughs specialist perinatal service and their work with Parents in Mind, a Peer Support group which is headed by NCT (National Childbirth Trust) and operational in Halton only in this area.

The focus of the meeting was the presentation from Stefanie on the development of the above service across Warrington, St Helens, Halton and Knowsley. The service provides treatment and support for mothers and their families where the Mum develops complex or severe mental health problems during pregnancy or up to a year after having a child. The Cheshire and Mersey Specialist Perinatal Service provides important mental health assessment and support for local women experiencing moderate to severe mental health issues during this time.

The friendly teams include psychiatrists, psychologists, mental health nurses and occupational therapists.

The team works as part of a Cheshire and Merseyside wide service in partnership with Cheshire and Wirral Partnership NHS Foundation Trust and Mersey Care NHS Foundation Trust covering the whole Cheshire and Merseyside Healthcare partnership footprint providing consistent and equitable care.

Working closely with other healthcare professionals including midwives, health visitors, social workers and early help workers, we also work with our colleagues in adult and child mental health services.

Stefanie went on to explain that the service had early on developed links with Parents In Mind locally in Halton who supported the service in:

- Developing working methods, and getting the service off the ground.
- Having workshops with parents involved in the Parents in Mind group about what services they need and what works well and what needs improving in current services.
- Service provided training to volunteers with the Peer Support model in perinatal mental health and referring onwards.
- Providing a step down in the perinatal pathway, to provide ongoing support to Mums up to 2 yrs old, following discharge from mental health services.
- Co-producing training which has been developed and delivered together to IAPT and GPs and other primary care services, Mums came and told their story and this was powerful in delivering key care and support messages to attendees.

The presentation from Stefanie lead to the following discussion

- **ACTION** – Would be good to develop the roll out of the third sector engagement in other areas now – VCA locally with Healthwatch could support links with local relevant groups in e.g. St Helens.
- The learning point from this that needs to be fed through to the Cheshire and Mersey NHS Partnership on engagement is that as a matter of course when services are being developed and redesigned, Voluntary Community Action (VCA) services / Councils for Voluntary Services (CVS) and other support / umbrella groups such as third sector consortium should be engaged to identify third and community sector groups who are part of the pathway for the service that is being developed.
- Accountable Care Systems across the area need to facilitate access to third sector groups as a matter of course and VCA’s and CVS’s can support this. This engagement with these groups needs to be included from the start as part of the package of care on offer.
- Reciprocal training between the health providers and the community and third sector needs to develop e.g.
  - Mental health awareness training that supports community and voluntary sector in having better conversations
  - Community Development worker project at SHAP could provide cultural competence / awareness raising training.
- Need to develop link between perinatal service and:
  - SHAP Syrian refugee service
  - Women’s Refuges
  - Other parenting support services
  - Asylum seeker / refugee support services

  Action – Circulate Stef’s contact for other organisations to make contact, would be really willing to develop links, and look at mutually beneficial training.

- To take work forward in St Helen’s potential actions are:
  - Present to Patient Experience / Engagement Group
  - Develop link between services and locality areas.
- There was some discussion about how this engagement of community and third sector could be built into the transformation work and design of services taking place. Potentially this could include:
  - A clear flow chart on how to support and develop engagement in service design at the earliest stage
  - Comms teams need to ensure that they have a timetable of services that are developing or going through changes and pass this out to CCG comms and engagement leads / VCA’s / third sector consortium to develop discussion with potential third sector partners in these areas of work
  - This needs to be discussed supported and developed in a structured way by Cheshire and Mersey health care partnership

Abbreviated quote from Stef ‘No one old me to develop the link with community and third sector, it was via social media that I found activists in this area of mental health who demonstrated good practice in engaging with charities and met Peer
Support through clinical networks. I have been supported by my managers in developing this consultation and way of working with Parents in Mind.

- General questions were asked about the service:
  - What are the success criteria?
    a/ No of women seen – third and community sector could support and develop the diversity of the number of women seen
    b/ Reduction in levels of distress
    c/ reduction in stigma of mental health and giving birth people more able to talk about this and supported by professionals to have children
    d/ longer term outcomes in relation to health of babies.
  - Where do referrals come from?
    a/ Ante natal clinics – midwife etc.
    b/ GP can refer
    c/ Can self-refer if ring assessment team and ask to be assessed around pregnancy and giving birth – can ask to access service.

- Are there national campaigns and awareness raising in relation to people’s needs in relation to mental health and having children? There is a great deal on social media etc.
  Action – Stefanie will send through link that can be circulated for all groups to access further information and resources from the Maternal Mental Health Alliance

More information can be found about this at :-
https://maternalmentalhealthalliance.org/
A video link which is for families and professionals alike to gain understanding:-
https://perinatalpositivity.org/

Our Northwest Boroughs based website for our contact details:-
http://www.nwbh.nhs.uk/specialist-perinatal

Locally the team held a maternal mental health day picnic in Walton Hall Gardens with a whole host of activities, yoga, mindfulness, dancing, a fitness class and a library singing session and parents came along to support and raise awareness with people in the park that day.

ACTION – Some discussion about how the community and third sector can support and develop awareness raising of services at a local level – possible link to disability awareness day in Warrington. Organising community events is a real strength of the community and third sector and another good way to include them in service development and design.

**Urgent Treatment Centres** - Just some points that came up

- Mental health services – how will this link in with UTC’s as NWB will have one stop access points in Halton and other areas – need to develop this discussion as part of service design
- Translation and interpretation – how do we support this being available (language line often not sufficient) – need to have a discussion about this.
• Variation in times of openings in Halton – how will this be managed as part of the engagement and consultation.

**Date of next meeting** – It was agreed that a further event would be useful when topic and discussions are appropriate. A date and time will be confirmed.